



SEPTEMBER 2023

Website: oscil.org

OSCIL is Rhode Island's Center for Independent Living

The Independent Living Philosophy advocates for the rights and dignity of people with disabilities, emphasizing their autonomy, self-determination, and full inclusion in society. It seeks to remove barriers and provide support services that enable individuals with disabilities to lead independent lives, make their own choices, and participate actively in all aspects of life. As Rhode Island's sole Independent Living Center, OSCIL is ready to help all Rhode Islanders of any age with any disability live their best lives.



Lynne Powers was an amazing, kind, loving, energetic and fun loving person. She was an employee at OSCIL for 10 years. She was a dedicated advocate for individuals with disabilities and always went the extra mile. She was my first supervisor and we were a very close team at OSCIL for 6 years. Even after she started a new position, she would always be there, if I needed her help. From the first day I met her for my interview, she couldn't have been any nicer and I will forever cherish all of our time together. I will never forget a phone call I had from Lynne, that I received a few hours after my second interview. She called me and said "there is just one more question that I forgot to ask you when you were in the office." I shared my curiosity and was a bit anxious. I then prepared for the question. Lynne then asked me, "how would you like to come to work at OSCIL?" We both laughed so hard; it became a running joke between us! My life is better for having had her in it.

Lynne was also incredibly supportive when I decided to get a guide dog. when I came back from classes to train with my guide dog, she was there to make him extremely comfortable too! Asher -when off harness would visit her cubical quite often, as our cubicles were right next to each other. When I came home from Guiding Eyes-she had made sure Ash had a bed, dishes and toy in my office. One Christmas she knitted him a winter sweater-and he loves it! Lynne's nickname for Asher was Dude-so, in her memory I am calling him Dude, at times too.

Here at OSCIL, we are all missing our chats with her, her laugh and amazing sense of humor and just having her here in the office with us every day. We are so thankful and grateful for all of her hard work and dedication, in making the world a better place for individuals with disabilities. Rest in peace our dear friend.



Get FOUR FREE AT HOME COVID-19 tests this fall on COVIDTests.gov

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

[Order Free At-Home Tests](#)

Accessible covid test: <https://special.usps.com/testkits/accessible>

Need help placing an order for your at-home tests?

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact [a HRSA health center](#), [Test to Treat](#) site, or [ICATT location](#) near you to learn how to

OSCIL is Fighting for a Better Rhode Island

**From the Desk of Ryan MacLeod,
Program Director**

In a world that often marginalizes people with disabilities, let us boldly and unapologetically declare that people with disabilities are more than OK; rather, people with disabilities are perfectly whole as they are, and it was and is our society that needs to change and appreciate the diversity of human life.

As Rhode Island's sole Center for Independent Living, OSCIL is committed to the fundamental idea that all Rhode Islanders need access to food, water, medicine, clean air, and an affordable and accessible place to live. Not only does OSCIL directly serve hundreds of Rhode Islanders with disabilities each year, but we are also on the front lines of systems advocacy, fighting to ensure Rhode Island reflects these ideals and that people with disabilities are valued and prioritized. Until society understands and reflects the truth that we are all human beings worthy of dignity and respect and deserving of the same fundamental human needs, OSCIL's work must and will continue.

It is an exciting time at OSCIL, we are revamping our newsletters, outreach materials, social media, and website to reach and serve as many Rhode Islanders as possible. We are also excited to expand our reach into the community through our new online chat function, allowing Rhode Islanders to chat with a knowledgeable and empathetic person about anything related to disability 100% free of charge without having to make a phone call. This feature can be accessed from 9-4 p.m. Monday-Friday (except holidays) in the bottom right corner of oscil.org.

Despite this important and necessary work, Centers for

- **Become a member of OSCIL and/or donate; visit <https://www.oscil.org/membership-donations> for more information about membership, including an option of joining for free.**
- **Become a sponsor of OSCIL and benefit from additional exposure on our website, social media, and outreach materials; for more information, contact ryan.macleod@oscil.org.**
- **Subscribe to our newsletter (if you are not already) at <https://www.oscil.org/newsletter>.**
- **Follow OSCIL on social media, including on [Facebook](#) and [Instagram](#).**
- **Contact your Senators and Congressperson to inform them of the [5 for 5 campaign](#) to adequately fund Centers for Independent Living across the country.**

Together, we can create a Rhode Island where everyone has equal opportunities and is treated with dignity and respect. People with disabilities are not the problem; they are an integral part of our diverse society. It's society's attitudes, structures, and policies that must change to welcome and OSCIL is on the front lines of this fight. Thank you for reading and for supporting a more inclusive and just Rhode Island



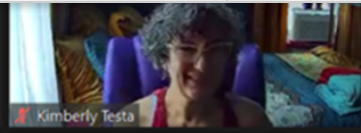
BRAIN INJURY VIRTUAL SUPPORT GROUP



Beth



Richard Muto



Kimberly Testa



Bryan



Felicia



Carmen Boucher, RIDOH



Michele

Michele



Alex



Fatima

Fatima



Heather Perkins

The Brain Injury Virtual Support Group meets every Tuesday morning from 10:00 a.m. till 11:30 a.m. The group is open to survivors, caregivers, and interested parties. In addition to talking with each other about symptoms, strategies, new resources, doctors, and therapists, they survivors also use the meeting as a way to educate themselves and others about the reality of living with a brain injury.

