

ACCESS ISSUES

FEATHER RIVER COLLEGE: DSPTS DIGITAL NEWSLETTER

March 2023 EDITION

Spotlight on Epilepsy

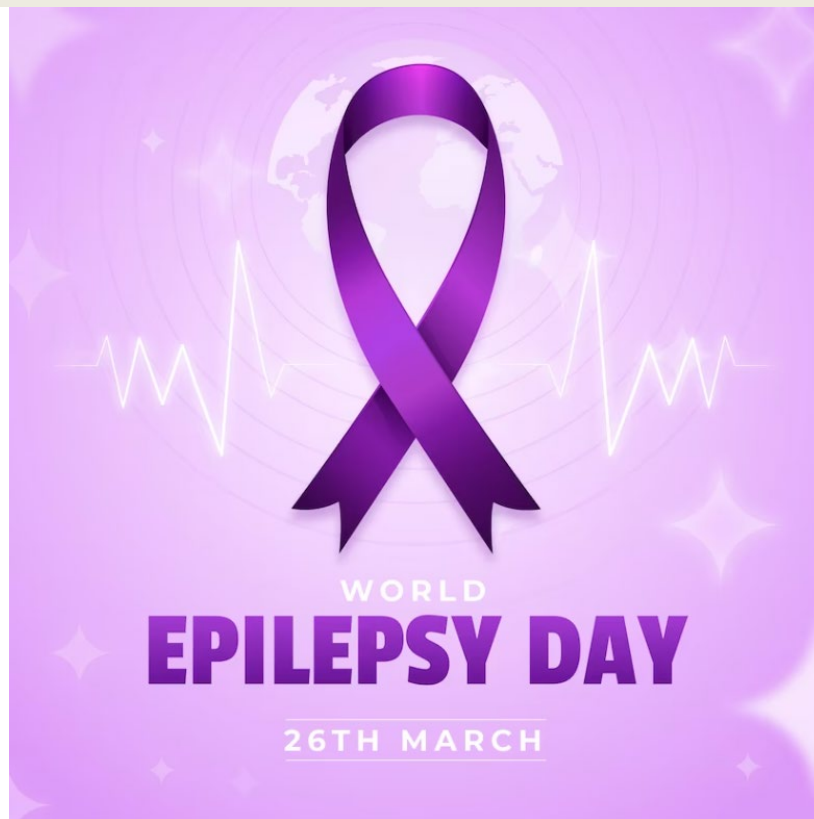
Please Don't Call Me Epileptic, By Sarah Dimick

I have epilepsy, but it is not *who* I am; it's just a thing I deal with. We would never say that someone 'is anxiety' or 'is cancer'. We would say that they *have* anxiety or have cancer. So, why is my disability a title? There is a long history there, but the short story is that seizures are scary and misunderstood, leading to labels and dehumanization. Those who have seizures were (and in some places still are) thought to be possessed by demons, intellectually disabled, and/or a menace to society.

For a long time, epilepsy was thought to be contagious. Of course, none of that is true. But, throughout much of history laws have been passed that prohibit those who have seizures from testifying court, entering public spaces, holding jobs, and even marrying. We've been institutionalized and sterilized against our will-into the 1950s in the U.S.! The last state to repeal their marriage ban only did so in 1980. So, the stigma still exists, even in the U.S., and we could use more allies. Will you join us? Here are some easy ways you can help:

- Share what you know, and call out misinformation. Seizures are not funny and should never be mocked.

- Report hazards. Did you know that flashing lights can trigger seizures? This can be a flickering lightbulb, or anything else that flashes. If you notice a lightbulb that needs to be changed, tell someone. If a video shown in class has flashing lights, remind the instructor, nicely, that it can be a hazard.
 - Review the first aid tips on the next page, and if you are able to, help in an emergency.
 - This can be as simple as clearing the space and insuring that nobody is taking photos or video. Some people lose control of their bladder, and are embarrassed. It's not fun to wake up to a crowd of terrified people and I would be traumatized to see a photo or video of myself.
 - The point here is to preserve the dignity of the person having the seizure. You'd want the same.
- Check out the following sources to learn more about epilepsy:
- [Click here to view "The history of epilepsy: an interactive timeline"](#)
 - [Click here to view "The History of Epilepsy: From Ancient Mystery to Modern Misconception"](#)
 - [Click here to view "A DISEASE ONCE SACRED. A HISTORY OF THE MEDICAL UNDERSTANDING OF EPILEPSY"](#)



