

# ACCESS ISSUES

## FEATHER RIVER COLLEGE: DSPTS DIGITAL NEWSLETTER

May 2023 EDITION

### *Newsletter Vision Statement:*

*The intention of this newsletter is to provide a bird's eye view of the nature of disabilities in order to increase awareness. The value of awareness is that it helps us to make decisions that affirm the value of another human.*

## Spotlight on Braille



Above photo shows DSPTS table during Day of the Mountains with opportunities to see a Perkins Braille Machine learn how to read the braille alphabet and learn how to write your own name in braille.

# THE BASICS:

## SEIZURE FIRST AIDE

1. CALL 911
2. CLEAR THE SPACE OF ONLOOKERS.
3. MAKE SURE THE PERSON IS IN A SAFE PLACE. PUT SOMETHING UNDER THEIR HEAD TO PREVENT INJURY AND REMOVE ANY NEARBY HAZARD.
4. TIME THE SEIZURE, IF YOU CAN.
5. DO NOT SLAP OR PUT ANYTHING IN THEIR MOUTH! **IT WILL NOT DO ANYTHING.**
6. STAY WITH THE PERSON UNTIL FIRST RESPONDERS ARRIVE.
7. AFTER SEIZURE, PUT THE PERSON ON THEIR SIDE IN CASE THEY VOMIT.
8. IF YOU KNOW THE PERSON'S NAME, USE IT CALMLY. TELL THEM WHERE THEY ARE AND THAT THEY ARE OK.
9. IT'S SCARY, BUT TRY TO STAY CALM. IT'S ONE OF THE BEST THINGS YOU CAN DO FOR THE PERSON HAVING THE SEIZURE

# DSPS OFFICE STUDENT STAFF VOICES

## “What is Empathy?” by Kylie Askew

How can we help others when we have no idea what they are going through? We are all different. We handle situations, emotions, and interpretations differently. Two people who experience the same exact thing at the same exact time, will still have different experiences. Even though we may not know exactly what a neighbor is going through, and we may not feel qualified to help them, kindness, compassion and patience is always helpful to a friend.

A great example of this was Anne Sullivan and her work with Hellen Keller. Keller was a child who had been left blind and deaf after extreme illness. At age six Keller had grown to be an angry and ill-mannered little girl. Though patience, creativity and compassion, Sullivan taught Keller the use of the alphabet within a month of working together. Before the alphabet meant anything to Keller, Sullivan made a major breakthrough in their progress by dipping Keller’s hands in water then drawing out W-A-T-E-R on to the child’s hands.

After years of companionship and teaching, Keller graduated from Radcliffe College in 1904 and then she went on to learn many languages. Through all these years, Sullivan never left her side. There is no doubt that Sullivan must have felt frustrated at times while teaching Keller, although the important part is that her kindness, compassion and patience overcame her frustration, and that is what empathy looks like. Let this be a lesson to us all, kindness and compassion goes a long way. [Click here to watch a video about Hellen Keller and Anne Sullivan.](#)

## “Tick Wild,” by Lacy Ruegg

Living in an outdoor environment, people are susceptible to many different types of ailments. Lyme disease is the most common outdoor acquired disease. According to the Center for Disease Control and Prevention (CDC) approximately 476,000 people get Lyme Disease every year in the United States. It is an annoying Disease as treatment can take months before someone feels normal again. The likelihood of death is minimal with treatment as between 1985 to 2019, chronic Lyme Disease killed 11 people (CDC). As May is the beginning of summer-break and will be filled with many outdoor adventure. It is also, Lyme disease awareness month.

