



**DISABILITY ADVOCATES AND RESOURCE CENTER**

702A Johns Hopkins Drive  
Greenville, NC 27834

252-355-6215  
www.darcnc.org

**June 2014**

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**From The Executive Director**

DARC is here to help all consumers with disabilities for whatever goals they may have for independent living. We are here to provide the four (4) core services of Information and Referral, Peer Mentoring, Independent Living Skills training and Advocacy, both individual and systems, as well as a Youth Group, Computer classes and a Benefit Specialist to answer any questions about your disability income.

We are looking forward to the celebration of the Anniversary of the Americans Disability Act on Sunday, July 27 at 7:00 PM at “Sunday in the Park” featuring the band “Jupiter Jones”. We will have freeze pops and “Purple the Clown” for the entertainment of the children so come on out and help us celebrate the Anniversary of the ADA.

For questions or services, please call us at 252-355-6215 or stop by our office located at 702-A Johns Hopkins Dr., Greenville, NC to meet with one of our Staff. There is no charge for our services.

Hope you are enjoying your summer and remember not to get too hot and drink lots of fluids. We look forward to hearing from you.

Thanks,

**DARC Staff**

**Helen Pase,**

Executive Director

**Teresia Hill,**

Benefits Specialist

**Tommy Cloyd,**

IL Coordinator

**Lisa Pase,**

Youth Coordinator

**Sandra J. Barnes**

IL Coordinator

**Bob Thompson,**

Advocacy Coordinator

**Li Bunger,**

Admin. Assistant/  
Bookkeeper

**DARC Board**

**Rodney Coles**

President

**Jeanette Barnett**

Vice President

**Rebecca Clayton**

Secretary

**Kristie Williams**

Treasurer

**Thomas Clayton**

**Ryan Slade**

DARC celebrates the anniversary of the signing of the Americans with Disabilities Act every year at Sunday in the Park at the Town Commons in Greenville. This year's celebration will be on Sunday, July 27th at 7:00 p.m. and the entertainment will be the band "Jupiter Jones". We will have an information table, freeze pops for the children, and "Purple The Clown" making balloons and doing a "bubble show".

So come out to the Town Commons on July 27th and help us celebrate the ADA Anniversary with good music, good people and good times. We look forward to seeing you there.



## YOUTH GROUP NEWS

By Lisa Pase



### DARC YOUTH GROUP

**BINGO:** The DARC Youth Group will be meeting for a fun night of Bingo! We will be at **DARC on Thursday, June 12, 2014 from 5:30-7:00.** Please RSVP to Lisa Pase by June 9, 2014. We look forward to having a great time and popcorn and drinks will be provided. We will also have prizes! So let's play Bingo!!!

**YARD SALE:** The Youth Group will be having a Yard Sale on Saturday, June 28, 2014, at the DARC office at 702A Johns Hopkins Drive starting at 7:00 a.m. The proceeds from this yard sale will go to help fund the Youth Group activities. Donations for our Yard Sale are needed. Please bring them in as soon as possible or let us know and we will arrange for pickup of your items.

**TO JOIN:** If you think you might be interested in joining the DARC Youth Group, please call Lisa Pase at 252-355-6215, Ext. 305 or email me at [lpase@darnc.org](mailto:lpase@darnc.org).



### OTHER NEWS

During the past two months I have been working with the Youth Group to get the word out. In April, I volunteered at the Beaufort County Special Olympics and had a great time as well as meeting lots of people.

I will be attending the Youth Leadership Forum on July 14 through 18 in Raleigh. We have five members of our Youth Group who will be attending.

Thanks to the generosity of a community volunteer DARC is able to continue to offer computer classes for our consumers. The classes cover basic introduction to computers, introduction to the Internet or whatever topics may be requested.

Our next scheduled computer classes will be as follows:

**Thursday, June 12**                      **10:00 a.m. & 11:00 a.m.**

**Thursday, June 26**                      **10:00 a.m. & 11:00 a.m.**

On each day, the 10:00 a.m. class will be a **Beginners Class**— this class is for people who do not feel comfortable using a computer. You will learn the terminology that goes with using a computer as well as how to navigate the computer and learn some basics of email, Word and Excel.

At 11:00 a.m. on each day, we will offer a class on the **Internet and You—How to Avoid Pitfalls and Access the Information Highway**. This class will cover using the Internet, from doing searches to things to avoid that might allow your PC to contract a virus along with certain Internet scams that are out there and how to avoid them, where to find free programs as well as other information.

DARC asks that you call and register for a computer class as space is limited. You can call Li Bunger at 355-6215, Monday through Friday, 9:00 am to 5:00 pm to sign up for a class or for more information.



## Have you moved?....

If you move or change your mailing address, it is very important that you do a Change of Address with Social Security. If you do not do this and Social Security sends you a letter or notice by U.S. mail and it is returned, you risk your monthly benefits being suspended – despite the fact that your benefits are directly deposited into your bank account. And it will take time to get your benefits started again.