Above image is a purple ribbon for World Epilepsy Day. [Click here to go to free image by Freepik online.](#)

THE BASICS SEIZURE FIRST AIDE

1. CLEAR THE SPACE OF ONLOOKERS.
2. CALL 911.
3. MAKE SURE THE PERSON IS IN A SAFE PLACE. PUT SOMETHING UNDER THEIR HEAD TO PREVENT INJURY AND REMOVE ANY NEARBY HAZARD.
4. PUT THE PERSON ON THEIR SIDE IN CASE THEY VOMIT. IT HAPPENS.
5. TIME THE SEIZURE, IF YOU CAN.
6. DO NOT SLAP! IT WILL NOT DO ANYTHING. MOREOVER, IT'S VERY CONFUSING TO WAKE UP SURROUNDED BY SCARED PEOPLE WHILE BEING HIT. I THINK IT'S PRETTY SAFE TO SAY THAT MOST PEOPLE WOULD THINK THEY WERE IN A FIGHT, AND LOSING.
7. STAY WITH THE PERSON UNTIL FIRST RESPONDERS ARRIVE.
8. IF YOU KNOW THE PERSON'S NAME, USE IT, CALMLY. TELL THEM WHERE THEY ARE AND THAT THEY ARE OK. HEARING MY NAME HELPS ME COME BACK INTO MY BODY.
9. I KNOW IT'S SCARY, BUT TRY TO STAY CALM. IT'S ONE OF THE BEST THINGS YOU CAN DO FOR THE PERSON HAVING THE SEIZURE.

STATS ON EPILEPSY

This is from Epilepsy Foundation
www.epilepsy.com

- Epilepsy and seizures can develop in any person at any age. Seizures and epilepsy are more common in young children and older people.
- About 1 in 100 people in the U.S. has had a single unprovoked seizure or has been diagnosed with epilepsy.
- 1 in 26 people will develop epilepsy in their lifetime. People with certain conditions may be at greater risk. (See "What causes epilepsy and seizures?")
- Each year, about 48 of every 100,000 people will develop epilepsy. However, seizures may occur more often in different age groups (very young and older people), in different races, and in different areas of the world.
- According to the August 11, 2017, "Morbidity and Mortality Weekly Report" from the Centers for Disease Control and Prevention (CDC), at least 3.4 million people in the U.S. live with seizures, including 470,000 children.
- Epilepsy is the 4th most common neurological condition and epilepsy affects more than 65 million people worldwide.
- More men than women have epilepsy overall by a small amount.



**GOT A SPORTS INJURY? A CONCUSSION?
IT'S A TEMPORARY DISABILITY.**

HERE ARE SOME ACCOMMODATIONS:



**Speech to text
Audio books
Otter ai. Notetaking
Cart Rides
And more.**



Come see DSPS. Eliminate your Learning Barriers.

[Click here to contact DSPS now.](#)

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 disabilities
- Acquired Brain Injury
- Intellectual Disability
- Physical Disability
- Deaf/Hard of Hearing
- Inquire about other

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](#).

For proctoring, students can make appointments by texting 530-293-7518.

Calls will be returned during business hours

DSPS WALK IN TESTING HOURS:

Monday 8-4

Wednesday 10-3

Thursday 10-3

Or by appointment

Reminder—DSPS students may come in at any time, as it is their approved academic accommodation.

Assistive Technology Spotlight:

Dolphin Easy Reader

Dolphin EasyReader is a Text to Speech app



- A reading app for people with dyslexia, low vision or blindness.
- Available for iOS, Android or Windows



Features Summary:

- Browse and read millions of textbooks and newspapers.
- Listen and read with synchronised text and audio.
- Choose colors, text size and highlights to suit your reading preferences.

- Perfectly synchronised text and audio lets you read with your eyes and ears.
- Colors, text size and highlights to suit your visual needs
- Supports Windows 7, 8.1 and 10, tablet, laptop and desktop computers.



Special Features Summary:

- Listen to your textbooks.
- Listen to your typed out work.

For more information, [please click here to contact Danielle Westmoreland.](#)

DSPS OFFICE STUDENT STAFF

Purple is for Epilepsy By Kamish Wagner

To begin, many people wonder and ask the question: What is Purple Day? Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. According to an online source, Supporting Epilepsy Around the World, on March 26th people in countries around the world are invited to wear purple and host events in support of epilepsy awareness ([Click here to find out more information about Epilepsy](#)).