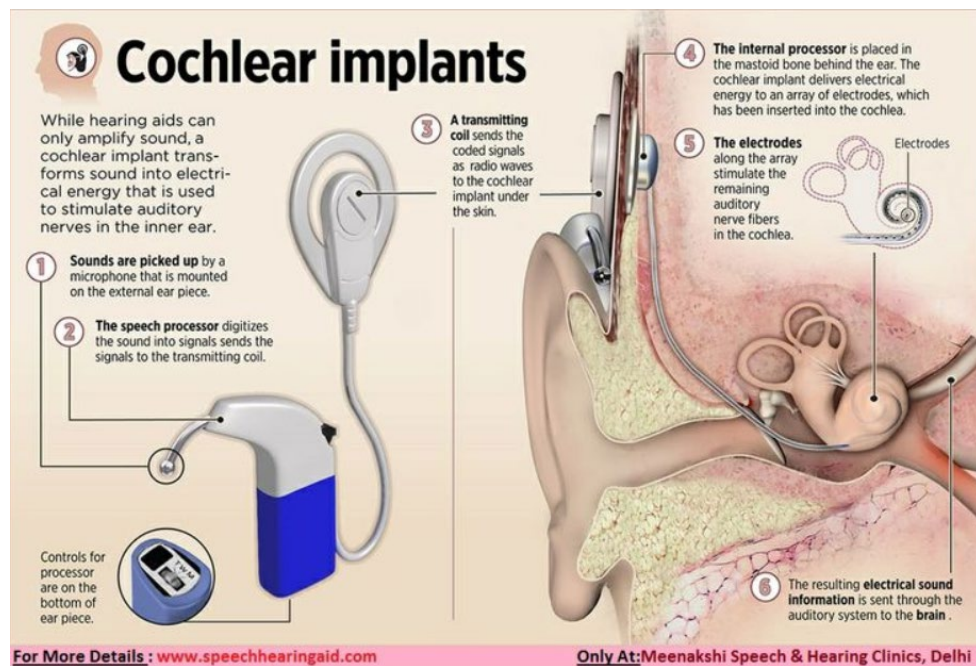
Some of the symptoms of lime disease include light headedness, joint pain, bull eye rash, one sided face paralysis and extreme fatigue for more information please more visit the [CDC Signs and symptoms of Lyme disease.](#) Treatments for this disease is generally two to three weeks of oral antibiotic depending on the severity. It can take months after treatment to feel back to normal and regain the energy and joint mobility that you had before the tick bite. During this May while you do outdoor activity’s remember the symptoms of Lyme Disease as catching it early can allow you to get back to your summer fun. [Click here to learn 5 Tips to Prevent Tick Bites and Getting Lyme Disease | Johns Hopkins Medicine.](#)

## “Hearing Advancement” by Danielle Barry

In an online article for *Helping Me Hear*, Kevin St. Clergy reports a few people stories on how they got help with their hearing impairments. One story was about a little boy named Luiz, and he was born with a hearing impairment. He missed out on some early communication development due to this hearing impairment. At the age of three he got a cochlear implant and his world of hearing opened up upon receiving the implants. As the years went by he was catching up and improving. Sadly at the age of nine his implants stopped working and he had a setback in his communication skills. Thanks to his loving community, they pulled together and got him the money to get new hearing aids. He was so overjoyed to hear people’s voices again that he cried. [Click here to view "4 Heartwarming Hearing Aid Stories that Will Make You Cry - Helping Me Hear."](#)

According to the Mayo Clinic, a cochlear implant is an electronic device that improves hearing. It is helpful with severe hearing loss for inner-ear damage. This is for those who aren’t able to hear well even with hearing aids. The implant delivers sound straight to the hearing nerve by passing the damaged portion. Cochlear implants use a sound processor to capture sound signals. The implant is placed under the skin. It takes time to get used to the signals but by three to six months most patients show great improvement. [Click here to find out more from this source.](#)

According to WebMD Editorial Contributors, hearing aids are battery powered, electric devices that are designed to improve hearing. They are normally used when there is damage to the inner-ear or the nerve that links the ear to the brain. People also might wear them if they are having problems with the ear canal, ear drum, or middle ear. This is called conductive hearing loss. It is important to remember that hearing loss can be caused by an accident, a sickness, or people can be born without hearing. [Click here to read more from this source.](#)



Above photo from Pinterest shows how Cochlear implants work. [Click here to view image online.](#)

## **“World Multiple Sclerosis Day,” by Kamish Wagner**

Do you know about Multiple Sclerosis? World Multiple Sclerosis Day fall on May 30. Generally, Multiple Sclerosis (MS) is a disease that slows people down. The National MS society web page also reports that “symptoms include muscle spasms, speech and swallowing problems, coordination and balance issues, depression, mood swings, and so forth” [Click here for more information from this source.](#)

Do you know anyone who has MS? Chances are you do know someone. I searched for news on celebrities with MS and came to an article by Francesca Bacardi. The article indicates that Art Alexakis, lead singer of the band, Everclear, has had it for a while. Barcardi reports that Alexakis first learned of his diagnosis weeks after an automobile accident when he went to the doctor complaining of numbness. What he thought was a pinched nerve was actually a form of multiple sclerosis (RRMS). Barcardi offers a brief explanation:

Multiple sclerosis affects the central nervous system and is considered an autoimmune disease, in which the immune system attacks its own healthy cells.