To avoid this problem, you can go to your local Social Security office and report your change of address. Or, unless you are receiving only SSI, you can go online by going to **my Social Security-Sign In** or Create An account at [www.socialsecurity.gov](http://www.socialsecurity.gov). If you cannot go online or if you are receiving SSI payments, you can call 1-800-772-1213 to report the change of address.

It is also important to report your change of address to state and local government agencies. You have 60 days after you move to have your address changed on your driver's license. If you fail to do this, you could get a ticket and have to pay a fine for not having a current address. Also, if you are registered to vote, it is important that your local county elections board have the correct address. If it does not, you could be prevented from voting at election time.

being physically fit is important to all persons and to get and be physically fit requires regular exercise. However, according to the CDC website, [www.cdc.gov](http://www.cdc.gov), “people with disabilities are less likely to engage in regular moderate physical activity than people without disabilities, yet they have similar needs to promote their health and prevent unnecessary disease.”

According to an article by Steven Reinberg published May 6, 2014, on Health.com website entitled “Exercise Could Help Disabled People, But Too Few Are Active: CDC”, half of the Americans who have a disability do not exercise regularly which can lead to difficulty walking or climbing stairs, create problems with hearing or seeing, and contribute to difficulty concentrating, remembering or making decisions.

The article goes on to say that persons with disabilities who “get no aerobic physical activity are 50 percent more likely to have cancer, diabetes, stroke or heart disease” than those who regularly exercise. Dianna Carroll of Center for Disease Control’s Division of Nutrition, Physical Activity & Obesity, says that “exercise has the potential to prevent chronic disease, improve the health of someone with a chronic disease, and help reduce the risk of additional chronic disease.”

But maybe you think you cannot regularly exercise because you cannot get to a gym or afford the membership fees for a gym. Or maybe you feel you cannot do any physical activity. The good news is you don’t have to go to a gym to develop a regular exercise routine nor do you have to start out doing 30 minutes of high-intensity aerobics every day. The idea is to get moving – and there are ways to do that. You can start by walking around your house – several times a day. While watching television, you can stand up and march in place during the commercials. If you have trouble standing and/or walking, start out doing arm lifts while sitting – just raise your arms over your head 5-10 times every half hour. The CDC recommends that people exercise at least two and half hours a week – but if you have not exercised or been physically active for a long time, start out small – say 10 minutes a day; after a week, add a few minutes each week until you reach the goal of two and half hours a week.

The benefits of starting and maintaining a regular exercise routine are: reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes; helps people with chronic, disabling conditions improve their stamina and muscle strength; reduces symptoms of anxiety and depression, improves mood, and promotes general feelings of well-being; helps control joint swelling and pain associated with arthritis; and can help reduce blood pressure in some people with hypertension.

Of course, before you start any exercise routine, you should check with your doctor and get his/her approval. Starting and maintaining a regular exercise routine can be hard but the benefits in increased flexibility, stamina and overall physical wellbeing are worth the effort.

The National Weather Service just released information about the 2014 hurricane season. Although it said that there will not be as many hurricanes this season as before, they could not predict how powerful the storms would be. Here in eastern North Carolina we usually get hit with heavy rains and high winds; flooding during and after the storm can also happen.

If you have a disability, are you prepared for severe weather? When a major hurricane is forecast and its path is forecast to come through eastern North Carolina, local counties will open shelters. You will have to make a decision as to whether to remain in your home or go to a shelter. Whatever your decision, it is important to make plans and gather items you may need in the event the storm affects you.

**If you go to an Emergency Shelter you should take:**

- A form of identification
- A 7-day supply of your medications; also any diabetic testing supplies and insulin.
- A list of your medications, strengths and dosages (Your local pharmacy can help you with this)
- Any type of mobility aid such as a cane, walker or rollator.
- Five-day supply of medical supplies, such as Depends, food supplements, special foods, wound supplies and other essential items labeled with the individual's name.
- Non-perishable foods (or foods for special dietary needs)
- Sanitation and personal hygiene items.
- A pillow, blanket or sleeping bag.
- A 3-day supply of clothing
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- Important papers such as insurance papers, DNR orders, powers of attorney, Medicaid and Medicare cards.
- Your cell phone, fully charged, and charger.
- Extra keys to your car and house
- A small amount of cash and coins.

**If you stay in your home you should have:**

- A 7-day supply of your medications.
- A battery-powered or hand-cranked radio or battery powered television.
- A battery-powered flashlight or lantern
- A fully charged cell phone.
- Extra batteries
- 3-day supply of water – the Red Cross recommends 1 gallon per person per day.
- 3-day supply of non-perishable, easy to prepare food and a manual can opener.
- First aid kit.
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper).
- Important papers such as insurance papers, Deeds to your home, and other legal documents.
- Photocopies of identification and credit cards.
- Cash and coins.

