

# Access Issues

Feather River College: DSPS Digital Newsletter

December 2023 Edition

## Spotlight on: Universal Design, Inclusivity, and Access Needs

Have you ever been in a wheelchair or on crutches?

How did you get into buildings?

Were there stairs? Heavy doors?

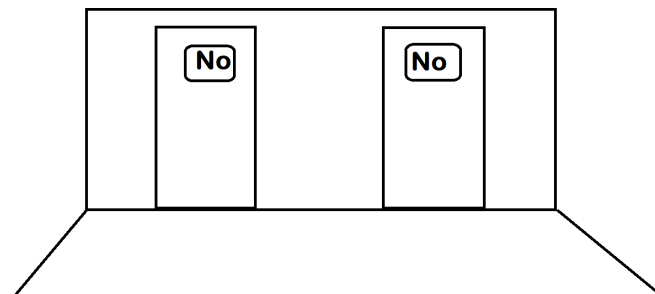
Did you feel welcome to enter?

How can access be improved to include everyone?

What if the buildings had ramps or elevators?

Would you feel like you belong there if the building was designed to meet the needs of all people?

Universal Design makes life easier for all. It says: you belong here.



Above illustration is a representation of what a building communicates when it does not have a way for everyone to enter. The doors might as well read: “No”, just as the above illustration.

## Spotlight on: Universal Design in Education (UDE)

Director of Accessible Technology Services, University of Washington, Sheryl Burgstahler, Ph.D., is an expert in the field. She published a paper titled, “Universal Design In Education: Principles And Applications: An Approach To Ensure That Educational Opportunities Serve All Students,” which says:

“While physical spaces, courses, technology, and student services are often designed for the average student, the practice of universal design in education (UDE) considers people [with] diverse characteristics in the design of all formal and informal educational products and environments. UDE goes beyond accessible design for people with disabilities to make all aspects of the educational experience more inclusive for students, staff, instructors, administrators, and visitors with a great variety of characteristics, including those related to gender, race and ethnicity, age, stature, disability, and learning preference....”

## Seven Principles of Universal Design

The online source, called The Centre for Excellence in Universal Design (CEUD), describes seven principles as a guide to providing Universal Design:

The principles "may be applied to evaluate existing designs, guide the design process and educate both designers and consumers about the characteristics of more usable products and environments."

[\[Click on any of the following links to go to a description online\]:](#)

[Principle 1: Equitable Use](#)

[Principle 2: Flexibility in Use](#)

[Principle 3: Simple and Intuitive Use](#)

[Principle 4: Perceptible Information](#)

[Principle 5: Tolerance for Error](#)

[Principle 6: Low Physical Effort](#)

[Principle 7: Size and Space for Approach and Use](#)

## Accessible Design Makes Life Comfortable

Check out the following to see universal design in action:

- [Click here to view a video on “The 7 Principles of Universal Design | Ed Roberts Campus”](#)
- [Why Is Accessible Design Good for Everyone? | Articulations](#)
- [Click here for "An accessible world is an inclusive world" | Stephen Cluskey | TEDxUCD](#)

## Here's What's Going on With the DSPS Office:

### DSPS Provided the First Annual Poopfest-A Crohn's and Colitis Awareness Event



Evi de Bois, ASFRC President, and co-founder of Poopfest and Sarah Dimick, Director of DSPS and WorkAbility

### DSPS Presents the First Annual Poopfest-A Crohn's and Colitis Awareness Event

FRC students and staff learned about bowel disorders such as Crohn's Disease, Ulcerative Colitis, IBS and Colon cancer while enjoying cupcakes and conversations. We had games planned, but doo to crappy weather we had to move inside and could not play. Please join us next year to play games and talk about pooppy things.

### DSPS is Spreading Holiday Cheer



Jasmine Wear displays the DSPS Decorations

## Assistive Technology Spotlight: Read and Write for Education:

**A GOGGLE  
EXTENSION  
THAT ADAPTS TO  
YOUR LITERACY  
NEEDS.**

✓ Read text out  
loud  
✓ Talk type

✓ Word  
prediction  
✓ Proofreading

[Click here to see a video about this productivity tool](#) or  
[Contact DSPTS to try it out](#)

Looking for ways to speak in the crowd? Use your hands.

JOIN SOUNDS OF SIGNS

Let's talk with our hands.

**Start now. Here is an American Sign Language Dictionary:**



Above is a QR code to an American Sign Language Dictionary

[Click here to learn more.](#)

### **MARK YOUR SPRING 2024 CALENDARS**

Plan to come meet in DSPTS on either Monday or Wednesdays at 10:00 to discuss sign language. Contact Alix Lopez at [aclopez1@frc.edu](mailto:aclopez1@frc.edu) to ask questions about club participation.

## Winter Driving Safety by Jasmine Wear



[Click here to go directly to this photo online](#)

Follow these simple rules during the winter season to save your life and help prevent avoidable accidents.

