



LA VOZ

Newsletter



VOLUME 1, ISSUE 1

WINTER 2015 EDITION

JANUARY CALENDAR:

ANTHONY PEOPLE FIRST MEETING- 29TH AT 5PM

PRESENTATIONS AT ANTHONY ELEMENTARY-14TH -16TH

M.L.K. DAY- 19TH

UPCOMING EVENTS:

Disability Rights Awareness Day: Celebrating 25 years: Feb 2nd & 3rd

Southern Region Self-advocacy Conference : April 24th-MARK YOUR CALENDAR

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ACHIEVE WITH US.

People First in Southern New Mexico, by Sergio Resendiz

People First is part of the self-advocacy project in New Mexico. Our group seeks to inform and enlighten the community about individuals with developmental and intellectual disabilities. "We are people first, and not our disability." is the motto we stand by. One of our priorities is to help improve the quality of life of individuals and their families that are experiencing a disability.

Every month we have different activities, and are involved in Dona Ana County. We currently are having educational presentations at the schools. Also, we enjoy getting together to socialize and advocate for people with developmental disabilities. Join us, we have a monthly meeting in our Anthony New Mexico office. We meet every last Thursday of the month. Our next meeting will be on January 29th, at 5:00pm. Let's make a difference during this new year and best wishes from all of our members of People First.



Advocates and Self Advocates serving the Southern Office located in Anthony, New Mexico.



Community-Education Outreach

by Roger Maya

Here at the Arc of New Mexico we have partnered with People First and the New Mexico Developmental Disabilities Planning Council in promoting Anti-Bullying at schools in the Gadsden Independent School District.

With grades K-3 we have presented the book "Dewey Do It" and the Puppet Presentation. In

2015 we plan to visit the middle and high schools and focus on stopping the use of R-word and disability history. Activities also include storytelling, presentations, group activities, and critical-thinking discussions to better inform all students.

We believe that individuals with disabilities have capabilities, poten-

tial, promise, and are able to contribute to their communities.

The Arc of New Mexico seeks to improve the lives of individuals with disabilities and their families in Southern New Mexico. We want to teach leadership skills and to educate our community about disability issues that affect all individuals.

ADVOCACY

“Words are Important” by Sarah G. Holguin



INSTEAD,
USE THE WORD:



“It was more than words to us, we all felt like you cannot separate what you call people from how you treat people.”



Illustrations by Jay Carlton

It is common to hear people throw around phrases such as ‘retard’ or ‘that’s so retarded’. Young and old have been using the *r-word* without realizing the impact and power this word has on people’s lives. For decades the *r-word* has been used to describe (and degrade) anyone out of the ordinary, or somehow slow. Even in the medical field this term was clinically used to define children and adults whom are mentally and physically challenged.

On October 5, 2010, with a stroke of his pen, President Barak Obama signed Rosa’s Law into effect. Under this new law, it is required of the federal government to replace the term “mental retardation” with “intellectual disability” in many government areas including health, education, and labor policy. The criteria used to determine if a person is considered intellectually disabled is the same.

The Education Department already began using the new language in student’s individualized education plans (IEPs). The purpose is to remove the label and remove the prejudice. However, teaching tolerance of learning differences is the challenge.

Our society has been labeling them, and some even suggesting their entire lives are worthless. It is very important to recognize the *r-word* hurts people and is derogatory. Changing people’s perception will take time, but now is the time to start making changes and acknowledge how important it is to make this word obsolete.

It all began when Nina Marcellino reviewed her daughters’ education plan and noticed the change of coding from “health impaired” to “mentally retarded”.

That is when Rosas’ family began to get petitions signed to drop the designation of the term. Rosa’s brother, Nick was a Sophomore in high school, and became the family spokesperson. He convinced his state legislature to change the official phrase to “individual with an intellectual disability.”

The Bill was introduced by the Marcellino Family and by Sen. Barbara Mikulski, D- from Maryland in November 17, 2009 as Rosa’s Law. “It brings us out of

the dark ages and into a world of evolved sensibilities by retiring an archaic term that equates the person with the disability and substituting it with a term that references the type of disability,” said Senator Mikulski to her fellow senators. Rosa’s mom said, “It was more than words to us, we all felt like you cannot separate what you call people from how you treat people.”

According to sources, there are about 6 million adults in the U.S. diagnosed with intellectual disabilities. The National Arc was very involved in the efforts to end the use of the outdated *r-word*. “Changing how we talk about people with disabilities is a critical step in promoting and protecting their basic civil and human rights.” said, Peter Berns, CEO of The Arc.

Join us in our pledge to stop the *r-word* and show respect. Contact us at 575-882-9208, or follow us on Facebook: arc nmsouthern office.

