



UPWARDLY MOBILE





**What Do You Do When You Are Sick?
Does Our Community Offer The Options You Need To Live A Healthy Lifestyle?
What Are The Most Important Issues Affecting Health In Our Community?**

To better answer these questions and provide the health resources needed by our community, Carilion Clinic is partnering with community organizations to conduct a comprehensive community health assessment.

You can help by completing a short survey. Once you complete the survey, you can enter to win \$100 grocery store gift card.

COMPLETE THE SURVEY

There are two ways to participate in this short survey:

- Online: surveymonkey.com/r/2021CHA
- By Phone: 888-964-6620

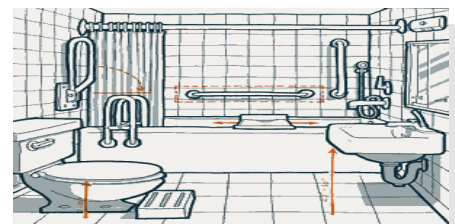
After you complete the survey, enter to win \$100 grocery store gift card.



HAVE A DISABILITY? NEED HOME MODIFICATIONS?

Are you a person with a disability? Would a home modification help you to remain independent in your home? BRILC might be able to assist you.

Want to learn more about this program? Contact us at 540-342-1231 or VA Relay 711.



An Important Notice Regarding Transition-Aged Youth!

Social Security mailed more than 340,000 Supplemental Security Income (SSI) recipients between the ages of 14 and 17 (transition-aged youth) and their adult representatives to help them identify policies and other resources to assist youth in their transition to adulthood. These mailings include a notice introducing annual informational publication, What You Need To Know About Your Supplemental Security Income (SSI), When You Turn 18 (Publication No. 05-11005). Social Security encourages caregivers to review it with the child, if possible.

The publication helps youth prepare for the transition from school to adult life. It provides information about SSI work incentives primarily affecting youth, as well as information about common programs, services, and supports that parents, guardians, and youth may find helpful.

Specific programs covered include:

- Student Earned Income Exclusion;
- SSI Continued Payments (Section 301);
- Vocational Rehabilitation Programs;
- Department of Education’s Parent Centers; and
- Medicaid -- including the importance of keeping health insurance and having a primary care provider.

The publication can be obtained from the agency’s publication website : <https://www.ssa.gov/pubs/>, in both English and Spanish versions.



IMPACTED BY COVID-19?

Has COVID-19 impacted your ability to live independently?
Has your income been reduced due to COVID-19?

Are you unable to leave your house because of COVID-19?

Are you unable to pay your electric or other utility bills because of COVID-19?

Are you unable to get the groceries you need because you can't leave your house?

Have you been unable to get the support you need because of COVID-19?

Do the limited number of minutes in your phone plan keep you from staying in touch with your doctors, family and friends?

If you can answer, “yes” to any of the questions above, the Blue Ridge Independent Living Center might be able to assist you. Contact us at 540-342-1231 or VA Relay 711.



BRILC YOUTH TRANSITION PROGRAM

We are currently looking for youth with disabilities between the ages of 17-24 who had an IEP and have completed high school. We will assist youth with transitioning from high school to college and/or employment by providing peer mentorship, goal planning, and providing a youth group support meeting. Please contact Shay Ruff, Youth Transition Coordinator, at (540) 342-1231 or VA Relay 711, or email: sruff@brilc.org for more information.



COMMUNITY SERVICE MANAGER'S CORNER

What is a Curb Cut?

A curb cut or curb ramp, is a solid (usually concrete) ramp graded down from the top surface of a sidewalk to the surface of an adjoining street. It is designed primarily for pedestrian usage and commonly found in urban areas where pedestrian activity is expected.

Curb cuts placed at street intersections allow wheelchair users, toddlers on tricycles etc., to move onto or off of a sidewalk with less difficulty. Many curb cuts also feature tactile paving, a pattern of circular bumps that indicate to visually impaired pedestrians that they are about to enter a roadway.



A TALE OF COMMUNITY ADVOCACY

Blue Ridge Independent Living Center (BRILC), not only advocates for individual consumers, but for the community as a whole as well. The following short story summarizes one community advocacy success story.

A friend of BRILC was riding down the street and saw a new sidewalk being constructed. Although he was happy for the new sidewalk, he soon realized that something was not quite right.

