

The Center's News



Disability Pride Month is in July because it marks the anniversary of when the 1990 Americans with Disabilities Act legislation was signed into law by President George W.H. Bush. The ADA prohibits discrimination against people with disabilities and states disability rights are civil rights.

The flag above is the updated pride flag for Disability Pride Month as of 2021. The creator, Ann Magill, a disabled woman, had revised her original disability pride flag that had bright colored zig zags as it had affected people with visual disabilities and induced seizures or migraines. Each color of the flag represents different kinds of disabilities: red (physical disabilities), gold (neurodivergence), white (invisible and undiagnosed disabilities), blue (psychiatric disabilities), and green (sensory disabilities). The black mourns for disabled people who have experienced violence or abuse by ableists. The colors are diagonal to represent persons with disabilities cutting across the barriers they face in society.

Disability Pride Month is a time where people are able to celebrate those with disabilities that are in the LGBTQIA+ community, promote their visibility, hear their voices, and serves as a reminder of how important disability rights are and why we continue to advocate for those rights. We can be better allies by listening to what disabled people have to say and making an effort to educate ourselves on the different kinds of issues that affect people who have disabilities.

We all have the power to make a difference. Become an ally to help advocate for disability pride.

Independent Living Program

Advocacy

Gloria Stamper – IL/Transition Program Manager

The ARC is the largest national community-based organization, advocating for and with people



with intellectual and developmental disabilities. Recently, I joined many other advocates in asking Congress to keep Medicaid cuts out of their debt ceiling negotiations. Thanks to thousands of dedicated advocates, there were over 100,000 messages sent to Congress and the results were successful. In truth, if we had not been successful, it would have resulted in millions of people losing access to critical care. Many of these programs have gone underfunded for years. There are so many people who are on wait lists for services that have not been able to receive them due to

lack of funding. The recent expansion of SNAP's work requirement can put individuals who are at greater risk of disability and chronic illness at risk of losing their benefits.

We openly welcome you to act as an advocate on all issues facing those with disabilities.

For more information on how you can help, please feel free to contact The WILL Center at (812) 298-9455 Ext 211.

Mental Health Minority Month

To most people, the month of July is best known for our July 4th Independence Day celebration. However, July is also Minority Mental Health Awareness Month. Many people face the reality of living with mental illness. The truth is that mental health conditions do not discriminate. Anyone can experience challenges and those challenges are not based on age, race, color or gender. The reason for Minority Mental Health Month is to bring awareness to the struggles that racial and ethnic



minorities face in getting treatment for their mental health and substance abuse issues. This is mainly due to less access to treatment, language barriers and lower rates of health insurance, just to name a few. There are so many ways mental health conditions can affect a person, such as, their home, work, school and relationships. It also can affect their sleep, appetite and decision making.

If you or someone you know needs help, talk to your doctor, get a referral to a mental health specialist and connect with other families.

As a community, we must all come together to advocate for those in need. For more information on how you can help, please feel free to contact The WILL Center at (812) 298-9455.

If you are struggling with suicidal thoughts or experience a mental health crisis, call or text the National Suicide and Crisis Lifeline at 988.



Mental health conditions does not discriminate by your background or race, but access to care might

10 Ways to Reduce Your Energy Bills

During the dog days of summer, we are cranking the air-conditioning to the max to keep cool. Unfortunately, this causes our energy usage to sky rocket. There are things that you can do to minimize this impact on your wallet.

1. If you choose to use the AC, increase your temperate up a degree or two.
2. If you have a smart thermostat, enroll in energy saving programs with your power company.
3. Make sure your AC unit is clean and free of debris.
4. On days when it is nice out, open your windows for cross ventilation.
5. Use blackout curtains to keep the sun from coming in the windows on hot days.
6. Rather than heating up the oven, try grilling out, using an air fryer, or toaster oven.
7. Use ceiling fans or box fans in rooms rather than cooling the whole house.
8. Wash clothes in cold water and line dry them rather than using a dryer, or use a laundry matt
9. Defrost your freezer if you notice ice buildup as this will put more strain your appliance.
10. Change out your lightbulbs to LED. They use a fraction of the amount of energy of incandescent bulbs.



L.I.V.E Program

The Future's so Bright:

According to Sunrisesunset.com, during the average summer equinox, Terre Haute will experience 16 hours of daylight. If we are lucky, the meteorologist will forecast clouds all day.

According to a CNET online newsletter, there are plenty of ways to protect your eyes in the heat. In order to take care of our eyes in the summer weather, there are a few scientific tips on how to do so. Wearing sunglasses is one of the easiest and most stylish ways to take care of your eyes during the day. When your eyes are not protected in the sun, they are exposed to multiple types of UV rays, which can increase your risk of certain diseases, including photokeratitis and cataracts.



