



ACCESS ISSUES

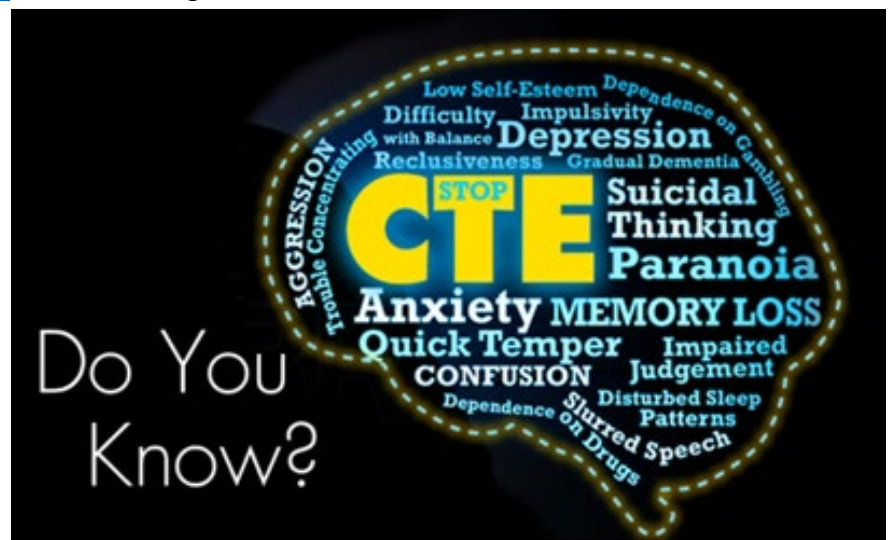
FEATHER RIVER COLLEGE: DSPTS DIGITAL NEWSLETTER

February 2023 EDITION

Spotlight on Traumatic Head Injuries

Chronic Traumatic Encephalopathy (CTE) is Traumatic Brain Injury. According to The CTE Awareness Foundation, the brain is more fragile than we may imagine and CTE has effected people we have known and only dreamed of knowing. As an example, they claim that “King Henry and Ernest Hemingway have in common a history of repetitive head trauma and possibly CTE,” which explains their self-destructive behavior in their later years of life, ([Click here to learn more from this source](#)). The following links are also informative:

- [Click here to see a CDC-CTE-FactSheet-508](#)
- [Click here to learn about Symptoms of CTE](#)
- [Click here for a short video on Science of CTE](#)



(Above photo shows a depiction an infographic of Words describing the Symptoms of CTE answering the Question: Did You Know?)

Assistive Technology Spotlight: Adaptive Technology

Adaptive Technology Provides Access

Some examples include: curb cuts, which adapt to the navigation needs to people with strollers and wheelchairs as well as ergonomically designed office equipment such as, mouse, tables, or chairs. According to Outlook Enrichment, A Journey Beyond, “Thanks to adaptive technology, it is possible for people with vision loss to use a cellphone or computer just like everyone else,” ([For more information from this source click here to read more about different types of adaptive technology](#)).

Moebius Syndrome

PRC reports that “Moebius syndrome is a rare congenital (present at birth) developmental disorder, characterized by absence or underdevelopment of the nerves that control facial (cranial nerve 7) and eye movements (cranial nerve 6)” [Click here learn more from this source about this Syndrome](#).

Adaptive technology that assists people with this syndrome is described as Augmentative and Alternative communications, AAC. PRC advantage describes AAC, “as a term that's used to describe various methods of communication that can help people who are unable to use verbal speech to communicate. AAC encompasses a wide range of nonverbal communication methods, from sign language and picture boards to mobile device apps and sophisticated, dedicated [speech-generating devices \(SGDs\)](#).” SGD can adapt to a person’s individual learning needs with alternative communication:

For those physically unable to use the touchscreen, SGDs offer flexible access options including:

- Eye-gaze
- Head tracking
- Joystick and alternative mouse control
- Single and multiple switch control

[Click here to learn about how augmentative and alternative communication, or AAC.](#)

Glaucoma Awareness

According to the National Eye Institute, “Glaucoma is a leading cause of vision loss and blindness in the United States. Glaucoma has no early symptoms — that’s why half of people with glaucoma don’t know they have it,” but we can learn about our risk factors in the following link: [Click here to learn more about glaucoma](#). True Eye Experts advises us that there are things we can do to protect our eyes. [Click here to find out more information](#).

