



Goodwill

Industries of Greater Nebraska, Inc.

July Appreciation Days:

- Disability Pride Month!
- 7/4- **NO SERVICES (CLOSED)**

JULY 2024

NEBRASKA DISABILITY PRIDE



Upcoming events

Hastings:

- Meals on Wheels.
- Volunteering at the Freedom Factory.
- Fishing!
- Movies At The Theater!
- Adams County Fair!

Grand Island:

- Bowling on Monday & Fridays
- Fishing
- Swimming

Kearney:

- Bowling
- Movies!
- Adaptive Art Class
- Buffalo County fair!

DISABILITY PRIDE

Each element symbolizes a different part of the disability community.



RED: physical disabilities

BLUE: mental illness

BLACK: represents the disabled people who have lost their lives due not only to their illness, but also to negligence, suicide and eugenics.

YELLOW: cognitive and intellectual disabilities

WHITE: invisible and undiagnosed disabilities

GREEN: sensory perception disabilities

@FINDYOUROWNHOPE





DDS NEW HIRE TRAINING:
07/03/2024 (9am-3pm)



If you would like more information regarding these trainings, please notify your local program manager.





CPI: Nonverbal Communication!

Kinesics (Body Language)

Nonverbal message we transmit through body posture and motion

1. Facial Expressions: Smile, frown, clenched jaw, eye contact.
2. Posture
3. Gestures: Close to own body, upward motion, slow movements
4. Movement: Fast or slow

How to read people? Body language 101

- Pay attention to their eyes. Notice where someone is looking—are they making eye contact? .
- Watch their facial expressions.
- Observe their arm movements.
- Notice their legs posture.
- Observe overall posture.
- Notice how much space they take up.
- Tune into their tone of voice.

WHY DISABILITY PRIDE MONTH VS DISABILITY AWARENESS MONTH?

"DO YOU KNOW WHICH GROUP IS THE WORLD LARGEST MINORITY GROUP? DISABLED PEOPLE GROUP ARE THE WORLD'S LARGEST MINORITY. THE UNITED NATIONS ESTIMATES THAT OVER A BILLION PEOPLE LIVE WITH SOME FORM OF DISABILITY AND THEY ARE DISPROPORTIONATELY REPRESENTED AMONG THE WORLD'S POOREST AND AT GREATER RISK OF SUFFERING FROM VIOLENCE, DISASTER, POVERTY, AND MANY OTHER HARDSHIPS."

WHAT IS DISABILITY PRIDE MONTH?

JULY IS DISABILITY PRIDE MONTH!

DISABILITY PRIDE HAS BEEN DESCRIBED AS "ACCEPTING AND HONORING EACH PERSON'S UNIQUENESS AND SEEING IT AS A NATURAL AND BEAUTIFUL PART OF HUMAN DIVERSITY"

IN JULY OF 1990 PRESIDENT GEORGE H.W. BUSH SIGNED THE AMERICANS WITH DISABILITIES ACT INTO LAW, INCREASING ACCESS AND OPPORTUNITY FOR PEOPLE WITH DISABILITIES IN COMMUNITY LIFE AND EMPLOYMENT AND PROVIDING PROTECTION AGAINST DISCRIMINATION.

RECOGNIZING THE SIGNING OF THE ADA AS A TYPE OF PRIDE MONTH IS RELATIVELY NEW. NEW YORK BEING THE FIRST STATE TO RECOGNIZE IT IN JULY 2015. SINCE THEN CITIES AND STATES ACROSS THE COUNTRY HAVE CELEBRATED DISABILITY PRIDE MONTH WITH PARADES HOWEVER IT IS NOT YET ESTABLISHED AT THE FEDERAL LEVEL. AS THE WORLD IS MOVING TOWARDS BECOMING A MORE INCLUSIVE PLACE THE RECOGNITION OF DISABILITY PRIDE MONTH IS GROWING, AS IT SHOULD!

WHY DISABILITY PRIDE MONTH VS DISABILITY AWARENESS MONTH

WHILE DOING SOME RESEARCH I FOUND AN INTERVIEW WITH A DISABILITY RIGHTS ACTIVIST. SHE WAS ASKED "WHY IS IT DISABILITY PRIDE, NOT DISABILITY AWARENESS?" HER RESPONSE WAS "I OFTEN THINK OF THE TERM AWARENESS AS SOMETHING THAT WE USE WHEN WE'RE TALKING ABOUT SOMETHING THAT WE WANT TO SOLVE, A PROBLEM TO BE FIXED. DISABILITY IS NOT A PROBLEM TO BE FIXED. IT'S A CULTURE, IT'S AN IDENTITY. IT'S SOMETHING THAT SO MANY OF US CELEBRATE." ALTHOUGH IT IS ROOTED IN THE SIGNING OF THE ADA IT IS NOT A HISTORY LESSON. IT'S A BEAUTIFUL CELEBRATION.

DISABILITY-PRIDE-MONTH-FLAG-MEANING:

THERE IS A DISABILITY PRIDE FLAG. IT HAS A BLACK BACKGROUND AND DIAGONALLY ACROSS THE FLAG ARE FIVE ZIGZAG LINES COLORED BLUE, YELLOW, WHITE, RED, AND GREEN. THE DIAGONAL LINES ARE TO REPRESENT LIGHTNING BOLTS AND EACH COLOR REPRESENTS SOMETHING UNIQUE ABOUT THE DISABILITY COMMUNITY.