[Click here to read more from Barcardi on "What is multiple sclerosis?"](#)

The rocker said the diagnosis made sense to him. “The more I found out about MS, the more a lot of things started making sense,” he wrote in his note. “It explains why I have had balance and gait problems for the last ten years, it helps explain why I have had a higher sensitivity to heat and cold, and why I don’t have the energy, vigor, and razor sharp memory that I had ten years ago. I thought it was just me getting older.” [Click here to view Bacardi’s full article online.](#)

## **“Preventing Injuries in the Sport of Rodeo,” by Nikki Saurman**

Many people might think the biggest way to prevent rodeo related injuries start at the rodeo and right in that performance arena. However, some of the most important injury preventatives start months and months before the rodeo even begins. Of course rodeo athletes will still equip their horses the day of the rodeo to make sure they are ready for their event and have no reason for injury throughout the days of their performance.

It takes as little as six weeks for a horse to be properly conditioned to rodeo. If a horse is not ridden and conditioned properly, much larger issues can arise inside their body. Say you are a runner and you have a big marathon coming up but all you have done to prepare is go for a jog and stretch the day before. You will not only be extremely sore after your marathon but also run the risk of pulling a muscle, tearing a tendon or injuring yourself very badly internally. This is exactly what goes through the body of an equine athlete in the sport of rodeo. It is important to practice and thoroughly condition your horse for the event it is going to enter at the rodeo throughout the months and even years leading up to rodeos.

Story continued on next page...



*Continued story by Nikki Suarman*

Another important factor is ensuring your horse has proper training and knows what their job is before they enter the rodeo arena. For example, if a horse is not properly trained in barrel racing they could get injured when you try to ask them to tightly turn a barrel at full speed when they had no idea that you were about to ask that of them. This could seriously lead to a broken leg, pulled muscles, or serious joint issues in days or years following.

Preventing smaller injuries are also very important as they can lead to bigger problems very quickly. When preparing to enter a rodeo it is imperative that you use leg protection such as splint boots, bell boots and skid boots for all of the rodeo events. Horses can easily knick, scratch and cut their legs when they are running as hard as they do through different ground conditions each rodeo and these protective boots help prevent that. There are so many different ways that injuries can be caused to horses in the sport of rodeo which is why it is so important for us as their caretakers and riders know how exactly to prevent them.

### **THE INSIDER VIEW OF DSPS:**



**Danielle Westmoreland, Heather Robinson, Sarah Dimick, Kamish Wagner, and Danielle Barry  
At DSPS Office staff party on May 15<sup>th</sup>, 2023.**

## Assistive Technology Spotlight: BRAILLE

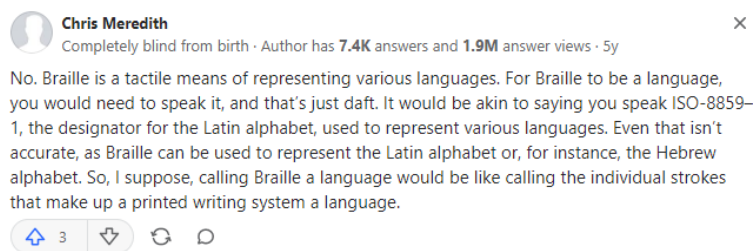
Braille is a tactile system of communication of perceiving the meaning of ideas through raised dots. If you can visualize dice, which has six cells per die, you can see it in your mind's eye.



Above image is of two dice displaying the sides with 6 dots.