Livescribe Smart Pen for Note Taking by Lacy Ruegg

The DSPS office has a range of tools to help students within in their classes. A returning feature is the Livescribe Smart Pen. I liked that it could record my lectures anytime, anywhere, even in desired segments. It can also do the following:

- Convert your notebook into a PDF that you can share
- Download recording sessions from the pen's memory into your computer and you can make them public or private
- Replay recordings with just a touch of pen to paper at the spot where writing matches the audio's timeframe
- Pen can act as a calculator, give the time and date, flag a moment in a recording and much more

[Click here to read more product reviews.](#)



Above photo illustrates how Livescribe pen works when taking notes with Livescribe notebook and a mobile device such as the iPad. For more information, [Click here to see the Livescribe product review page](#)

January 4th the World Day of Braille by Lacy Ruegg

What do you know about Braille? During lockdown from COVID-19, the United Nations realized how deeply affected the people with disabilities were. In which they deciding to implement disability inclusion to increase the rates of social involvement. During the Covid-19 lockdown the United Nations increased their efforts to educate the visually impaired population with educational pamphlets and educational events. [Click here to find out more about these efforts.](#)

International Day of Education By Kylie Askew

International Day of Education was created to showcase the most important changes the world needs to make to realize that everyone deserves an education. Education is the key to solving universal challenges. Issues such as crime and poverty would drop immensely if everyone had an equal shot at life. 617 million children and adolescents around the world cannot read or do basic math. Those individuals may have been given a life, but they are living it without opportunities. Let's raise awareness of education equality.

10 Tips for Getting Back In The Swing Of Things By Kylie Askew

Returning back to college after winter break can be a struggle. Starting a new semester after just finishing one is discouraging. But remember, we are all making a great investment in ourselves by going to college, it WILL pay off. So, if you are feeling discouraged this semester, here are five tips to get back in the swing of things.

1. Purchase a fun journal or calendar that you can write your schedule in each week. This will really help during the first few weeks of class. Schedule for study time, class time, friend time, me time, free time and any other hobbies or responsibilities you may have.
2. Schedule a time to meet up with friends for dinner or an activity. Reuniting with friends can give you something to look forward to and add excitement to the new year.
3. Set goals for this coming semester and yourself. They should be exciting and challenge you to be better. Put up pictures, quotes, or create a goal board to put in your bedroom or dorm for encouragement. We have our whole lives in front of us, let's shoot for the stars!
4. Form study groups in classes you may struggle in. Sometimes it is much easier to get things done when there are others supporting you and taking on the same challenges that you are.
5. Try to get lots of sleep and start getting up a little earlier about a week before your classes start. This really helps your body and mind adjust to college.



(Above is goal board lists goals and interests with visual inspiration that captures the imagination).

International Epilepsy Day By Kylie Askew

February 13th is known as International Epilepsy Day. [Click here to learn more from Epilepsy Alliance America.](#)

This day is dedicated to raising awareness of the discrimination faced by those diagnosed with epilepsy.

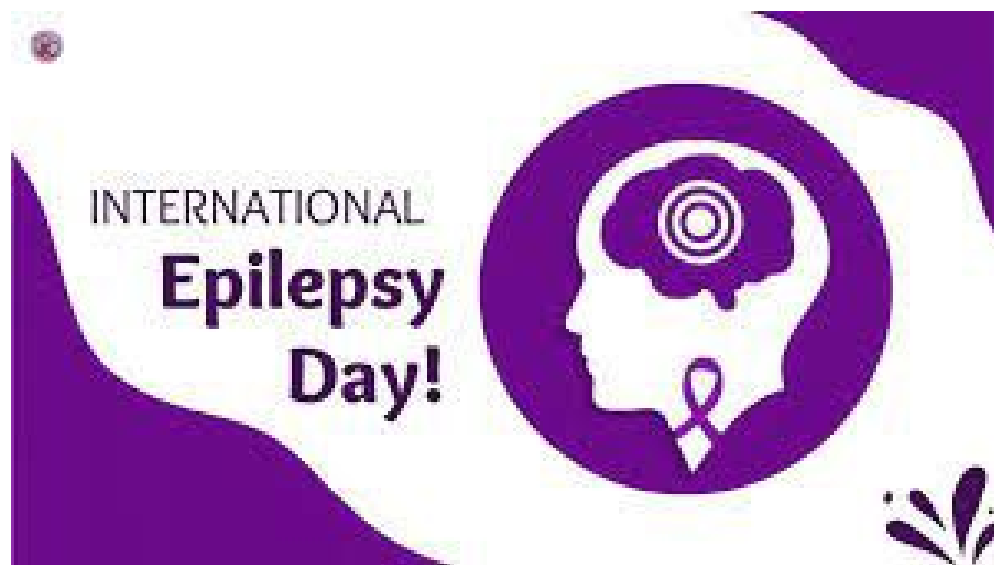
There are common misconceptions and myths about the disease that need to be addressed. These myths include the following: Epilepsy is not a mental illness; it is in fact a genetic disorder that disrupts nerve cell activity in the brain. It does not limit activity, and epilepsy is not contagious in any way.

Spreading awareness and clearing up misconceptions around this area will help more than 65 million people who are living with epilepsy, avoid discrimination. The false assumptions on the disease is often more difficult for the person to deal with than the condition itself.

