



UPWARDLY MOBILE



RESPIRATORY ILLNESS SEASON IS ARRIVING

September and October are usually the best time to get vaccinated before respiratory viruses like flu, RSV, and COVID-19 start spreading more widely. But this year, changes at the federal level have caused delays and confusion.

Quick Respiratory Vaccine Summary

- Flu: Approved and recommended — September and October are prime months to get your flu shot.
- RSV: Approved and recommended for certain groups — get it if you're eligible, and look out for potential new updates about coverage.
- COVID-19: Approved by FDA for certain groups now — some pharmacies are providing doses* but doses are not yet widely available. More updates including for insurance coverage are expected later in September.

More Details - What You Need to Know

Flu Vaccine

- It's approved and recommended for everyone 6 months and older.
- You can get it now from your healthcare provider, local health department, or a pharmacy.

RSV (Respiratory Syncytial Virus) Vaccine

- It's a one-time shot, approved and recommended for:
- Everyone 75 and older
- People 50–74 with certain health conditions (like chronic illness, severe obesity, weakened immune systems, or those living in nursing homes)
- Pregnant people who are 32–36 weeks along and due between September and January
- Some babies born during RSV season if their mother didn't get the vaccine during pregnancy
- Important note: The CDC plans to review RSV guidance in September, so recommendations may change.

COVID-19 Vaccine

- Full recommendations are still in process. The FDA approved this season's vaccine for people 65+ and for people 6 months and older with certain health risks, *but* the CDC has not completed its approval process, leaving many questions that would have usually been settled by now.
- The American Academy of Pediatrics and the American College of Obstetrics and Gynecology have released guidance that varies from the FDA approvals.
- Before issuing updated guidance, as of Sept. 10 VDH is still waiting for all CDC recommendations to be finalized.

What you can do now:

- Get flu and RSV shots as recommended to you now.
- Stay on top of other good health habits like handwashing and staying home when sick.
- *Some pharmacies, including Carilion's 4 retail pharmacies, now offer COVID doses to people ages 12 and up, **without** a prescription. Check with your insurance provider to confirm coverage.

AMERICANS WITH DISABILITIES ACT 35th ANNIVERSARY CELEBRATIONS DOWNTOWN AND AT BRILC



DISABILITY VOTING RIGHTS WEEK PROCLAMATION

On Tuesday, September 2, the City of Roanoke presented BRILC with a proclamation in recognition of Disability Voting Rights Week (DVRW). This year the week is celebrated September 8-12.

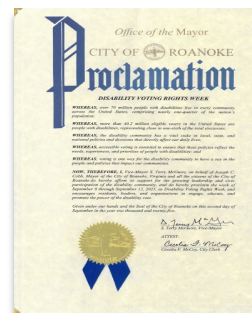
Disability voting rights week is a nonpartisan movement hosted by the American Association of People with Disabilities' (AAPD's) Rev Up campaign. DVRW is about advocating for accessible futures, celebrating community, and building power. The week was created by grassroots disabled activists as a cross-disability, cross-movement week of action and celebration.

Throughout the week AAPD wants voters with disabilities to know that their vote matters and understand that voting is one way they can use their power in their community. AAPD want people with disability to feel solidarity with the broader community and feel supported to access their right to vote. And finally, AAPD wants voters with disabilities to register to vote, make a plan to vote, support a friend to register, educate others, and most importantly vote!

Also, throughout this week, AAPD wants elected officials, election officials, poll workers, and nondisabled people to:

- learn about the barriers that disabled voters face. Things like the polling place not being accessible or lack of information in accessible format.
- learn what actions they can take to make voting more accessible
- recognize the power of the disability community and the importance of building accessible systems.
- and, engage the disability community during not only this week of action but in every election cycle!

If you need information about how to register to vote or information about how to vote, please call BRILC at 540-342-1231, VA Relay 711 or 1-866-244-0740.



ALL-TERRAIN WHEELCHAIRS

All-terrain wheelchairs are specialized wheelchairs designed to navigate a wide range of terrains that may be encountered in outdoor environments. Offering visitors the freedom to explore new adventures, these chairs provide individuals with mobility impairments the opportunity to access and enjoy outdoor recreation areas that might otherwise be inaccessible. Each park with an all-terrain wheelchair offers specific trail experiences that can accommodate this specialized wheelchair. The chairs are free to the public and available for both children and adults but must be reserved in advance.

RESERVATIONS

To help DCR serve their visitors better, they kindly ask that you make a reservation request at least 48 hours in advance at **[Virginia State Parks - All-Terrain Wheelchair Reservation Request \(microsoft.com\)](https://microsoft.com)** to give them notice when you'd like to use a wheelchair. An advanced request is not a confirmed reservation but gives park staff the necessary time to ensure the availability of wheelchairs and make your experience even more enjoyable. A park staff member will reach out to confirm reservations and provide instructions prior to your arrival.

PARKS WITH ALL-TERRAIN WHEELCHAIRS AS OF SEPTEMBER 2024:

- Claytor Lake State Park
- Mason Neck State Park
- Powhatan State Park
- Shenandoah River State Park
- Wilderness Road State Park
- York River State Park



VIRGINIA WESTERN DENTAL CLINIC

Virginia Western Community College's Dental Hygiene Clinic provides dental hygiene care to patients at its on-campus site in Roanoke, Virginia. The dental hygiene students offer a variety of oral health services under faculty supervision. Each patient is assured of receiving quality care and the personal attention of the students, faculty and staff.

It is important for you to understand that your care will be provided by dental hygiene students who are directly supervised by licensed dental hygiene faculty. The students' grades depend on your full cooperation. All patients under the age of 18 must be accompanied by a parent or responsible adult who is available for the entire appointment in the waiting area.

