

Enhancing Abilities

Volume 2, Number 3

Newsletter Date: December 2011

THE UNIVERSITY OF
MEMPHIS

Mid-South Access Center
for Technology

Mid-South ACT, where we provide demonstrations, resources, and services
for individuals with disabilities throughout the Mid-South area.

Mid-South Area Resources for Individuals with Physical and Intellectual Disabilities

**SPECIAL
EDITION**

This special edition of *Enhancing Abilities* is to highlight some resources that are available to assist individuals with physical and intellectual disabilities in Memphis and the Mid-South. Some of those listed here are: 2-1-1

• The ALS Association Tennessee Chapter • The Arc Mid-South • Area Agency on Aging & Disability • Autism • Deaf Connect • Disability.gov • Down Syndrome Association of Memphis & the Mid-South • erikaslist.org • Glass Seating & Mobility • Harwood Center • La Paloma Treatment Center • Lion's Club • Muscular Dystrophy Association of Memphis (MDA) • Memphis Center for Independent Living • Meritan • Mid-South Chapter of the National Multiple Sclerosis (MS) Society • Mid-South Access Center for Technology (ACT) • Sports4all Foundation® • Traumatic Brain Injury Services • UCP – United Cerebral Palsy • West TN Family Solutions

Mid-South ACT does not endorse any of these agencies. The references listed here are solely for information purposes only.



M

id-South ACT's goal is to help individuals with disabilities to become more independent in their personal and professional lives. This special edition of *Enhancing Abilities* is dedicated to helping our clients to obtain resources that are available to them for which they may not be aware. We will spotlight local chapters of national societies, including programs and services as well as other facilities that are available online. One resource provided through Mid-South ACT is our outreach and networking support group for people who use wheelchairs, **Roll with the Punches**, which was founded by Ms. Mary Hayes, a former VISTA volunteer. The main goal of the group is to introduce people who use wheelchairs to others who do, enabling them to meet people who have overcome their disabilities, have group discussions on the issues they face, and gain knowledge about the assistive technology that they may acquire to help them improve their daily lives.

The fall session began by introducing the group and networking during lunch. Each of the guests commented on how this networking group could benefit them, and they were each eager to share their life experiences being a wheelchair user with others who are in similar situations.



Ms. Betty with Sparkle

As a MATA (Memphis Area Transit Authority) Travel Trainer/ Consultant, Ms. Betty Anderson shared some information about the new MATA Airways Transit Center. She encourages others to use the main line, fixed-rate buses (the regular MATA buses), because persons with disabilities are issued a discounted rate by utilizing those, where there is no

discount for using a MATAPlus bus. The number of main line buses also makes them more readily available and less likely to be late. One of the issues most people have faced using MATA is the fact that the buses are almost always late arriving to pick them up. Some individuals have waited as long as 3 or 4 hours past his or her pick-up time for a late bus. Ms. Betty did say that funding is a major problem, as it has been cut every year for the past 4-5 years.

Ms. Betty stressed the fact that if anyone has ANY problem with MATA, please call the complaint line at (901) 522-9175, and make sure to get a confirmation number to keep for your records. A MATA representative should get back in touch with you as soon as possible.

Ms. Lynda Von Maurer attended the support group and is a graduate of Overton High School's Class of 2010. Her studies and her main interests are in Arts & Crafts. She is very creative, and has even offered to design a marketing piece for us. Her enthusiasm is contagious! She is excited about the group. She also mentioned that she loves talking on the phone and her assistant, Ms. Lavonda, agreed! Ms. Lynda is very interested in finding a job that she can perform. She wants to continue to hone her computer skills using the assistive technology (AT) at Mid-South ACT.



Ms. Lynda and Ms. Lavonda



Mr. Dean with Yachen

Mr. Joseph Dean, a native Memphian, attended Carver High School. We discovered that he and Ms. Lynda are both really big Dallas Cowboy fans! He says that he looks forward to working in an office environment, which will be something new for him. While in the Mid-South ACT lab, Mr. Dean combines his knowledge of the AT programs he is learning, along with other applications, i.e. Microsoft Word,

Excel and Power Point, with Movie Maker software. He is able to create videos, presentations and hopes to apply this knowledge to a work environment.

Future sessions of **Roll with the Punches** include art therapy, various informational sessions, as well as demonstrations of the latest AT that could prove useful. Group discussion will always be welcome. All are encouraged to contact anyone who may be interested and invite them to join our group. Volunteering is an excellent networking tool, so everyone is encouraged to perform volunteer work at any place of their choosing.