What is Epilepsy? Epilepsy is a medical condition that produces seizures affecting a variety of mental and physical functions. In fact, when a person has two or more seizures, they are considered to have what is called an epilepsy. Did you know that an estimated 1 out of 100 people have epilepsy? Each year, Purple Day is recognized around the world to increase epilepsy awareness. , Supporting Epilepsy Around the World reports that last year people in more than 85 countries participated by wearing purple and hosting events ([Click here to find out more from this source](#)).

Supporting Epilepsy Around the World outlines that seizures occur when one or more parts of the brain has a burst of abnormal electrical signals that interrupt normal brain signals. Furthermore, anything that interrupts the normal connections between nerve cells in the brain can cause a seizure. Common triggers could be blinking lights, flashing power, and bright colors ([Click here to find out more information from this source](#)).

Most people with epilepsy live a full life. However, the risk of early death is higher for some. We know that the best possible seizure control is living safely, which means it is important to know what epilepsy is and the triggers that cause epilepsy in order to support friends, family and coworkers that deal with this issue.

How can we reduce the triggers that cause epilepsy?

As a person who has presented a Power Point, I can reduce bright colors, flashing animations, and use neutral themes to keep it simple. According to an online article by Mary Ellen Ellis, writer for heathline, “Epilepsy can be treated, and precautions can control seizures and minimize injuries. In fact, most people with epilepsy live long and normal lives, including these celebrities.” Check out her article by clicking on the following link: [Click here to read learn about 12 famous people with Epilepsy](#).

Continued DSPS STUDENT STAFF VOICES

Joy in the Journey by Kylie Askew

For the past month or so I have been talking to a sports psychologist who has helped me a ton with my mental game and strategies for winning in the sport of rodeo. I'd like to share some of the main things she has helped me with. These tools can be beneficial to everyone, not just Rodeo Athletes:

- **Mental blocks and how to handle them:** She gave me some tips for when negative thoughts come into my brain. First, counter your bad thought with a rebuttal, then replace the thought. For example: "This class is really hard, I'll never be able to pass it" (counter) "I have passed hard classes in the past" (replace) "Learning this subject will be beneficial the rest of my life."
- **Purposeful living:** She helped me recognize the importance of purposeful living. Doing everything with purpose and a good attitude. Working on this has made my life a lot more productive and fun. All you have to do is try and be a little bit better every day. That may be something small like going for a walk instead of scrolling on your phone or watching an instructional or inspirational video instead of watching a movie. Little things like that add up to a lot.
- **Defining Success/Joy in the Journey:** For a long time I have defined success and even my self-worth on winning rodeos and achieving goals. So you can imagine the negative impact not achieving my goals has had on my mental game. My mental coach has helped me see that success is NOT winning, that is just icing on the cake. Success is having fun, bettering yourself, and being kind to yourself. Learning to be happy with little wins will make you a much happier person. Have fun, be kind to yourself and others and find joy in the journey.



Above Photo shows Kylie Askew competing in the Breakaway Roping

Facts about Cerebral Palsy By Danielle Barry

Generally, people do not think about disabilities, but in reality we either have them, are going to get them with age, as our hearing and eye sight decline, or we know someone with a disability. Let's talk about Cerebral Palsy (CP). How much do you know about it?

A Youtube presented by Kenneth Cole gives a face to CP:

"You probably know actor RJ Mitte from his role on Breaking Bad, where he played a teenage son living with cerebral palsy. Well, that wasn't an act, RJ has been diagnosed with cerebral palsy since the age of 3, but he hasn't let that stop him from accomplishing his goals, and he's used his success to help others." [Click here to view a short video of RJ Mitte of 'Breaking Bad' on Living with Cerebral Palsy.](#)

According to Centers for Disease Control and Prevention, an online source, CP is a group of disorders that affects a person's ability to move [Click here to get more information from this source](#). The CDC also explains that cerebral has to do with the brain and palsy means weakness or problems using one's muscles. This condition is most common in childhood. It is usually caused by abnormal brain development or damage. Depending on how severe one's condition may be the person may need special help or only some adaptive technology. Sometimes they may only walk a little differently. CP doesn't get worse over time, but the symptoms can change. There are three different movement disorders: stiff muscle (spasticity), uncontrollable movements (dyskinesia), and poor balance and coordination (ataxia). Then there are four main types: spastic CP, dyskinesia CP, ataxia CP, and mixed CP.

