

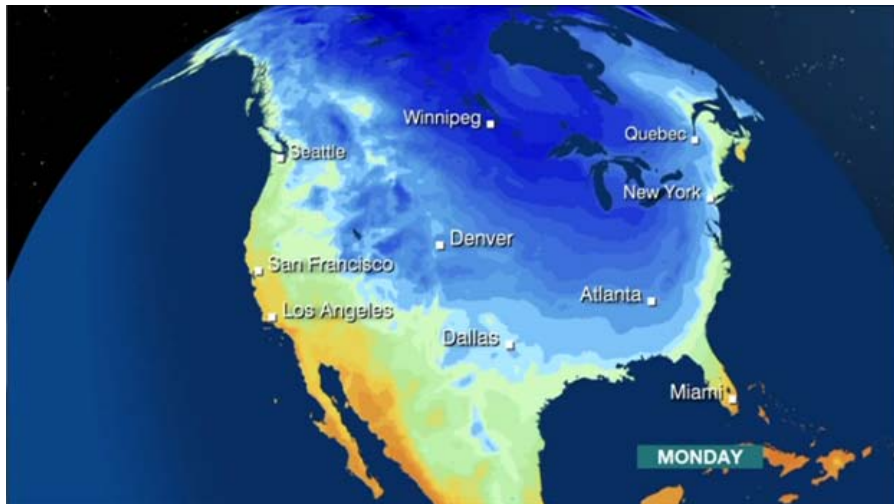
MetroWest Center for Independent Living, Inc.

January

It's budget season again. The governor's budget was released, and overall, it's pretty good. Independent Living was level funded, and we are asking for an increase of \$550,000 for all 11 IL Centers. We have a few other issues which we discussed at our annual Legislative Forum with our local representatives and senators. And of course, we are relying on our legislators to not make any cuts to the governor's budget in funds for people with disabilities! Other than that, it continues to be life-in-the-fast-lane at MWCIL, as we roll out our new services. We welcomed one new IL Coordinator, and expect to hire more people shortly.

And... we're REALLY sick of the Polar Vortex!

from Paul W. Spooner,
Executive Director of MWCIL



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Calendar

Legislator's Forum
at MWCIL
Friday, January 31, 2014

IL Education Day
at the State House
Thursday, March 20

Donations

If you appreciate MWCIL and the support it provides you, please consider a gift of any amount. By showing your appreciation and giving back, MWCIL can provide more services for the community. We thank you! Go to [MWCIL Webpage](#) or click on the Donate button.

IL Legislative Priorities for 2014

- Increase for IL Centers statewide of \$550,000 to the IL Line item: 4120-0200
- Increase funding for Assistive Technology in Line Item 4120-4000. Easter Seals of Massachusetts is requesting \$500,000.

- Add directive into the MassHealth budget line for the Durable Medical Equipment ReUse Program for approximately \$500,000
- Add resources for accessible housing by increasing DHCD Line Item 7004-9030, Alternative Housing Voucher Program, by \$1,550,000

On January 31, MWCIL and Easter Seals of Massachusetts held their annual Legislative Forum. Paul Spooner, Joe Bellil and Kirk Joslin presented the above priorities to Representatives David Linsky, Carolyn Dykema, Chris Walsh, Danielle Gregoire and Tom Sannicandro, and Senators Karen Spilka and James Eldridge.

An Easter Seals consumer, Jim, spoke about the importance of having Assistive Technology. Easter Seals not only provides the technology, they also provide expertise with training and setting everything up correctly. Jim has written books using his new technology!

Steve, an MWCIL consumer, spoke about how his IL Coordinator at MWCIL was able to get him into his own apartment after being homeless for many years.



Disability Film Series

ReelAbilities: Boston Disabilities Film Festival
January 30 - February 6

Download the [schedule](#). And visit the [website](#) for tickets. The festival offers a good variety of films!