Healthy Lifestyles

Health and Wellness, by Roger Maya

A disability is a feature of the body, mind or senses that can affect a person's daily life. People with disabilities need healthcare and health promotion programs for the same reasons that the general population does.

Research indicates that people with disabilities may be disproportionately affected by excess weight or obesity; increased risk for diabetes, hypertension, substance abuse, injury, depression, and stress; and receive less

frequent cancer screenings compared to people without disabilities.

Maintaining a proper diet and a regular exercise regimen is very important to individuals with and without a disability. Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health. These include: strengthening muscles and the cardiovascular system,

and weight loss or maintenance. Frequent exercise and proper nutrition boost the immune system, improve mental health and helps prevent diseases such as heart disease, Type 2 diabetes and obesity.

www.disabled-world.com/fitness/exercise/nutrition



Tatyana McFadden, nominated for the ESPY for Best Female Athlete with a Disability. Pic courtesy of the Waisman Center.

EMPLOYMENT

DVR AND SOCIAL SECURITY (SSI) by Brennan Yoder

Did you know that DVR – Division of Vocational Rehabilitation will pay you if you are on SSI or Social Security to work for three months if you are disabled and you want to work? There are no taxes withheld on your checks while you are in training. After three months the company will possibly hire

you. If they do, you will be working for the company that hires you, and then there will be taxes withheld once you become employed.

Also, are you aware that you will not lose your SSI while training or after you get hired? They base it on a scale of how much you make

in a year. For instance, I am working and I get SSI; as long as I do not make more than thirty five thousand dollars a year I will not lose any of my SSI. For more information call your local DVR office.

Proclamation 2014, by Sarah G. Holguin

This past September, our People First group of Anthony and Arc of NM Southern Office staff attended the City of Anthony Council meeting to ask for the approval for support of a proclamation to declare the month of October “Intellectual and Developmental Disability Awareness Month.”

In the proclamation we state

the importance of inclusion for individuals with developmental disabilities and how everyone is a vital part of this community. We seek to stop the use of discriminatory language, such as the *r-word* and replace that with the word *respect*.

Also stated, the importance to break barriers and bridge the gap between citizens

with and without disabilities. We would like to publicly thank Trustee Murillo, Trustee Madrid, Trustee Scott, Mayor Castañeda, and Mayor Pro Tem, Betty Gonzales for signing and supporting our efforts.

With this proclamation, we encourage opportunities in where and how people with

disabilities can learn, live, work, play, socialize, and very important thrive in our community.

Thank you very much for your support!



“For People with Intellectual and Developmental Disabilities”

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Our mission is to improve the quality of life for individuals with developmental disabilities of all ages by advocating for equal opportunities and choices in where and how they learn, live, work, play and socialize.

The Arc of New Mexico will promote self-determination, healthy families, effective community support systems and partnerships.

ACHIEVE WITH US!

La misión del Arc de Nuevo Mexico es mejorar la calidad de vida para individuos con discapacidades de todas las edades al abogar por oportunidades equitativas en donde aprenden, viven, trabajan, juegan y socializan.

El Arc de Nuevo Mexico promueve la auto-determinación, familias sanas, sistema de apoyo efectivo en la comunidad, y entre asociaciones.

LOGRA CON NOSOTROS!

The Arc's Southern Office

by Priscilla Salinas, Director

Happy New Year! Welcome to our new edition of *La Voz* Newsletter for The Arc of New Mexico's southern office. We have had a great ending to 2014 and will continue to stay busy with disability awareness in the public schools presentations, self-advocacy meetings and presentations. We are looking forward to The Self Advocacy Regional Day Conference in April to be hosted in Las Cruces, N.M. at the Dona Ana Community College Workforce Center!

We are looking closely at opportunities for Social Enterprise ventures explored at The Road to Sustainability workshop in Albuquerque, N.M. This concept will have staff look into what assets staff at The Arc provides to the community and do some research

within the population we serve to look at what might the community be willing to pay for as a service. The message then is "Non-profit organizations can no longer continue to do services for free." Now for my next announcement! March is National Developmental Disabilities Awareness Month and I am inviting you to join us for our 1st Annual Dance and Dinner Awards. Persons with Intellectual Disabilities who have made a contribution in promoting Community Involvement and Inclusion will be recognized by The Arc of New Mexico's southern office. Tickets are available at our Anthony office. The proceeds will raise money for the cost of promotional and educational items to provide to the public when doing disability

awareness events. The funds will be used for such things as bracelets, pins, t-shirts, banners, goodie bags, etc., for the Stop-the-R word campaign to pledge to show respect for persons with Intellectual Disabilities. Funds would also be used for our Second annual Disability History Month in October.

We hope you will join in in an evening of fun, food and celebration for the New Year!



Priscilla Salinas, Director Southern Office