Another tip to consider is using polarized lenses. Polarized lenses are made with a special chemical that filters more light than other sunglasses. They also reduce glare from reflective surfaces, like water or snow, so they are a good option if you spend a lot of time outside.

A third tip is to choose the right lens color. While it may seem like darker lenses would provide more protection from UV rays, the opposite is true. Extremely dark lenses force your pupils to open

wider, allowing more sunlight into your eyes. Instead of dark lenses, opt for gray or smoke-colored lenses to get the most protection from the sun.

Keeping your eyes hydrated is especially important. During the summer, your eyes can dry out rather quickly. You can keep your eyes hydrated with sitting in air conditioned spaces, using eye drops or a heated compress at night, drinking plenty of water and remembering to wear goggles in the pool! Dehydrated eyes can have uncomfortable consequences such as causing burning, irritation and light sensitivity, which may worsen if you wear contact lenses.

It is always important to protect your eyes while outside or playing sports. Aside from wearing sunglasses, there are other effective ways to protect your eyes while you are spending time outside. For example, if you're gardening or hiking, you can wear a wide-brimmed hat or visor to keep your eyes covered. If you are playing sports, make sure to put on

protective glasses to lower your risk of eye injury. No matter what you are doing outside, you should also wear sunscreen on your face to prevent burns on your eyelids or the sensitive skin around your eyes.

If you plan to watch the upcoming solar eclipse on October 14th, 2023 which begins around 11:37am, and next year's April 8th 2024 beginning at 3:04pm, remember to also protect your eyes as staring directly at a solar eclipse can cause permanent eye damage. It is important to use safe eclipse glasses or safe handheld solar viewers as ordinary sunglasses do not provide enough protection against the solar eclipse.



Let's welcome our newest employee, Holly Neil!



Holly Neil, from Brazil, is the newest member of our team. Holly grew up in Oklahoma and made her way north to start a family. She is the mother of two grown girls as well as numerous cats. In her free time, Holly likes to go in search of antiques and treasures. She also enjoys crafting and gardening. Her favorite book is *The Good Earth* by Pearl S. Buck. One unique thing about Holly is that she is fluent in sign language. She started learning sign language in high school and it soon became a passion for her. Another one of Holly's interests is working the polls on election-day.

If you have any additional questions or want to reach out, contact Holly at (812) 298-9455 Ext. 207 or holly@thewillcenter.org

Terre Haute Events

Mark your calendars for these FREE upcoming July events!

July 1st 8:00am-12:00pm – Terre Haute Farmers Market @**The Meadows** 2700 Poplar Terre Haute, IN 47803

July 1st 6:00pm-11:00pm – Fourth of July Celebration @**The Sycamore Winery** 1320 Durkees Ferry Rd West Terre Haute, IN 47885 (Music, food, fireworks show, bring your own lawn chairs & blankets)

July 3rd 8:30pm-10:30pm – Live Jazz followed by Open Mic @**The Verve** 677 Wabash Avenue Terre Haute, IN 47807

July 5th 10:00am-12:00pm – River Wools Knit Happy Club One @**River Wools** 671 Wabash Ave, Terre Haute, IN 47807

July 5th 1:00pm-2:00pm - Bingo by the Books @**West Branch Library** 125 North Church Street, West Terre Haute, IN 47885
For more info call: (812) 235-2121

July 6th 7:30pm-10:00pm – Sonka Irish Pub & Grill Trivia w/ an Irishman! @**Sonka Irish Pub** 1366 Wabash Ave Terre Haute, IN

July 6th 4:00pm-8:00pm – 12 Points Creators Market @1323 Lafayette Ave Terre Haute, IN

July 8th 8:00am-12:00pm – Terre haute Farmers Market @**The Meadows** 2700 Poplar Terre haute, IN

July 8th - 11th 13th-15th 8:00am – Vigo County Fair @**Fairgrounds** 3901 S. U.S. Hwy 41 Terre Haute, IN



July 11th 1:00pm-2:00pm – Tuesday Book Group @**Java Haute** Wabash Avenue Terre Haute, IN

July 15th 9:00am-3:00pm – 5th Annual Car Show Benefiting and Hosted by 12 Points District @**12 Points District** 2414 N 7th St Terre Haute, IN

Event is **FREE** for spectators only!

July 15th 8:00am-12:00pm – Terre haute Farmers Market @**The Meadows** 2700 Poplar Terre haute, IN

July 22nd 10:00am – Walk like MADD (Fundraising event to raise awareness & funds to eliminate drunk and drugged driving) @**Fairbanks Park** Oak St. Terre Haute, IN

July 28th-31st 10:00am-4:00pm – Summer Used Book Sale @**Providence Spirituality & Conference Center** 3850 U.S. 150 Saint Mary-of-the-Woods, IN

For additional details visit
mywabashvalley.com