Donate



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About Us:

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Governor Patrick's State of the Commonwealth Address

In giving his last State of the Commonwealth speech, Governor Deval Patrick delivered a strong and robust summary of the past seven years citing his Administration's work in guiding the state through a global economic meltdown yet emerging with stronger schools, a welcoming business environment, more people receiving health insurance than anywhere in the nation, a booming tech sector; and to the delight of the disability community he cited major achievements of importance to the disability community.

Early in his speech, Governor Patrick was applauded by the Chamber when he stated:

"Today, we're helping people with disabilities earn a living in the workforce with dignity and to live independently because "Community First" is a reality, not a slogan. And children whose families need it have the most comprehensive autism coverage in the nation."

For the disability community, Patrick's speech represented a bit of a watershed moment, where the concerns of people with disabilities became a key and prominent feature of a Governor's State of the Commonwealth, having moved through this Administration as a top priority, and not an afterthought as in prior administrations.

Thanks to [ADDP](#) for this report. The Association of Developmental Disability Providers is seeking greater support for several important programs for people with disabilities.

LEND Fellowship Program

The Leadership in Education and Neurodevelopmental and Related Disabilities Program at UMass Med School - Eunice Kennedy Shriver Center in Charlestown is a 9 month leadership program in the field of developmental disabilities that prepares professionals, persons with disabilities and family members to influence policy and clinical practice on behalf of children with developmental disabilities and their families. The program begins in September, 2014.

- Applications are being accepted through May 1, 2014.
- \$12,000 stipend is available for qualified applicants.
- A minimum commitment of 1 - 1.5 days per week (Thursday afternoon and Friday) on-site is expected from September - June.

Visit the [website](#) for more information and for application forms.

Contact:

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Phone (774) 455-6534

Ed Roberts Day

January 23 was Ed Roberts Day. He symbolizes the Independent Living

movement and its impact on American society. His career in disability advocacy began in 1962 when he entered University of California, Berkeley. He was paralyzed from the neck down from polio. He excelled in his studies, even though the school had no idea what to do with him, and housed him at Cowell Hospital. His brainstorming and advocacy led to the development of Centers for Independent Living. Watch this 1989 CBS interview with Ed Roberts.



Disability Activist Ed Roberts on "60 Minutes" with Harry Reasoner

Harris V. Quinn

Last week, the Supreme Court heard arguments against agreements with state governments that allow taxpayer-funded home care workers to unionize. From [The Hill](#): "The case hinges on a Supreme Court precedent that says government employees who work at union workplaces must pay fees for collective bargaining representation but not for the union's political activity. If the justices rule that home care workers in Illinois are independent contractors rather than state employees, that could allow workers to opt out of union representation and cut back on unions' sway." You can also read an article by [NPR](#), and another from the [NY Times](#).

The Massachusetts PCA program and union are essentially in the same situation as the court case. Thanks to SEIU work, and the PCA Workforce Council, PCA's in MA today earn \$12.98/hour instead of minimum wage. This wage increase means more highly qualified workers, more satisfied workers, and more reliable workers - a win-win for employers and PCAs. This court case puts the MA PCA program at risk.

Thanks to John Winske from DPCMA.

Winter Paralympics

The 2014 Paralympics will be held in Sochi (same place as the 2014 Olympics) on March 7 - 16. NBC and NBCSN will air 50 hours of coverage. For more information on the U.S. teams, visit [Team USA/U.S. Paralympics](#). The [Sochi website](#) has more information.