## THE NATURE OF BRAILLE

Braille is not considered a language, but rather a system of communication. Completely blind from birth blogger, Chris Meredith relates the nature of braille to explain why braille is not considered a language:



Above photo is a screenshot of a post provided by completely blind from birth blogger, Chris Meredith, who explains why Braille is not considered a language. [Click here to view the above post online.](#)

## LET'S LEARN BRAILLE.

### HERE IS THE BRAILLE ALPHABET FOR STARTERS:

Get a head start on the Braille challenges taking place next Fall!

BRAILLE ALPHABET												
A	B	C	D	E	F	G	H	I	J	K	L	M
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Capital	Dot	#	'	¿?	;	¡!	“	(	)	-	*	&

The above image is of the Braille alphabet and some punctuation.

[Click here to view this image online.](#)

DSPS is a place in which you can visualize how to overcome disabilities.



Above cards are DSPS tactile Braille cards and a regular deck of cards with tactile Braille cards that can be read by sight or touch.

*Come play Braille card games in DSPS!*

What is effective communication? What does it look like and why does it matter? Indeed Career Guide offers insight into why effective communication allows others to feel valued.

**INDEED CAREER GUIDE PROVIDES THESE TIPS FOR COMMUNICATING EFFECTIVELY:**

1. **Understand the barriers to effective communication.** It's beneficial to consider the most common barriers to effective communication so you can be aware of them when communicating with others.
2. **Focus on the speaker.** Focusing on the speaker and learning to actively listen can also help with improving skills.
3. **Try to stay on topic.** Interruptions or shifting the direction of the conversation can affect the overall purpose.
4. **Use nonverbal communication.** Nonverbal cues, including but not limited to body language, can be an important part of effective communication methods.
5. **Strengthen skills related to communication.** Improving certain skills, like teamwork and problem-solving, can also help with enhancing communication.
6. **Consider cultural differences.** Cultural backgrounds can influence how a person communicates.
7. **Pause between responses.** Pausing between responses in a conversation can help you formulate what you want to say.
8. **Choose the right method of communication.** Effective communication also requires that you choose the best method of communication for the topic. For example, some topics are best communicated in person vs. email.

**Indeed Career Guide outlines key elements of communication. Here they are:**

- **Engagement**  
Effective communicators can demonstrate their engagement in the conversation.
- **Focus**  
Effective communicators focus on the speaker, making them feel heard and understood.
- **Consistency**  
Consistency is important when communicating with others, as it allows them to understand and gauge the direction of the conversation.
- **Value**  
An effective communicator provides value to those they're communicating with.
- **Emotional management**  
Empathy, compassion and the ability to be accepting of different cultures, communication styles or ways of expressing emotion
- **Clarity**  
Before speaking, it can be helpful to first identify your purpose and how best to express it.

[Click here to view more information from this source.](#)



## *Coach Dee's Reflections Continued...*

### **CULTURAL VALUES AND CODE SWITCHING**

All communication reflects cultural values, which is why a foreign language we may learn in a classroom may not be exactly the way a native speaker communicates. Native speakers speak in differing dialects that reflect their cultural values. This is called code-switching. **Each one of us is a code switcher.**

In Encyclopaedia Britannica, Carlos D. Morrison, “defines code-switching as the “process of shifting from one linguistic code (a language or dialect) to another, depending on the social context or conversational setting.” ([Click here to go to this source](#)). We code switch between different contexts. Whether we are in a personal or public space, we are using specific language to engage in communication that reflect the values of reflect who we are Forbes Coaches Council member Dhru Beeharilal, writes in an online article called “Code-Switching And Identity: Embracing An Intentional Approach” that:

Our identity is a blend of our intrinsic self — our absolute identity — and our contextual identity, which is the way we adapt to our ever-changing situation. Deriving satisfaction from life requires a balance between these two identities, and often, our professional or personal challenges can be traced back to a failure to understand and integrate one or the other. [Click here to read more from the source of this information.](#)

### **ON SIGN LANGUAGE**

Awareness of different types of communication increases our ability relate to others. Sign language is also a means of communicating the unique cultures to which it belongs. Sign language also has dialects. . Seldean Smith reports details we need to know in her online article:

Did you know that there are 142 sign languages in use across the world? Sign language is a complex form of communication. It includes hand gestures, body language, and facial expressions to allow deaf individuals to communicate their thoughts and feelings. They also vary greatly depending on regions and cultures. Contrary to popular belief, sign language is not universal. And people that do not sign the same language can't understand each other.