The Dental Hygiene Clinic is open weekly, Monday thru Friday during the **academic year** with the exception of holidays and semester breaks. Clinic business hours vary from semester to semester according to program schedules. Call the clinic at 540-857-7221.

Virginia Western students are unable to provide babysitting services at the school; therefore, it is necessary to have someone care for your child while you are being treated. VWCC thanks you for making an appointment with them and look forward to working with you.



ENERGY ASSISTANCE PROGRAM (EAP)

The Virginia Energy Program (EAP) assists low income households in meeting their immediate home energy needs. The EAP consists of four components: Fuel Assistance, Crisis Assistance, Cooling Assistance and Weatherization Assistance.

To be eligible for Fuel, Crisis, or Cooling Assistance, households must have a heating or cooling expense and gross monthly income may not exceed 150 percent of the federal poverty level.

Applications for fuel, crisis, and cooling assistance are accepted at the local departments of social services and can be submitted in-person, by mail (USPS), or by fax.

Applications are accepted from the second Tuesday in October until the second Friday in November.

The household applying must be responsible for the heating cost. A complete list of eligibility requirements may be found in the EAP Manual. To get a copy of the EAP manual contact: The Department of Social Services, 1510 Williamson Road NE, 3rd Floor Roanoke. The hours of operation are Monday - Friday at 8 a. m. to 5 p.m. or call 540-853-2591.



DAYLIGHT SAVING TIME

Daylight Saving Time ends on Sunday, November 2, 2025, at 2:00 a.m. when clocks "fall back" one hour to 1:00 a.m. in the United States. You'll gain an hour of sleep, but you'll need to manually change the clocks on the wall and other devices not connected to the internet, as most digital devices will adjust automatically.



AMPUTEE & LIMB DIFFERENCE SUPPORT NETWORK

The Amputee & Limb Difference Support Network (ALDSN) is a support group for adults with all forms of limb difference.

ALDSN provides an opportunity for adults with all forms of limb difference to come together in a safe space to discuss their changes, share success stories and provide moral support. Topics like phantom pain management techniques, residual limb care and prosthetic options will also be discussed.

The ALDSN meets bi-weekly, on Mondays, from 1:00 pm to 2:30 pm. Dates may fluctuate due to consumer availability and changes in office hours. Please call for specifics. Caregivers and members of patient's support networks are encouraged to attend as well. We hope to see you soon!

If you know of someone who may have interest in joining the ALDSN, please have them contact Marc Davis @540-342-1231 x106 or VA Relay 711 or send an email to mdavis@brilc.org.



Blue Ridge
Independent
Living Center

GO DIRECT

To protect you from rising mail theft and financial fraud, the federal government will stop sending paper checks after September 30, 2025, except in limited cases.

If you are a federal benefit payment recipient (such as Social Security or Veterans Payments), you will need to choose an electronic payment method either through direct deposit to your bank or credit union account or to a Direct Express® Debit Mastercard®.

This applies to you if you receive any of the following federal benefit payments:

- Social Security
- Supplemental Security Income
- Veterans Affairs
- Railroad Retirement Board
- Office of Personnel Management
- Department of Labor (Black Lung)



There are many advantages to switching to electronic payments:

Faster access to your money

Electronic payments provide a faster, more convenient and cost-effective way for people to get their benefits, compared to paper checks. In fact, people who receive benefit payments by paper check are at least 16 times more likely to have a problem with a paper check than with an electronic payment.

Safer delivery – no lost or stolen checks

People who receive benefit payments electronically do not need to visit a financial institution to cash or deposit a check to gain access to their money. Instead, their benefit payment is available in their bank account without having to take any action. This is important to people who are elderly or disabled, or who may lack access to transportation.

No bank account – no problem

If you do not have a bank account or access to a financial institution, the Direct Express® Debit Mastercard® is another secure electronic payment option for you. No credit check is required. There are no fees to sign up for the card, as well as no monthly fees or overdraft fees. Simply use the card to pay for everyday purchases and avoid the need to cash a check or carry large amounts of cash. The Direct Express® card provides a safe and low-cost electronic payment option.

Please be aware that you are only able to convert your payment to direct deposit using your personal bank account or credit union on this site. If you do not have a bank account or want to enroll for a Direct Express® Debit Mastercard®, call the U.S. Treasury Electronic Payment Solution Center at 1-877-874-6347.

FREE EQUIPMENT AVAILABLE

If you are a person with a disability or know someone with a disability who needs a piece of equipment to help maintain their independence, please call BRILC.

We have a variety of used but usable equipment including commode chairs, rolling walkers, transfer benches, shower chairs, walkers, and wheelchairs. Call BRILC at (540)-342-1231 or VA Relay 711.



WE'RE MEETING IN PERSON!!!

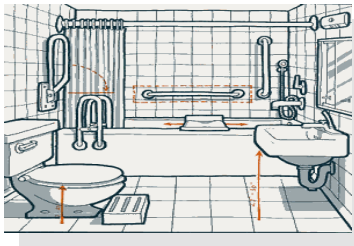
BRILC has a support group for all people with disabilities. Both men and women of all ages are invited to join us on the 4th Wednesday of each month from 1 p.m. until 2:30 p.m. We discuss issues or concerns that you might have, socialize and play games. The group is run by the members. We hope you'll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



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.



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 us, or email at BRILC at brilc.org or at 540 342-1231 or VA Relay 711 for more information.



Thank You!

For Your Contribution to BRILC

Margaret Bochcher, Sandra Calloway
Charles Harlow

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