THE BLACK FIELD: THIS FIELD IS TO REPRESENT THE DISABLED PEOPLE WHO HAVE LOST THEIR LIVES DUE TO NOT ONLY THEIR ILLNESS, BUT ALSO NEGLIGENCE, SUICIDE, AND EUGENICS.

THE LIGHTNING BOLT: THE SHAPE OF THE LIGHTNING BOLT REPRESENTS THE NON-LATERAL LIVES THAT MANY DISABLED PEOPLE LIVE, OFTEN HAVING TO ADAPT THEMSELVES OR THEIR PHYSICAL ROUTES TO GET AROUND AN INACCESSIBLE SOCIETY.

THE COLORS: EACH COLOR ON THIS FLAG REPRESENTS A DIFFERENT ASPECT OF DISABILITY OR IMPAIRMENT.

BLUE: MENTAL ILLNESS.

YELLOW: COGNITIVE AND INTELLECTUAL DISABILITIES.

GREEN: SENSORY PERCEPTION DISABILITIES.

RED: PHYSICAL DISABILITIES.

THE IMPORTANCE OF DISABILITY PRIDE MONTH

DISABILITY PRIDE MONTH IS A WAY FOR THE DISABLED COMMUNITY TO CELEBRATE WHO THEY ARE, AND FOR OTHERS TO BETTER UNDERSTAND HOW THEY CAN BECOME BETTER ALLIES FOR THE DISABLED COMMUNITY. THE MORE THIS PRIDE MONTH IS CELEBRATED AND MADE PUBLIC THE CLOSER WE COME TO A MORE INCLUSIVE WORLD. A LOT OF TIMES THE WORD "PRIDE" IS WHAT PEOPLE READ AND ASSOCIATE THIS WITH THE LGBTQ+ COMMUNITY AND WHILE THIS SPECIFICALLY ISN'T ABOUT APPROPRIATING THE LGBTQ+ COMMUNITY THEY HAVE OFTEN BEEN INTERTWINED. DISABILITY PRIDE, MUCH LIKE LGBTQ+ PRIDE, IS ALL ABOUT CELEBRATING AND RECLAIMING OUR VISIBILITY IN PUBLIC BECAUSE PEOPLE WITH DISABILITIES HAVE HISTORICALLY BEEN PUSHED OUT OF PUBLIC SPACES. AND WHILE THEY HAVE SOME SIMILARITIES THE TWO DO REPRESENT DIFFERENT COMMUNITIES.

DISABILITY PRIDE CONTINUES TO EVOLVE. THANKS TO THE HARD WORK OF DISABLED ACTIVISTS WHO HAVE FOUGHT FOR REPRESENTATION AND EQUALITY. WHETHER YOU ARE FAMILIAR WITH THE DISABILITY JUSTICE MOVEMENT OR ARE NEW TO THINKING ABOUT WHAT IT MEANS, A GREAT DEAL OF WORK REMAINS TO ENSURE THAT THE NEEDS OF THE DISABILITY COMMUNITY ARE MET.

Monthly Wellness Focus!



Mindful Observation

Mindful Observation is the act of intentionally and attentively observing a natural object or element from your surroundings. It involves focusing your attention, without distraction, on the details of an object or scene.

How to Practice Mindful Observation at the Workplace?

Choose a natural object within your workplace environment that catches your interest. It could be a potted plant, a piece of furniture, a view from the sky from your window, or even a bird outside.

Find a quiet spot where you can be undisturbed and can mindfully observe. Approach the object with a sense of curiosity. Notice its colors, shapes, and textures. Don't judge or analyze.

Engage all your senses while you are observing.

Let go of any distracting thoughts or concerns about work-related things.
Focus solely on the object; immerse yourself.

Take deep breaths.

Pay attention to the details that you might have overlooked before. Anchor yourself in the present moment and deepen your

connection with the chosen object.

Practicing mindful observation at the workplace is a powerful way to strengthen focus and attention. Such exercises can help employees deal with absent-mindedness and instill enhanced mental prowess.



Resources To Remember:

Please Welcome!

- Ruth Smith, Employment Specialist, Corporate

REMINDER:
SERVICES ARE
CLOSED JULY
4TH!

NEBRASKA
Good Life. Great Mission.
Department of Health and Human Services

News Release

FOR IMMEDIATE RELEASE
March 29, 2024

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DHHS Launches New Accommodation Services Website

Lincoln, NE – The Nebraska Department of Health and Human Services (DHHS) launched an Accommodation Services [questionnaire website](#) for Nebraskans who require accommodation while seeking DHHS services. This questionnaire will provide referrals to DHHS divisions that can best meet the clients most critical and urgent needs.

"To better serve Nebraskans, it is important we hear from those seeking services to determine what accommodations will help improve their situations," said DHHS CEO Steve Corl. "We strongly encourage residents who may need accommodations to fill out the questionnaire so we can help meet their needs. Citizens are also welcome to reach out to anyone at DHHS at any time."

The purpose of the questionnaire is to determine if additional accommodations are needed while seeking DHHS services. The questionnaire should take less than three minutes to complete.

The new DHHS Accommodation Services questionnaire:

- Can be filled out by the client or by someone else on their behalf.
- Provides a Questionnaire ID number to help DHHS locate client specific responses.
- Provides the resident with the contact information of the recommended division to reach out to for help.

The DHHS Accommodation Services website is now available to all Nebraskans and Community Partners via the [DHHS website](#).

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