[Click here to read more from this source.](#)

New signs evolve around the world. As you can imagine, communication evolves. In the 2021 NEW YORK TIMES article, "Black, Deaf and Extremely Online," Allyson Waller describes how Black American Sign Language (BASL) evolved out of a system of oppression:

Separation led to Black deaf schools' differing immensely from their white counterparts. White schools tended to focus on an oral method of learning and provide an academic-based curriculum, while Black schools emphasized signing and offered vocational training. [Click here read more from the source.](#)

Waller's goes into further detail about the differences as she imparts, “Compare ASL with Black ASL and there are notable differences: Black ASL users tend to use more two-handed signs, and they often place signs around the forehead area, rather than lower on the body.” Waller's article also quotes, Nakia Smith, a popular TikTok artist who teaches BASL and what it means to her: “The difference between BASL and ASL is that BASL got seasoning,” she said. The emotions conveyed through BASL clearly give it flavor that contribute to the richness of communication. Please check out the following links to learn more:

- [Click here to see a short video on the history of Black Sign Language](#)
- [Click here for "Sign Languages Around the WorldAmerican Sign Language: The Complete History \(ASL\)"](#)
- [Click here to go to "TikToker Teaches Black American Sign Language"](#)

## MAKING CONNECTIONS-DECODING REALITY

Communication seems so simple, but it is complex. There is always a sender and a receiver. Between sending and receiving messages we decode meaning based on the social context. Things are only understood in context. Understanding ideas in context relates truth. This principle connects reality that touches the truth of the human experience. In other words, nothing is understood when it is taken out of context. Students learn this as they use primary evidence to validate their points. Effective communication, therefore is seeing, hearing, and doing that is perceived along the lines of context and reasoning that empathize with fellow humans. Awareness of where another person is coming from allows us to make connections that resonate empathic reality. This awareness allows us to put ourselves in another person's shoes. This is empowering compassion that decreases communication issues. There is an acronym called THINK that is a tool we can use to help us make connections and decode reality. THINK stands for questions we can use before speaking. Is it True, Helpful, Inspiring, Necessary, or Kind? [Click here to learn about the THINK acronym, a great tool for effective communication.](#)

## TAKE THE CHALLENGE

Win a Golden ticket to be included in a drawing for a prize

Can you...

- Spell FRC with the Braille Alphabet?
- Spell FRC in ASL?
- Spell your name in either system of communication?

**Come to DSPS and show off your skills!**

## Special Announcement!!!!

**Next fall we will be offering opportunities for all of the campus community to learn how to read Braille and learn sign language. We will have contests, card tournaments, and many opportunities for you to learn these practical skills. Intend to participate. Intend to manifest dreams of growth and opportunities!**

**Intention is everything!**

## DSPS OVERVIEW

The Disability Support Programs for Students (DSPS) assists those with disabilities access technologies aides, academic adjustments, and services to support their success at FRC. A few examples of our services include testing accommodations, access to audiobooks and assistance with class notes. The DSPS Director and the student work together to determine appropriate accommodations and create a personalized Academic Accommodation Plan.

### If You Have Any Of The Following Verifiable Disabilities You May Qualify For Services

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Mental Health (anxiety, depression, PTSD, etc.)</li><li>• ADHD/ADD</li><li>• Learning Disability</li><li>• Autism Spectrum Disorder</li><li>• Blind/Low Vision disabilities</li></ul> | <ul style="list-style-type: none"><li>• Acquired Brain Injury</li><li>• Intellectual Disability</li><li>• Physical Disability</li><li>• Deaf/Hard of Hearing</li><li>• Inquire about other</li></ul> |
|---|--|

To access DSPS services students must contact Sarah Dimick, Director of DSPS and WorkAbility III. You will need to provide verification of your disability (IEP, 504 Plan, documentation from a doctor, etc.). For more information, [please click here to see our website](#), or contact at [Click here to contact Sarah Dimick](#).

