



- Peer Support
- Advocacy
- IL Skills Training
- Information & Referral
- Nursing Home & Youth Transitions



Newsletter



Getting Disability Benefits? We Can Provide Information on Getting a Job.

If you're getting disability benefits, we have good news for you. Social Security's work incentives and Ticket to Work programs can help you if you're interested in working. Special rules make it possible for people receiving Social Security disability benefits or Supplemental Security Income (SSI) to work and still receive monthly payments. And, if you can't continue working because of your medical condition, your benefits can start again — you may not have to file a new application. Work incentives include:

- Continued cash benefits for a time while you work;
- Continued Medicare or Medicaid while you work; and
- help with education, training, and rehabilitation to start a new line of work.

If you're receiving Social Security or SSI, let us know right away when you start or stop working, or if any other change occurs that could affect your benefits. The Ticket to Work program may also help you if you'd like to work. You can receive:

- Free vocational rehabilitation;
- Training;
- Job referrals; and
- Other employment support.

You won't undergo medical reviews while you're using the free "ticket" and making timely progress pursuing your plan for returning to work.

When you're ready to explore your work options, we have a Ticket to Work Help Line that lets you talk with us about work, benefits, or our work incentive programs.

Call

1-866-YOUR TICKET (1-866-968-7842), Monday through Friday between 8 a.m. and 8 p.m. EST. If you're deaf or hard of hearing, you may call our TTY number, 1-866-833-2967

Or you can call our toll-free number and ask for

Your Ticket to Work

(Publication No. 05-10061).

You can also visit the Ticket to Work website at www.socialsecurity.gov/work for more information.

The Adaptables can provide you with Information and help in the process of working while receiving disability income. We have access to specialist that can assist you—working while receiving benefits and the steps you need to take to get yourself employed and more **Independent**.



Adaptapets



Our Fury, Feathered, Scaly, Sometime Slimy Family Members

By—Debbie Hennessy, Independent Living Specialist



As we love our precious “furkids”, I have 2 Shetland Sheepdogs, 2 Cats and 2 Parakeets, sometimes we fail to think what may happen if we were unable to care for them or if they were left unattended. Just as we prepare for all our loved ones in case of an emergency, we must do the same for our companion animals.

Recently we lost a consumer who had many cats. She loved them dearly. Unfortunately there were no arrangements for them in case of her passing. Companion animals are dependent on us for all care and the love they need and deserve. They give us unconditional love, emotional support and many are service animals. Please take time to put something in writing and let your family, vet, friends know your wishes. Be sure your vet has a copy of your arrangements in case of an emergency. Often we think of emergencies or loss of life we focus on what we have, not who we left in the wake.

If you need assistance with this or other companion animal questions please call me at 336-767-7060...ext. 106



Please remember all of the furkids, their parent, friends and neighbors in Hurricane destroyed areas as they pickup their lives and move forward and rebuild. Please help whenever you can to local charities working in the devastated areas.





Dare to Reach Higher-Tough Choices--

Debbie Hennessy, MS

Today Amanda is a beautiful young woman, 27 who wages war on her disability daily. She sticks to a strict regime of medications and treatment. Amanda is the type of person who gives so much to others without realizing.

Recently, Amanda had the choice of moving into a target housing unit, where she would live alone for the very first time. The journey taught us both a valuable lesson. It is imperative that those who live their lives challenged by disabilities truly take time to investigate all that being "alone" entails and how that will affect their overall well being.

Budgeting, taking into consideration the amount of your Supplemental Security Income (SSI) or Social Security Disability Income. Looking at new expenses incurred with your own home, i.e. electric, water, TV, internet, renter's insurance, etc.

It is normal for all young adults to want to fly solo, be independent, and make their own way in the world. Disabilities play no role in that desire. However, they can impact choice.

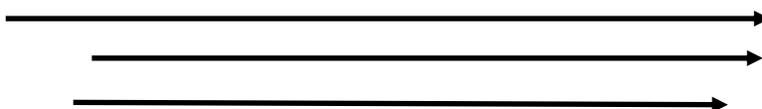
Can you live with family or friends and be independent? The answer is, "Of course." A person's Independence cannot be categorized simply by whether or not they live alone or stay with family.

Amanda carefully considered the toll such a move would have on her financially, including insurance, and the invaluable support she receives from her family and church.

Independence must be self identified, there is no rule book to tell us what constitutes being independent. When viewing different cultures we see many who have multiple generations living under one roof. Does that make them less independent? "No". That is a value, a custom, a personal choice that no one should judge.

Amanda continues with her work at the family's restaurant. Her beautiful crafts, volunteering with special needs children, and her church activities. She is remarkable in her own right and has such a passion for life. I have been blessed to learn from her and share in the many joys she brings to all who meet her.