For more information, contact:

Mid-South ACT • 530 Patterson Street
Main Office: 119 Patterson Hall
Memphis, TN 38152 • Phone: 901.678.1489
Website: <http://act.memphis.edu>
E-mail: act@memphis.edu



Submitted by Karen Stieg Wilson, Graphic Designer & AmeriCorps® VISTA
with Mid-South Access Center for Technology (ACT)

Advocacy and Service Organizations



Memphis Center for Independent Living (MCIL)

MCIL's goal is a community-based non-profit organization that equally welcomes all members. They work so that people with disabilities in the Memphis area may live independently. Americans with disabilities have not had access to transportation, housing and employment that other citizens have enjoyed; MCIL is changing that. Their motto is **"Action and Advocacy for People with Disabilities!"**

For more information about MCIL, contact

The Memphis Center for Independent Living
1633 Madison Avenue
Memphis, Tennessee 38104
(901) 726-6404
v/tty (901) 726-6521 fax
E-mail: mcil@mcil.org
or visit their website at
<http://www.mcil.org>.

For more information about The Arc Mid-South, contact

Arc of the Mid-South
3485 Poplar Avenue • Suite 210
Memphis, TN 38111
(901) 327-2473
Fax: (901) 327-1197
E-mail: msarc@arcmidsouth.net
or visit their website at www.arcmidsouth.net.



The Arc Mid-South is dedicated to empowering people with disabilities to achieve their full potential. They are committed to providing advocacy and services which enable individuals with disabilities to realize their uniqueness, worth, and full inclusion in society. They offer a wide variety of programs and services for individuals with disabilities, such as autism, cerebral palsy, down syndrome, muscular dystrophy, and other developmental and intellectual disabilities.

The ALS Association Tennessee Chapter



Tennessee Chapter

Create a world without ALS.

Amyotrophic Lateral Sclerosis (ALS), more commonly known as Lou Gehrig's Disease, is a motor neuron disease. Although the cause of ALS is not completely understood, the last decade has brought a wealth of new scientific understanding about the disease that provides hope for the future.

The ALS Association Tennessee Chapter, strives to provide relevant and useful services to all patients and families living with ALS in Tennessee and surrounding areas. They work hard to develop and maintain programs to fill patient needs that aren't always met by medical insurance coverage or traditional medical care. Through their year-round fundraising efforts, they continue to gather support for their programs and ultimately, support for patients. For more information about programs and services in West Tennessee, please contact: Beth Bumgardner, Care Services Coordinator, at (901) 854-8661 or E-mail beth.bumgardner@alstn.org

Autism Helpful Links

Autism and Dyslexia <http://www.autismsocietymidsouth.org> & <http://www.memphisdyslexia.org>
Autism Society of the Mid-South <http://www.autismsocietymidsouth.org>
Autism Solution Center <http://www.autismsolutioncenter.com>
TEIS (Tennessee's Early Intervention System) <http://tennessee.gov/education/teis>
STEP (Support & Training for Exceptional Parents)
MSPTI (Mississippi Parent Training and Information Center) <http://mspti.org>
Harwood Center <http://harwoodcenter.org>
Boling Center for Developmental Disabilities <http://www.uthsc.edu/bcdd>
Shelby County Schools <http://sck12.org>
Memphis City Schools <http://www.mcsk12.net>
Autism Speaks <http://www.autismspeaks.org>
Disability Scoop <http://www.disabilityscoop.com>

Down Syndrome Association of Memphis and the Mid-South

www.dsamemphis.org

2893 So. Mendenhall Rd., Suite 3
Memphis, TN 38115
901.547.7588 (office)
901.547.7589 (fax)
E-mail: dsam1@bellsouth.net



The Down Syndrome Association of Memphis and the Mid-South is an organization whose mission is to support and empower individuals with Down syndrome and their families. DSAM promotes the inclusion of all people with Down syndrome by providing families and our communities with up-to-date information and education. To that same end, they strive to foster positive attitudes and enhance public awareness within society of the inherent worth, value and contributions of people with Down syndrome.

This newsletter is funded in part under an agreement with the Tennessee Department of Human Services and the Tennessee Technology Access Project (TTAP).



Mid-South Area Resources for Individuals with Physical and Intellectual Disabilities

Below is contact information for each of the services and agencies for which we have listed resources. Mid-South ACT does not endorse any of these agencies, but supplies information solely for available resources.

Aging Commission.

<http://www.agingcommission.org>

Area Agency on Aging & Disability

2670 Union Ave. Ext., Suite 1000
Memphis, TN 38112
Phone: 901.324.3399
Fax: 901.327.7755

Education & Outreach Coordinator – Larry Turner

Speaks to community groups about agency services and advocacy issues, and represents agency at community education events and health fairs
E-mail: ltturner@agingcommission.org

Autism Solution Center.