Upon closer inspection, it was apparent the new sidewalk was missing one crucial element--curb cuts. BRILC's Community Services Manager Marc Davis was informed of this and went out in the community to investigate.

Upon his arrival, Marc couldn't help but notice the lack of curb cuts for quite a stretch---a distance that almost totaled half a mile. This was not good. All new sidewalks must be equipped with curb cuts!

Marc took some measurements and a few pictures and went back to BRILC. He had to get the word about the need for curb cuts to the foreman that was managing the new sidewalk project.

A couple of phone calls were made and an email was sent to the company that was installing the new sidewalk. Marc reminded them of the need for curb cuts on all new sidewalk projects.

After a few days, Marc rode back out to the stretch of the new sidewalk that was lacking curb cuts. He was very pleased to see that corrections were being made to install the curb cuts properly.

Marc returned to BRILC and notified the friend that had reported the sidewalk needing curb cuts. The friend was very pleased to hear that by reporting his observation, the problem had been corrected.

In the event that you are in the community and see something that doesn't look quite right regarding accessibility; please let Marc at BRILC know so that he can look into it. You might just be setting another community advocacy success story in motion.

Contact Marc Davis, Community Services Manager, at 540-342-1231 or VA Relay 711 or via email at mdavis@brilc.org.

FLU SHOT CLINICS

**Everyone six months and up should receive a flu shot each year!
Vaccination reduces your risk of flu illness, severity and death.**

Call to schedule an appointment with your local health department:

Roanoke City Health Department 283-5050
1502 Williamson Road 2ND Floor Roanoke, VA 24012

Alleghany/Covington Health Department 962-2173
321 Beech Street Covington, VA 24426

Craig County Health Department 864-5136
161 Main Street New Castle, VA 24127

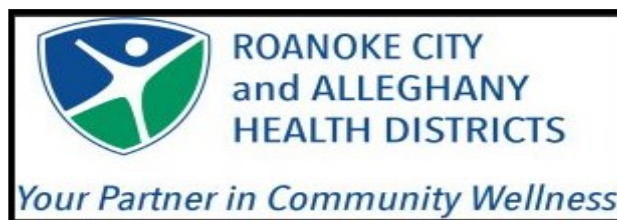
Clifton Forge Health Department 962-2173
322 Jefferson Ave. Clifton Forge, VA 24422

Botetourt Health Department 473-8240
21 Academy Street Fincastle, VA 24090

Roanoke County/Salem Health Department 387-5530
105 Calhoun Street Salem, VA 24153

Roanoke County/Vinton Health Department 857-7800
227 S. Pollard Street Vinton, VA 24179

**DO NOT ATTEND IF YOU ARE SICK WITH COVID-LIKE SYMPTOMS.
PLEASE WEAR A FACE COVERING WHEN ATTENDING.
A PARENT OR GUARDIAN MUST ACCOMPANY THOSE UNDER THE AGE OF 18.**



COME JOIN US BY ZOOM!!!

BRILC has a support group for all people with disabilities. Both men and women of all ages are invited to join us on the 4th Wednesday of each month from 1 p.m. until 2:30 p.m. We discuss issues or concerns that you might have, socialize and play games. The group is run by the members. We hope you'll join at the next meeting. If you have any questions, contact Jon Weems at (540)-342-1231 or VA Relay 711.



NEED/HAVE EQUIPMENT

BRILC receives many calls from individuals who need equipment but do not have the resources to buy it. BRILC accepts donations of medical equipment that is in good repair and usable, adult briefs, commode chairs, rolling walkers, and transfer benches, shower chairs, walkers, and wheelchairs. If you have such equipment, please call BRILC at (540)-342-1231 or VA Relay 711. All individuals donating items will receive an acknowledgement letter that can be used for tax purposes. Thank you!



Thank You!

For Your Contribution to BRILC

Bernice Gill, Charles Harlow, Kiwanis Club, Karen Stone

NEED HIGH-SPEED INTERNET ACCESS?

If you are a BRILC consumer in need of high speed Internet access, you can now park behind our building and access the BRILCPub network. You do not need a password as this is a public network. Please note that this network is NOT secure so you should not share confidential financial or personal information. If you need additional information, please let us know.



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

Helen Keller

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