Amanda is our Shining Star!





Fall is Here!

The View from Where I Sit

By Mark Steele



Fall is here, that means two things, cooler weather and football. As I watch my favorite team move the "ole" pigskin up and down the field I turn my thoughts to the safety of the players. We all know that an injury can lead to a disability on the next play. The chances of getting a concussion while playing football are approximately three times higher than the second most dangerous sport, which is girls' soccer. While such head injuries have long been ignored — until recently, players were resuscitated with smelling salts so they could re-enter the game — it's now clear that these blows have lasting consequences. The consequences appear to be particularly severe for the adolescent brain. According to a study published last year in Neurosurgery, high school football players who suffered two or more concussions reported mental problems at much higher rates, including headaches, dizziness, and sleeping issues. The scientists describe these symptoms as "neural precursors," warning signs that something in the head has gone seriously wrong. But the more serious threat to football — is whether a very narrow class of high-profile, high-risk, high-reward professionals are making a bad judgment by playing the game — is whether the evidence shows that *amateur* football can cause lasting, long-term brain damage. The big stories will come out of the NFL and, to a lesser extent, major college football, but if in ten years it can be demonstrated that four years of *high school* football significantly increases the risk of brain injuries and long-term disorders, then football really will have to consider its future. It will be interesting in the changes to come, but a future without tailgating, the roar of the crowd or just sitting home being the armchair quarterback, seems to be a story from a dream around a third quarter nap!



As far as the cooler weather, I'll turn the thermostat up a bit and enjoy another hit of hot cider.



Sunday November 5, 2017

“It has been said that life has treated me harshly; and sometimes I have complained in my heart because many pleasures of human experience have been withheld from me...if much has been denied me, much, very much, has been given — Helen Keller



The Adaptables, Inc.
Center For Independent Living
7744 North Point Blvd.
Winston-Salem, NC 27106

336-767-7060
866-894-3103 or
Fax to 336-760-7240

Detach and Mail , call or fax to The Adaptables

Make your Tax Free Donation Today

Online Donations now available through the Website

Sign up for:

- To Volunteer Time _____
- Contribution Amount _____

Method of payment

- Check
- In Person

Name

Address

Phone

Signature



VOLUNTEERS NEEDED

- ⇒ Teach basic computer skills
- ⇒ Help with school based programs
- ⇒ Develop computer refurbish program seeking community donations
- ⇒ Office Duties
- ⇒ Assist with Community Activities