<http://autismsolutioncenter.com>

9282 Cordova Park Rd.
Cordova, TN 38018
901.758.8288

Autism is treatable, and we are here to make sure everyone hears those words and has great hope!

Deaf Connect.

<http://www.deafconnectmidsouth.org>

A Lifeline for the Deaf and Hard of Hearing Community in the Memphis Metropolitan Area

Deaf Connect of the Mid-South

144 N. Bellevue
Memphis, TN 38104
Phone: 901.278.9307

Important Resource for the Hearing Community

As well as being the only comprehensive agency primarily serving the adult deaf, hard of hearing, and deaf/blind population for the Memphis Metropolitan area, Deaf Connect is also the most recognized resource providing information to the hearing community – answering questions about services, assistive devices, educational options and communication issues.

DLACTN – Disability Law and Advocacy Center of Tennessee.

<http://www.dlactn.org>

DLACTN West Tennessee Regional Office

2693 Union Avenue, Suite 201
Memphis, TN 38112
Phone: 901.458.6013
Fax: 901.458.7819

Disability Law & Advocacy Center of TN (DLAC)

advocates for the rights of Tennesseans with disabilities to ensure they have an equal opportunity to be productive and respected members of our society.

All requests for DLACTN services must go through their Advocacy Assistance Unit (AAU). If you have an issue and you believe that DLAC might be able to help, contact:
Call toll free: 1.800.342-1660
TTY: 1.800.852.2852
E-mail: GetHelp@DLACTN.org

Glass Seating & Mobility.

<http://www.glassmobility.com>

1687 N. Shelby Oaks Dr. #9
Bartlett, TN 38134
Phone: 901.379.0096
Fax: 901.379.0018
Theresa Owens, ATP, President and Owner
E-mail: teresa@glassmobility.com

La Paloma Treatment Center.

<http://lapalomatreatment.com>

2009 Lamar Ave.
Memphis, TN 38114
Confidential 24 Hour Helpline: 877.345.1887

La Paloma Treatment Center provides integrated treatment to persons with addictions and/or mental health conditions through the use of the Foundations Model of Treatment. Their specially trained staff members address the complex needs of individuals with co-occurring disorders.

Lions Club. <http://www.midsouthlions.org>

A Miracle a Day

Mid-South Lions Sight & Hearing Services

930 Madison Ave, Suite 101
Memphis TN 38103
Phone: 888.546.6042; 901.543.5466
Fax: 901.543.5464
E-mail: info@midsouthlions.org or midsouthlions@msn.com

The mission of Mid-South Lions Sight and Hearing Service is to positively enhance the lives of the indigent sight or hearing impaired by providing light, sound, and hope through partnerships between Lions Clubs, medical professionals and facilities throughout the Mid-South.

MDA – Muscular Dystrophy Association of Memphis. <http://www.mda.org/local>

Help for Today, Hope for Tomorrow

MDA office serving the Memphis area:

3149 Players Club Parkway
Memphis, TN 38125
Primary: 901.748.3036
Toll Free: 866.972.1543
Primary Fax: 901.748.0485
E-mail: memphis@mdausa.org

MDA clinics serving the Memphis area:

Wesley Neurology Clinic

1211 Union Ave Ste. 400
Memphis, TN 38103
901.725.8920
<http://www.wesleyneurology.com>

Methodist Lebonheur Health Care

8095 Club Parkway
Cordova, TN 38017
901.758.6035
<http://www.methodisthealth.org>

Health Care Services Coordinator –

Kelly Reed: E-mail: KReed@mdausa.org

Sports4all Foundation®. <http://s4af.org>

5827 Charlotte Pike
Nashville, TN 37209
Phone: 615.354.6454
Fax: 615.356.5558
Email: info@s4af.org

The mission of Sports4all Foundation is to improve the quality of life for those with disabilities by providing funding, equipment, programming and education to enable full participation in sports and recreational activities.

UCP – United Cerebral Palsy.

http://affnet.ucp.org/ucp_local.cfm/143

UCP of the Mid-South

4189 Leroy Avenue
Memphis, TN 38108
Phone: 901.761.4277 or
901.248-0030
Fax: 901.761.7876
E-Mail: csmith@ucpmemphis.org



UCP of the Mid-South is a community focused agency dedicated to improving the lives of children and adults with disabilities and their families. As the primary source of information, programs and resources for this group, UCP of the Mid-South is dedicated to providing a life without limits. While many see disabilities as an *ending*, UCP and their clients believe only in *beginnings*.