How can you participate in International Epilepsy Day? Here are a few ways:

- Attend an event. There are tons of events happening worldwide to raise awareness about epilepsy. You can use #InternationalEpilepsyDay to find an event near you.
- Donate. Funds donated to the Epilepsy Foundation will go towards seizure therapy and research to help treat the disease.
- Wear purple. Purple is the official awareness color for epilepsy.

Let us spread awareness, educate ourselves on topics like this, and make our community a safe and supportive environment.



Above picture shows Purple International Epilepsy Day Logo

“Dreams are a dime a dozen. It’s their execution that count.”

[\(Click here to go to this quote by Theodore Roosevelt\).](#)

Checking In (Giving voice to hidden disabilities)

What is depression? Why do I feel bad and hate everything? Oh, everybody has their ups and downs, they say. Yes, but do rational and balanced individuals plan their demise to the where, how, and when? I'm in the dark, isolated, contemplating ending everything, sitting in the closet. Let me say it's a lonely, dark, scary place within one's psyche. I haven't felt good in so long. I want to hide and fade away in the background. Please, no people. Depression is so much more than feeling bad. Have you ever been highly irritable? Nothing is going right kind of days. Nothing matters because life sucks. Multiply this by tenfold in people suffering from depression.

An angry adrenaline rush is where your temper rises; instead of counting to ten or focusing on your breath, you go with the anger. One may lash out verbally at whoever is close. Work, friendships, and family will suffer. At other times depression can close your life off where all desires are peace and isolation. Please leave me be; I don't feel like doing anything right now. I want to sit here and be alone.

What's going on? I want to feel good again. I'm so tired of being sick and tired may sound cliché, but if you suffer from depression, it makes total sense. Sometimes the antidote is more fresh air and exercise. Maybe one's doctor can explore different avenues for feeling better, but depression medicine is not an exact science. What works for one person may not work for all. Before starting on the pharmaceutical highway, I would try to solve these problems with a good diet and exercise.

These few lines only scratch the surface when it comes to explaining what depression is and how to try and cope with it. But it does give a non-sufferer a glimpse into the downward spiraling hole we can dig ourselves into when the wires get crossed.

Depression and Boundaries

Depression is more than just occasional sadness. It comes and goes but lasts for weeks on end. Whether it's depression, seasonal depression or Bi-Polar depression, it's like a pendulum swinging where one day is good and the next is extreme sadness that lasts for days to weeks; depression. Sometimes medications are needed, sometimes not, but a doctor appointment is always a good thing. Talk therapy can be helpful and a good therapist will help the client discover healthy coping mechanisms that can benefit them.

There may not seem to be, but there is always light at the end of the tunnel, just reach out and seek help or support. Whether it be a medical professional or a close friend or family member, there is always an outlet. There are several resources available in Quincy and Feather River College offers services through the Wellness center or at any times through Timely Care. (Click the following link for the [Wellness Center](#) on campus or for [Timely Care](#) services).

Self-Advocating

When going to a doctor appointment many people feel just as another patient number and not a patient. This is where self-advocating comes into play. My doctor appreciates my records and that I know my body and mental status so well, it has really helped to find the correct medications and narrow down what solutions may work for me. There are several tracking apps that one can use, but a personal favorite is Daylio, as it is free and can be customized to your own preferences. It can even be shared with my doctor or counselor to reiterate what I am struggling with, so the doctor doesn't assume it's all in my head. Keeping track helps me to know myself better and can be used as proof for my doctor so that I can self-advocate and find solutions that work rather than just going through the process clueless ([Click here to check out the Daylio - Journal, Diary and Mood Tracker](#)).

Coach Dee's Reflections

There is much to celebrate in January, besides the New Year and making new traditions with family and friends. It is another beginning and we are often on the edge wondering how to achieve the things we have dreamed. We are filled with anticipation of new hopes and visions of success, but we must intend our quest, so that we know what exactly we are aiming for and how to get there.

My grandmother was a visionary while making meals in the kitchen and she was also completely without her vision. I am not planning on losing my vision, but the reality is that Glaucoma runs in my family, too. Consequently, I have to plan to take care of my eyes, so that they will last longer.

The fact is that nobody plans on having a disability, but I have to adapt to the reality that I am also at risk of losing my sight. I try to read with the lights on, and when I have to walk in the dark in my home I try sense my way through obstacles in my house until I can find a flashlight. In other words, I try to be cautious, so that I am not surprised with alarm. My hope is to be full of intention of what I am doing in the present tense, so that I may be living my best life now, because who really has tomorrow anyway?

Friends in my Head

There is an easier way sometimes I want to say,

But the heart of the matter is determined on whether a person first has ability to listen.

I know how it is to be burdened with information and still to resist good instruction.