Triad Trackers Schedule

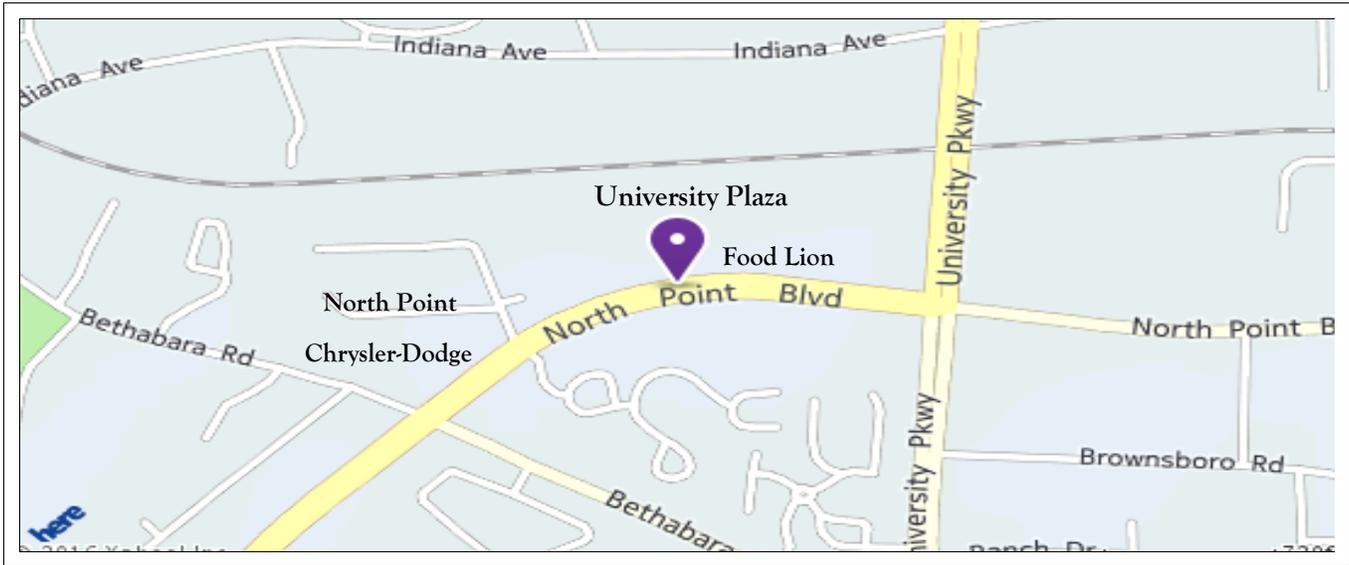
2017-2018 Season
Support the Trackers

<u>Date</u>	<u>Away Team</u>	<u>Home Team</u>
September 9, 2017 -	Triad Trackers	@Charlotte Hornets
September 30, 2017 -	Triad Trackers	@Triangle Thunder
November 4, 2017 -	Triad Trackers	@Spartanburg Pistons
November 8, 2017 -	Wilmington	@Triad Trackers
December 2, 2017 -	Triad Trackers	@Fayetteville Flyers
December 9, 2017 -	Triad Trackers	@RCRC Lightning
December 16, 2017 -	Triangle Thunder	@Triad Trackers
January 6, 2018 -	Triad Trackers	@Wilmington
January 20, 2018 -	Charlotte Hornets	@Triad Trackers
February 3, 2018-	Spartanburg Pistons	@Triad Trackers
February 24, 2018-	Triad Trackers	@RCRC Lightning
March 3, 2018-	Fayetteville Flyers	@Triad Trackers

March 9-11, 2018 CWBC Tournament in North Myrtle Beach, SC

*Games are **Free** to the public and start at 1PM. **All Triad Trackers Home games** are played at: The Gateway YWCA - 1300 S. Main St., Winston-Salem, NC 27127

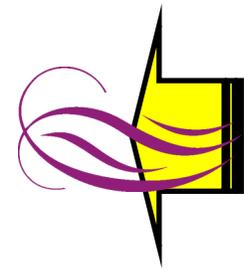
Celebrating One Year at our New Location



October 1, 2016-2017—

7744 Northpoint Blvd

Winston Salem NC 287106



October is Disability Employment Awareness Month

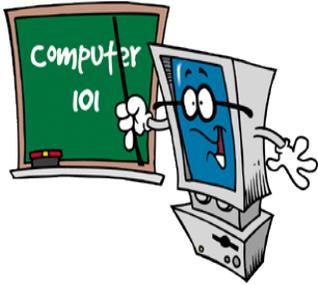
Congress designated each October as National Disability Employment Awareness Month (NDEAM). The Office of Disability Employment Policy has the lead in planning NDEAM activities and materials to increase the public's awareness of the contributions and skills of American workers with disabilities. Various programs carried out throughout the month also highlight the specific employment barriers that still

Need removed. This effort to educate the American public about issues related to disability and employment actually began in 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded

week to a month and changed the name to "National Disability Employment Awareness Month. "Inclusion Drives Innovation" will be the theme of National Disability Employment Awareness Month in October 2017. "Americans of all abilities must have access to good, safe jobs," "Smart employers know that including different perspectives in problem-solving situations leads to better solutions. Hiring employees with diverse abilities strengthens their business, increases competition, and drives innovation."



United States DEPARTMENT OF LABOR



Join us on the fourth Monday of each month from 1-4 PM for basic computer training. Please call by the 10th of each month to sign up.

The Adaptables Center For Independent Living

7744 North Point Blvd

Winston-Salem, NC 27106

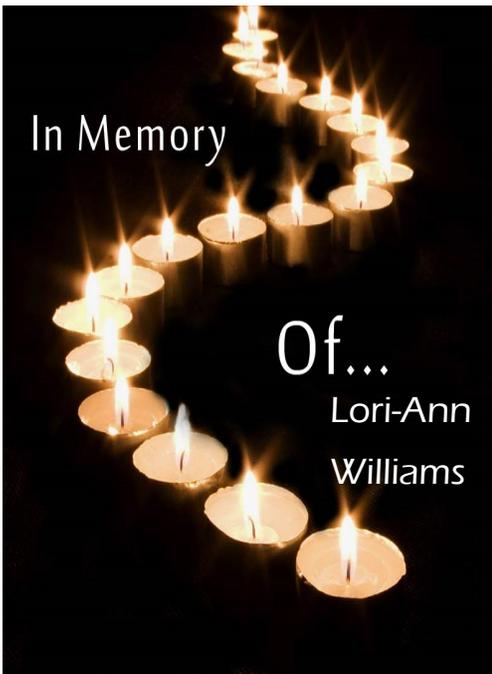
336-767-7060

2017 Training Dates—Sept 25—Oct 23—Nov 27 —Dec- no training.

Follow our

BLOG

Please follow our BLOGS on the website at www.theadaptables.org



October is Breast Cancer Awareness Month



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Center For Independent Living
7744 North Point Blvd.
Winston-Salem, NC 27106
336-767-7060 —866-894-3103
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