West TN Family Solutions

<http://www.wtfs.org>

2795 Appling Rd #114
Memphis, TN 38133
901.373.9559

The mission of West TN Family Solutions is to provide the highest quality of care and opportunities affording individuals with developmental disabilities to lead successful and fulfilling lives within their communities.



**Meritan helps people stay independent.
Meritan delivers...**

Home Health • Low vision therapy
• Free Information & Referral

Job-ready senior citizens • Disability support • Families for Children

Meritan addresses a variety of challenges that people confront. On one end of the spectrum, these challenges are those that come with aging. On the other, they are the challenges faced by children afflicted with multiple severe health conditions who are without parents able to take care of them. Meritan is also helping people of all ages whose lives are affected by vision loss, developmental delays and poor health. Their Mission is "Maximizing each individual's optimum potential throughout life's stages."

For more information, please call (901) 766-0600 or (800) 487-5207, or visit <http://meritan.org>.

Mark Your Calendars!
Friday, December 9, 2011
11:30 am – 1:00 pm
Mid-South ACT
University of Memphis
530 Patterson Street
Main Office Room 119
Memphis, TN 38152 • 901.678.1489

NEW!

For additional information or to make a reservation, call Ms. Karen Wilson, VISTA Volunteer & Liaison, at 901.678.1489, or email Mr. David Williams at oct@memphis.edu.

**Memphis Area Support Group
for Young Adults (18 – 50)
who are Blind or
Visually Impaired**

A new networking & support group for young adults (ages 18 – 50) who are blind or have low vision will begin December 9, 2011.

Won't you join us? An organizational meeting will be held:

When? Friday, December 9, from 11:30 am – 1:00 pm.

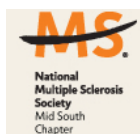
Where? at Mid-South Access Center for Technology (ACT) at the University of Memphis, 530 Patterson Street
Main Office Room 119
Memphis, TN 38152

THE UNIVERSITY OF MEMPHIS
Mid-South Access Center for Technology

Traumatic Brain Injury (TBI)

Traumatic brain injury (TBI) is a complex injury with a broad spectrum of symptoms and disabilities. The impact on a person and his or her family can be devastating. The purpose of the site <http://www.traumaticbraininjury.com> is to educate and empower caregivers and survivors of traumatic brain injuries. It aims to ease the transition from shock and despair at the time of a brain injury to coping and problem solving.

Traumatic Brain Injury Services • 887 Jefferson Ave. RM A-659 • Memphis, TN 38103 • at the Regional Medical Center or "The Med".
Contact Carolyn Chamber at 901.545.8487.



The Mid-South Chapter of the National Multiple Sclerosis (MS) Society is a community of individuals who provide comprehensive support services and educational programs to Mid-Southerners with MS, their family and friends. They raise funds locally to support the National MS Society's research initiatives.

The West TN office is located:
5341 Estate Office Park Drive, Ste. 2 • Memphis, TN 38119
<http://www.msidsouth.org>

Call **Emily Garrett, Development Coordinator** for West Tennessee at (901) 755-9712, or e-mail her at emily.garrett@nmss.org;
or call **Sherry Bramucci, Manager of Client Programs & Services** for West Tennessee at 901-755-0994, or e-mail her at sherry.bramucci@nmss.org.

Mid-South ACT Services

Evaluations

Mid-South ACT professionally evaluates clients to determine what assistive technology will improve the person's ability to function in home, school and work environments. The recommendations may include:

- Special computer access devices and methods
- Adaptive software and hardware
- Non-computer devices to improve function in daily activities
- Workplace, school or home modifications
- Environmental controls for lights, TV's, telephones, etc.
- Change of method, procedure or routine
- Augmentative communication strategies and equipment
- Low vision aid evaluation (e.g. CCTV)
- Seating and positioning

Installation and Configuration of Assistive Technology

- Set up and install equipment
- Provide technical assistance and troubleshooting
- Serve as liaison between adaptive equipment manufacturers and the customer

Client Training

Provide instruction related to assistive technology and methods. Areas of emphasis include:

- Instruction in the use of assistive technology
- Practice focused toward vocational skills
- Remedial training to enhance academic skills
- Augmentative communication
- Training to improve daily living skills

Information & Outreach

- Educate people with disabilities, advocates, organizations, and the general public in the use and availability of assistive technology, specifically:
- Provide customers and the general community with information necessary to make informed decisions
- Provide in-service training for educators, therapists, counselors, etc.
- Participate in and co-host conferences
- Promote community awareness of assistive technology

Research

Conduct research related to the planning, development, and implementation of assistive technology and assistive technology services.