If you feel you will want to go to a shelter, gather the items in the list and make a "to go" bag and have it packed and ready to take with you whenever you evacuate to the shelter. If you decide to stay in your home, put fresh batteries in your flashlight or lantern and radio or television. Have everything in a

electricity, you will need to contact your local county Emergency Management department (see below) in order to get information on which shelters are accessible to wheelchairs and power chairs or will have the capacity to accommodate your medical equipment. Also, you will need to make sure you have made arrangements for transportation to the shelter.

If you live in Pitt County, the Pitt County Emergency Management has a Special Needs Coordinator who is responsible for developing and maintaining the Special Medical Needs Plan that identifies and assists individuals with special medical needs in times of an emergency or disaster. These populations include individuals with medical needs that require daily medical attention and who would be adversely affected by the interruption of services such as utilities, transportation, or daily professional care.

People with special medical needs include individuals who would need assistance with medical care or personal care during evacuations and sheltering because of physical or mental impairments. The level of care required for these individuals would go beyond the basic first aid level of care that is available in general public shelters.

Pitt County Emergency Management has developed a computerized registry for people with special medical needs who may require assistance in the event of a disaster, such as a tornado, severe storm, or chemical spill. This is a voluntary registration. The information provided is kept confidential in accordance with state and federal privacy laws. It will be used by emergency personnel only to assure an individual's safety in the event of a disaster. For more information, you can contact Pitt County Emergency Management at the number below.

Wilson County is in the process of identifying special needs populations who may need special transportation. The County has access to a system for special needs registry and is working to develop a system to input and maintain the information. For more information, you can contact Wilson County Emergency Manager at the number below.

In Beaufort County, the Department of Social Services and Home Health work together to identify special needs populations. They coordinate this information with the Social Services Director to maintain a current list of persons identified. For more information, you can contact Beaufort County Emergency Management at the number below.



<p><b>Beaufort County Emergency Management</b></p> <p>1420 Highland Drive Washington, NC 27889</p> <p>Phone: 252-946-2046</p>
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<p><b>Pitt County Emergency Management</b></p> <p>1717 W. Fifth Street Greenville, NC 27834</p> <p>Phone: 252-902-3956 or 252-333-3350</p>
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<p><b>Wilson County Emergency Management</b></p> <p>1817 Glendale Drive Wilson, NC 27893</p> <p>Phone: 252-399-2830</p>
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## Disability Advocacy and Resource Center

702A Johns Hopkins Drive  
Greenville, NC 27834

Phone: 252-355-6215

Fax: 252-355-7489

Be sure to visit *DARC's*  
website at  
[www.darcnc.org](http://www.darcnc.org)

Also, check us out on  
Facebook.

disabilities to become and maintain their independence within their community. Inclusion and independence is accomplished through education, employment, access to affordable housing, access to services and activities that allow the opportunity and possibility of a full life for all those with a disability.

To achieve our common mission and purpose, DARC focuses on four core services to empower individuals with a disability, their families and caregivers: (1) Peer to Peer Counseling; (2) Independent Living Skills and Training; (3) Systems and Individual Advocacy; and (4) Information and Referral.

**A few Examples of Services:** We provide individuals with the information and tools they need to live freely and independently. We can help with preparing a budget, creating a résumé, teaching job searching skills, computer training, and peer mentoring. We also provide information about who to contact if you need a ramp, home modifications, assistive technology, problems with your Social Security benefits, searching for affordable housing, support groups, disability rights advocacy and more!

**Do I need to make an appointment?** Appointments are highly recommended, but we do accept walk-ins and will do our best to accommodate you at that time.

**Do I need a referral?** No.

**Do we charge a fee?** No, our services are provided at no cost to consumers. We are a non-profit organization that is funded through the generous support of individuals, local organizations and the State of North Carolina's Division of Rehabilitation Services.

**Is DARC a part of Vocational Rehabilitations?** No, Vocational Rehab is a State Agency and we are a non-profit agency.

**Do we provide funding or financial assistance to individuals?** DARC has received donations designated specifically for consumer assistance with durable medical equipment however we are not able to provide financial assistance for rent, utilities, food or other expenses. However, if DARC is unable to assist, we can refer individuals to the right agency or organization that might be able to provide financial assistance specific to your needs.

**Where are we located?** DARC is located in the Medical District just off Stantonsburg Road at 702A Johns Hopkins Drive in Greenville, North Carolina.

Important Websites:

<http://www.adacompliance101.com>

<http://www.disability.gov>

Youth Group

# Yard Sale

**Saturday, June 28, 2014**

**at 702A Johns Hopkins Drive**

**from 7:00 a.m. to 11:00 a.m.**

**Proceeds from this Yard Sale will go to support the activities of the DARC Youth Group. If you have any items you would like to donate, please bring them by DARC, 702A Johns Hopkins Drive, Greenville. For more information, call Lisa Pase at 252-355-6215, Ext. 305.**