- Estimated 77 U.S. athletes
 - alpine skiing and snowboarding

- biathlon and cross country skiing
- sled hockey
- wheelchair curling
- 72 medal events (34 men, 34 women, 4 mixed)
- 5 athletic venues
- 692 athletes
- 9 competition days

New England Paralympians

- Laurie Stephens (Wenham, Mass.)
If she makes the 2014 U.S. Paralympic Team, Laurie Stephens will compete as the United States' only reigning world champion in alpine skiing. She won the women's sitting downhill competition at the 2013 International Paralympic Committee Alpine Skiing World Championships in La Molina, Spain, and later added a bronze medal in super G. Stephens won two gold medals at the Torino 2006 Paralympic Winter Games, in downhill and super G, and the silver in downhill at the Vancouver Games.
- Tyler Walker (Franconia, N.H.)
Born without much of his spine and then losing his legs at age 4, Tyler Walker made big gains every year in his quest to become one of the top mono-skiers in the world. He captured his first world cup win in 2004 in giant slalom and his first title in 2006, also in giant slalom. Walker is the 2009 Overall World Cup Downhill Champion. Vancouver marked the second Paralympic Winter Games competition for Walker, who is looking for his first medal in Sochi. Walker is a graduate of the University of New Hampshire where he has degrees in geography and international affairs and minors in German and political science.
- Taylor Chace (Hampton Falls, N.H.)
In October 2002, Taylor Chace suffered a broken back and an incomplete spinal cord injury when he was hit during a hockey game as a member of the Eastern Junior Hockey League's New Hampshire Monarchs at the age of 16. While studying at the University of New Hampshire less than two years later, Chace was introduced to sled hockey through the school's Northeast Passage program. He competed for the United States at the Torino 2006 Paralympic Winter Games, where Team USA won the bronze medal, and the Vancouver 2010 Paralympic Winter Games, where Team USA won the gold medal. He was named the tournament's top defenseman. Following the Games, the United States Olympic Committee recognized him as the 2010 Paralympic SportsMan of the Year. His career has continued to flourish, even earning the IPC Athlete of the Month honor in December 2012 after he recorded the lone goal in Team USA's 1-0 victory over Canada at the World Sledge Challenge. He was named best defenseman of 2013 worlds. Chace graduated from the University of New Hampshire in 2011 with a sports studies degree.
- Meghan Lino (East Falmouth, Mass.)
At 28, Meghan Lino is the youngest member of the USA Curling Wheelchair Curling National Team, which took fourth at the 2013 World Curling Federation World Wheelchair Curling Championships. An alternate with Team USA, Lino started curling in 2009 when a friend brought her to a fundraising event at the Cape Cod Curling Club. Lino now has a wheelchair curling tattoo. In addition to curling, she enjoys cycling, fishing, kayaking and swimming. Lino is an avid fan of World Wrestling Entertainment and The Food Network.
- David Palmer (Mashpee, Mass.)
David Palmer is a vice skip for Team USA. In 2012, the Cape Cod Curling Club member made his debut at the World Curling Federation World Wheelchair Curling Championships, where the United States finished fifth. He was a part of the fourth-place finish at 2013 worlds.

Palmer was introduced to curling in 2009 when he attended a fundraiser for a friend. Married with three children, Palmer is employed by Mashpee Public Schools.

Health U. Research Study

Health U. is a weight loss research study for overweight teens and young adults ages 15-22 who have an intellectual disability. Eligible participants will take part in a program that includes weekly to biweekly group and individual sessions focusing on losing weight through healthy eating and increasing physical activity in ways that are fun and achievable. Parents receive training on supportive behavioral techniques to encourage their son/daughter to meet nutrition and physical activity goals.

Sessions are 90 minutes, highly interactive, and led by nutritionists and lifestyle coaches. Eligibility criteria include, but are not limited to:

- Being a healthy person ages 15-22 with an intellectual disability.
- Meeting criteria for overweight or obesity.
- Medical clearance from a primary health care provider.
- Having at least one parent/guardian who is willing to participate in the study.

Classes begin April 2014 and are held on either Tuesday or Thursday 7:00-8:30pm

Health U. is a free and voluntary research study funded by the National Institute of Health (NIH) through the Shriver Center at UMass Medical School.

Contact:

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DCR Winter Schedule

The Department of Conservation and Recreation has posted their [Winter Schedule of Accessible Events](#).

Events include: cross-country skiing, kicksledding, snowshoeing, snowmobile rides and ice skating.

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