Mid-South ACT Reutilization Program

What is Reutilization?

The goal of Tennessee Technology Access Program's (TTAP) Reutilization is to promote the donation, repair, and reuse of technology and durable medical equipment for individuals with disabilities.

Why Donate?

Whether for home, work or school, the reutilization program provides equipment so people can be more independent and have a higher quality of life.

What is AT?

AT stands for Assistive Technology. According to the Technology-Related Assistance for Individuals with Disabilities Act of 1988, Assistive Technology is "any item, piece of equipment, or product system, whether acquired commercially, modified, or customized, that is used to increase, maintain, or improve functional capabilities of individuals with disabilities." (P.L 100-407)

*Make a Difference
in your community*

by helping individuals in need by donating AT equipment. There is a list of some of acceptable electronic and non-electronic assistive technology equipment on page 6. The list will change from time to time as we research other AT equipment that can be reutilized. We appreciate your participation.

Mid-South ACT Loan Library

We at Mid-South ACT have a constantly changing loan library of items that are donated to us, so that we can reutilize them and then loan them out to another person with disabilities, who may not have access to these items on their own. We accept slightly used, old, durable medical equipment, or repairable Assistive Technology (AT).

Don't Throw It Away...



Donations are the heart of Mid-South ACT. We accept slightly used, old, durable medical equipment, or repairable AT equipment.

For more information, check our website at act.memphis.edu.

There you may also sign up for any of our monthly mini-training sessions, to register for scheduled Reutilization Information and Networking Program Meetings, or you may also make suggestions for possible future sessions that may be of interest to you.

Give It Away!

Donate

For Reutilization



NEED HELP

dropping off your donated AT equipment? Call Mid-South ACT at 678.1489 and we will make arrangements to pick it up.



Mark Your Calendars!

**Introduction to Unity
Language for PRC Devices
Augmentative Communication Device
Training and Informational Session**
Friday, December 2, 2011
8:00-11:30am
Mid-South ACT - PT 111
Participants will need to go to the PRC website
www.prentrom.com/training to register.

**Memphis Area Support Group
for Young Adults (18-50) who are
Blind or Visually Impaired**
Friday, December 9, 2011
11:30am-1:00 pm
at Mid-South ACT - PT 119
For more information or to make a
reservation, call Karen Wilson, VISTA, at
901.678.1489; or email Mr. David Williams
at act@memphis.edu.



MCIL's Next Chapter Book Clubs are back!

These are book clubs for adolescents and adults with intellectual disabilities. There are five groups to choose from as we expand our program to Germantown and South Memphis. To become a member, or if you would

like to be a volunteer facilitator, please **contact: Susanna Cullen at scullen@mcil.org or call Memphis Center for Independent Living at 726-6404 x 269.**

**ROCK AND ROLL
CYCLES BRING JOY!**

*It's time
for some
Rock N' Roll*

FUN!

**DESIGNED FOR FUN
OUTDOOR THERAPY**

**ROCK AND ROLL
CYCLES**

Spina Bifida
Cerebral Palsy
Orthopedic Handicaps
Partial Paralysis
Amputations
Visual Impairments

WWW.ROCKANDROLLCYCLES.COM

Dial 2-1-1 to Find Help

If you are looking for help, or want to provide someone with help, just dial 2-1-1 to reach the community information and referral resources of **LINC, the Library Information Center** at the Memphis Public Library. LINC, in conjunction with United Way of the Mid-South, is the local source for community resources. LINC maintains a large, comprehensive database of human services organizations, government agencies and volunteer groups, which can now be accessed by dialing 2-1-1.

You can also reach LINC by calling toll free: **866-735-7211**.

The most frequent requests for help are utilities, food, protective services, legal assistance, child care, social support, housing, and mental health.

Services are accessible to the hearing-impaired by calling **TTY 415-2701**.



Did You Know?

www.erikaslist.org

A website called [erikaslist.org](http://www.erikaslist.org) is often called "the big blue book of bookmarks for people with disabilities."

- They have created a comprehensive informational reference for the disability community. If your company, resource, or organization is disability related, they will "bookmark" it. Or if you are trying to look up information regarding any type of disability, visit their website at www.erikaslist.org for more information. They have done much of the research for you!
- **Disability.gov.** <http://www.disability.gov>
Connecting the Disability Community to Information and Opportunities
- Disability.gov is an award-winning federal Web site that contains disability-related resources on programs, services, laws and regulations to help people with disabilities lead full, independent lives. Check it out!