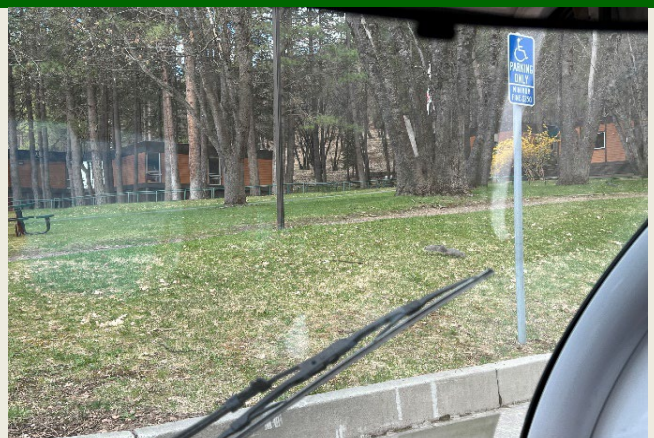
## ELIMINATE LEARNING BARRIERS WITH DSPS

*DSPS is located at the top of the path, across from the campus center*

### ACHIEVING DREAMS STARTS WITH A VISION FOR SUCCESS.



Above photo shows the view from the bottom of the path heading up the hill from the main parking lot.



Above photo shows the view from inside the cart looking from DSPS parking location.

**DSPS HAS TOOLS TO HELP YOU PLAN FOR SUCCESS.**

*Do you have a physical injury?  
Ask about cart rides up the hill.*

## THE DSPS OFFICE STUDENT STAFF



**Kylie Askew**

Kylie Askew is a senior at FRC and she will receive a Bachelor's degree in Ranch Management this coming spring. She is passionate about helping people achieve their goals and putting a smile on their face. Her other passions include horses, rodeo, and the outdoors. She believes in kindness and compassion.



**Lacy Ruegg**

Lacy Ruegg is a sophomore student at FRC who is majoring in Environmental Science. Her goal is to transfer next fall to a four year college to pursue her Bachelor's in Environmental Science. Her favorite activities are bicycling, playing board games, and building snowmen. Her favorite motto is: one day at a time.



**Kamish Wagner**

Kamish Wagner is currently completing the last part of her studies as an AG Major. Her goal is to pursue a career in Land Management. She enjoys rodeo and keeps pretty busy doing activities, such as Team Roping, Breakaway, and Barrel Racing. She also likes to do outdoor activities such as fishing.



**Nikki Saurman**

Nikki Saurman grew up in Southern California but moved up to FRC to be on the rodeo team here and get her bachelor's degree in Ranch Management and Equine Science. She has been doing rodeo since her senior year of high school and plans on continuing to rodeo after college as well. She would like to continue to pursue a job in agriculture after college as well.



**Danielle Barry**

Danielle Barry is taking transfer classes so that she may transfer to a four year school to study how to become a large animal veterinarian. She has been riding horses since she was three years old and is currently participating in the FRC Rodeo.



## THE DSPS OFFICE STAFF



Sarah Dimick

Sarah Dimick is the Director of Disability Support Programs for Students, and WorkAbility III. She attended FRC before transferring to CSU Chico to pursue her bachelor's and master's degrees. Sarah was diagnosed with a disability while in graduate school, and had to quickly learn how to navigate school while also focusing on her health. While this was incredibly challenging, she was able to complete her degree with the support of her instructors, and mentors. Sarah is grateful to be able to use her experience as a student with a disability to help others achieve their goals. She lives at Lake Almanor with her husband and two cats, and spends her time reading and starting crafts that she will most likely never finish.



Danielle Westmoreland

Danielle Westmoreland, (or Dee), has worked as the DSPS Assistive Technology Specialist since 2007. During her attendance at FRC she was a student worker in the DSPS Office; an ASB Officer; and a participant of several other clubs. She is passionate about helping others achieve their academic goals. She transferred to, and graduated from, CSU Chico before coming back to Quincy to marry her husband and enjoy these mountains with her dogs.



Heather Robinson

Heather Robinson is a returning student who recently joined the DSPS Office. She is currently fulfilling the duties of a temporary position. She is friendly, people orientated, loves learning new things and enjoys writing. She is a Sociology major at FRC who will transfer goal to the Social Science program at Chico State University in the fall.

### DSPS OFFICE STAFF CONTACT INFORMATION:

### DSPS OFFICE

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