It takes time and energy to inquire, energy to listen, energy to go over details of working smarter, not harder.

There are trivial costs when details are missed,

When you are too much in a hurry.

There is too much to say about the cost of worry.

I too would like to tread gently in the wind of: teaching, learning, knowing, and being better to observe, so that I too can learn from other people's experiences without making the same mistakes.

I too would like the patience to pause, to listen, thoroughly think out things, and act slowly.

I too would like to be taking my time to let outcomes flow, while I am rushing forward into a means for an end.

I have many friends in my head, but here are just a few messages coming through the veil of time:

Rose with her point that cleaning once is better than cleaning twice, while she moves forward to get things done and make things nice; Steve with his broom saying, "Don't look back at the dust! There's no time for that move when you will just see more," and Mary's reprove saying: "two hours of cleaning is enough and that thinking of time in blocks of movement is not so tough, "and Linda's insights about untangling string, dealing with corners, making and mending quilts, crocheting, then starting over again.

There are those in my head, always in the backstage of my consciousness, telling me of things before and after.

They are stuck in poses, postulating ways, pointing fingers, raising eyebrows, repeating cautions, attitudes, convictions, and explanations, admonitions, giving encouragement and patience and prayer.

They are friends that remain with me through thick and thin, always with me giving away wisdom they have gotten from others.

I would love to be more like them.

Words to treasure:

"Rome Wasn't Built in One Day, But They Were Laying Bricks Every Hour" ([click here to read more on this concept](#)).

Recovering from the Holidays

Holidays can sometimes produce anxiety, and the transition back into the normal activities can feel like a hangover from all the activities.

According to Damaris Aragon, "Re-adjustment can be even tougher if you have [depression](#) or [anxiety](#). [Click here for some insight on depression](#) or [click here on more about anxiety](#). So what do you do to get yourself energized and motivated to face the New Year? Here are a few tips to do just that." Aragon has some suggestions. Click on the following link for [Five Tips For Recovering From The Holidays](#)

Whatever the issue, remember the anecdote to everything is laughter.

Deal with your post-holiday weight gain



#1 Did you try a "coffee diet"?

#2 Can you send yourself to bed without supper?

#3 Be brave & go vegan for a week.

#4 Focus on leftovers.

#5 Make post-holiday soups.

#6 Eat frozen or chef-prepared standardized meals, supplemented by salads, fruit, and yogurt.

#7 Take advantage of the cold.

#8 Don't drink white wine (or any other alcoholic beverage) with fish.

#9 Go nuts.

#10 If you aren't going to go on a diet yet, start taking fish oil supplements anyway.

 SteadyHealth.com

Above photo shows man at a table after holiday feast [Click here go directly to the picture online.](#)

New Year's Resolutions

Did you make a new year's resolution? I must confess sometimes it seems like another dream of change. This year I am going to be eating better and, yes, there was something else I was thinking, but I forgot it already.

According to Grace Ueng:

- 5% of adults in the US make New Year's resolutions. The top 3 are health related.
- 23% quit in the first week and 9% successfully keep their resolutions.
- People over 55 are 3.1x less likely to have resolutions.

The one thing all of these groups have in common is that they recognize the need for change. This begs to the question, how do we make change once we see it needs to be made? The answer: One step at a time and one action and a time. The reward will always be seen in private victories first and this is something you can build on.

How are you going to write your story? How are you going to show up for yourself and others?

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:

- Mental Health (anxiety, depression, PTSD, etc.)
- ADHD/ADD
- Learning Disability
- Autism Spectrum Disorder
- Blind/Low Vision
- Acquired Brain Injury
- Intellectual Disability
- Physical Disability
- Deaf/Hard of Hearing
- Inquire about other disabilities

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](#)



FRC deer with buck watching over his herd on snow covered grass below DSPS Office alongsid the path.



DSPS is located at the top of the path.



FRC Turkeys on snow covered green walking to path right below the DSPS Office

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 one action at a time.



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 degree. 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, which is an interest that takes responsibility of helping people to acquire land to own. 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.

Student Staff Contact information:

Come to the DSPS Office to meet our awesome student staff!

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.



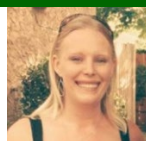
Julie Murphy

Julie Murphy is now employed in the Instructional Resource Center (IRC) for tutoring.



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

Please welcome Heather Robinson. Heather 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/Social Scientist major and her transfer goal is to take Social Science at Chico State University.

DSPS OFFICE STAFF CONTACT INFORMATION:

DSPS OFFICE Main EXT. 255

Sarah Dimick, Director of DSPS and WorkAbility, sdimick@frc.edu

Danielle Westmoreland, DSPS Assistive Technology Specialist, dwestmoreland@frc.edu

Heather Robinson, Office Assistant, hrobinson@frc.edu