Spastic CP is the most common type of CP. It effects 80% of people with CP. People experience increased muscle tone, which means their muscles are stiff and movement becomes awkward. Dyskinetic CP makes it hard to control one's hands, arms, feet, and legs, making it difficult to walk and sit. The movements are uncontrolled, so a person can be writhing and slow or jerky and fast. By contrast, Ataxic CP results in a struggle with balance and coordination. People with this may have a hard time with quick movements and controlling their arms or hands and trouble when reaching for something.

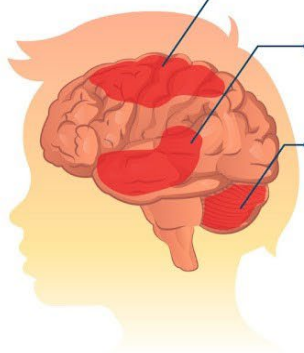
Despite difficulties, people with CP are still successful. For instance, motor car driver, Nicolas Hamilton who uses adaptive technology to compete. CNN reports that "Hamilton's car has a hand clutch on the steering wheel, which allows him to minimize the use of his legs" ([click here to read more from the source](#)).

Resilience, therefore, is also a characteristic of a person with a CP. [Click here to learn more about how Hamilton overcame his disability.](#)

CEREBRAL PALSY

A Group of Permanent Movement Disorders that Appear in Early Childhood

MOTOR TYPES



- SPASTIC 70-80%**
Increased Muscle Tone and Stiff, Tight Muscles
- ATHETOID 10-20%**
Uncontrollable Movements
- ATAXIC 5-10%**
Difficulties With Balance and Coordination
- MIXED 10%**
Symptoms of More Than One Type

ASSOCIATED IMPAIRMENTS

- Sleep Disorders
- Intellectual Impairment
- Breathing Difficulties
- Bladder Control Problems
- Unable to Walk
- Behavior Disorder
- Vision Impairment
- Saliva Control Problems
- Unable to Talk
- Epilepsy

TREATMENT

- Medication
- Equipment
- Alternative
- Physical Therapy
- Surgery

TYPES OF CEREBRAL PALSY

- MONOPLÉGIA**
Affects One Limb
Usually an Arm
- HEMIPLÉGIA**
Affects One Side of The Body
Arm, Leg and Trunk
- DIPLEGIA**
Affects Symmetrical Parts of the Body
Legs or Arms
- QUADRIPLEGIA**
Affects on All Four Limbs

The above infographic on Cerebral Palsy (CP) shows CP as A Group of Permanent Movement Disorders that Appear in Early Childhood and the Associated Motor Types, Impairments, Treatments, and Types of CP. [Click her to view the above source image: Is Cerebral Palsy Reversible? Know the facts - Apollo Hospitals Blog](#)

Coach Dee's Reflections

Let's talk about how to stay motivated. Here are some tips to help:

- Climb your own mountain.
- Get up, move; this is your life.
- Plan for your success. Life is about making efforts, doing the work, having growth mindset.
- Take one step, then another.
- Depend on the formation of good habits to foster success rather than on willpower to make good things happen.
- Words matter: I can't and I won't are just the opposite of I will.
- Also, ask questions.



Cartoon character of Coach Dee encouraging all: "Why not be brave? Question Everything!"

The DSPS Office:



DSPS Office Student Worker, Danielle Barry, welcoming students to DSPS on the path across from the DSPS Office door.



DSPS Office Student Worker, Nikki Suarman, at the front desk welcoming students.

Here's an insider view of DSPS:

Come check out the High Technology Lab, take tests, rest, and get snacks in a quite space.

Come Check out DSPS.



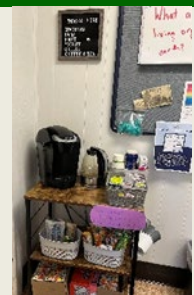
Above Photo is of the DSPS High Tech Lab open to all students and with assistive technology available to dspss students.



Above photo is of our Test Accommodation area for DSPS Students.



Above photo is of our Fortress of Solitude.



Above photo is of our Snack area.

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.



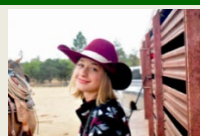
**Lacy
Ruegg**

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 my bachelor's degree in Ranch Management and Equine Science. I have been doing rodeo since my senior year of high school and plan on continuing to rodeo after college as well. I 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:

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