1. Prepare

- Ensure the vehicle is ready for winter travel, check your tires, breaks, and fluids.
- Carry chains
- Plan your route
- Clear all the snow off your vehicle
- Have emergency gear such as chains, shovel, water, snacks, etc.

2. Protect yourself

- Always wear your seatbelt

3. Prevent crashes by driving safely

- Slow down before corners, not during
- Reduce driving speeds
- Allow plenty of time for the drive
- Increase distance between cars
- Avoid swerving or slamming the breaks when sliding

Please check out the following links for further information:

- ✓ [Click here to view an article from Caltrans about Winter Driving safety](#)
- ✓ [Click here to view a flyer from OSHA about safe winter driving](#)
- ✓ [Click here to watch a video about how to drive in the snow](#)



### How to Combat Performance Anxiety” by Nikki Saurman

Many athletes struggle with anxiety and stress before a big competition or game and most of them don't know what to do about it so they just go into their competition feeling nervous and anxious. There are a few different ways athletes can combat this constant pressure and anxiety. One of these ways includes meditation and clearing your mind of every anxious thought, worry or wonder and relaxing your whole body at least an hour or two before a competition or a game.

The second way you can release some anxiety is to once again, clear your mind, and envision each thing you need to do with your body during your competition over and over again until you know exactly what needs to be done and your muscle memory will match up with your mind. Finally, talking about your fears or anxieties out loud before a game or competition or even writing them down can help you mentally get rid of them and talk out how you can overcome them. Sometimes, when you hear your fears and worries out loud, they may not seem as significant and may diminish as you hash them out.



Cowboy horse dog. [Click here to go to image source.](#)

## STORIES IN TIME

Stories make up who we are, where we are going, and where we have been.

In my background I was raised with the story  
That if I worked hard enough for something I would achieve it,  
A consequence that makes a difference.

I pick up things to create piles and consequences go on for miles.  
I trim hedges, dust ledges, and the work such as laundry never ends.  
Life is the practice of tending to tasks and practicing persistence and patience,  
While remembering not to rush by the moments that make living life special.

Experiences are tenuous and life lessons must be lived,  
But if I have learned anything at all, it is that rushing accomplishes nothing  
good.

My hope is to remember the beauty of connecting to others,  
To remember the simple things that make life beautiful.

Gratitude is magnitude,  
Slowing down develops temperance,  
Spending time with others has value when done in love.  
The degrees of success are in small steps that make giant leaps.

I believe love can only happen in relationship to others;  
That we grow when we share our worlds with one another;  
Growing the story of our relationships to each other and faith in God.

**DSPS is seeking article submissions to give voices to hidden disabilities.**

Submissions must be 12 point font, 1.5 space, and emailed as a Microsoft Word attachment. [Click here to submit your article.](#)

## 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.

## OVERVIEW OF DSPS SERVICES

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</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 disabilities</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 [sdimick@frc.edu](mailto:sdimick@frc.edu).**

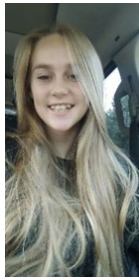


## DSPS OFFICE STUDENT STAFF



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.



Jasmine Wear

Jasmine Wear is a senior at FRC who is studying Farm and Ranch Management with the goal of receiving her Bachelor's degree. Jasmine grew up in Mendocino County, California and aspires to use her degree for beef cattle production. She enjoys spending time in nature, hanging out with friends, and has a passion for animals and disability awareness.



The DSPS Office is located straight up the path (shown above) from the main parking lot.

## 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.



Heather Robinson

Heather Robinson lives in Quincy with her teenage daughter. She attends Chico State University's online Social Science program, working towards a BA with an emphasis on career and life planning. Heather has worked as a caregiver for those with disabilities for about 15 years, as she enjoys assisting others to gain and maintain their independence. Heather loves spending time in the forest and enjoys crystal hunting.



Danielle Westmoreland

Danielle Westmoreland has worked as the DSPS Assistive Technology Specialist since 2007. She returned to Quincy to marry her husband after earning her BA at CSU Chico. During her attendance at FRC she was in many student leadership roles. She is the club advisor for the campus sign language club, Sounds of Signs. She is passionate about helping dsp students to achieve their educational goals. Her ability to empathize with others comes from her background of having a traumatic head injury when she was thirteen. She is also author of two books everyone can relate to: "Tapping out Beats" and "Covid Chronicles with Dee and Flower," which both showcase how we need the spirit of connection to inspire growth. She is also working toward her third book.

### DSPS STAFF CONTACT INFORMATION:

DSPS OFFICE MAIN EXT. 255

Sarah Dimick, Director of DSPS and WorkAbility, [sdimick@frc.edu](mailto:sdimick@frc.edu)

Danielle Westmoreland, DSPS Assistive Technology Specialist, [dwestmoreland@frc.edu](mailto:dwestmoreland@frc.edu)

Heather Robinson, Program Staff Specialist II DSPS and WorkAbility, [hrobinson@frc.edu](mailto:hrobinson@frc.edu)