For more information, contact [Richard Muto](#) at 401-738-1013 x57

2 GREEK WORDS



(water)



(head)

= HYDROCEPHALUS

The buildup in the brain of excess cerebrospinal fluid (CSF)

1 IN 500 INFANTS is born with this condition.

Another 6,000 CHILDREN annually develop hydrocephalus during the first 2 years of life.

There are two types: **Communicating (or non-obstructive)** and **Non-Communicating (or obstructive)**.

Both types can be present in either **Congenital Hydrocephalus** (present at birth) or **Acquired Hydrocephalus** (occurs after birth and at any age).

SOURCES
www.hydroceps.org/what_cerebrospinal_fluid_does/it_doesnt_do/links/about_hydrocephalus.htm
www.medtronic.com/us_en/pediatric/neurology/hydrocephalus.html



of children born with spina bifida also develop hydrocephalus.



It is estimated that more than **700,000 AMERICANS** have NPH, but **LESS THAN 20%** receive an appropriate diagnosis.

SYMPTOMS

may include but are not limited to:



PEDIATRIC

- Vomiting
- Poor feeding
- Listlessness
- Irritability
- Constant downward gaze of the eyes
- Occasional seizures

OLDER CHILDREN AND ADULTS

- Headache
- Nausea
- Vomiting
- Visual disturbances
- Poor coordination
- Personality changes
- Lack of concentration
- Lethargy

TREATMENT

THE ONLY EFFECTIVE TREATMENT FOR HYDROCEPHALUS IS SURGERY.

Hydrocephalus is the leading cause of brain surgery for children in the United States.

THERE ARE **OVER 180**

POSSIBLE CAUSES OF HYDROCEPHALUS, according to the National Institutes of Health (NIH).



There are over **40,000** hydrocephalus operations performed annually (one every 15 minutes).



APPROXIMATELY **\$100 MILLION** IN HEALTH CARE **SPENDING** in the US alone goes for CSF shunting procedures to treat hydrocephalus.



ADULTS 50 AND OVER are the **FASTEST GROWING** segment of the population to be (DIAGNOSED WITH NORMAL PRESSURE HYDROCEPHALUS (NPH)). NPH is often misdiagnosed as Alzheimer's disease or Parkinson's disease.

IN THE PAST 25+ YEARS, DEATH RATES ASSOCIATED WITH HYDROCEPHALUS HAVE decreased from 54% to 5%, and the occurrence of intellectual disability has decreased from 62% to 30%.



For more information about Hydrocephalus please visit ANA-Neurosurgery.com



ADVANCED NEUROSURGERY ASSOCIATES



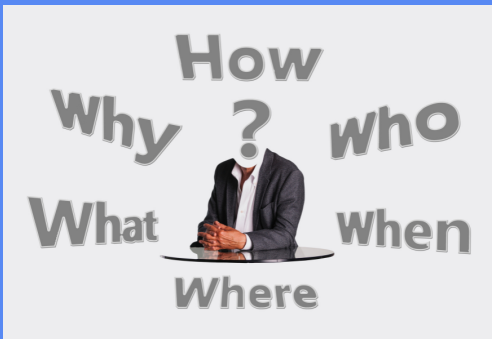
YOUTH SUPPORT GROUP

Youth Support Group
Youth Support Group Weaving Seminar
Thursday, October 26th
5:00 pm - 7:00 pm
at
OSCIL
1944 Warwick Avenue
Warwick, RI 02889



WOMEN WITH DISABILITIES PEER SUPPORT GROUP

This month the Women with Disabilities Peer Support Group decided to start early with Fall festivities. First, they made caramel apples with a variety of toppings, such as sprinkles, coconut, chocolate morsels and more. While the apples were chilling in the refrigerator, the group had their peer group activity. They listened to a song and discussed its significance and how it gave them feelings of empowerment. Then it was time to wrap up the apples and take them home. A wonderful time was had by everyone!



INFORMATION AND RESOURCES

Proposes Stronger Disability Discrimination Protections!

Hello, Rhode Island community! We've got some fantastic news to share that promises to make our country an even more inclusive and welcoming place for everyone.

The United States Health and Human Services Department is taking a bold step forward by proposing to strengthen protections against discrimination based on disability! 🙌

At a glance, here's what this means:

- ✨ Enhanced safeguards to ensure individuals with disabilities are treated with respect, fairness, and equality.
- 👥 A clear commitment to fostering a more inclusive society where everyone can participate fully in all aspects of life.
- 📋 Comprehensive measures to uphold the rights of individuals with disabilities in healthcare, employment, education, and beyond.

This proposal is a testament to the United States dedication to ensuring equal opportunities and access for all its residents. It's a significant step towards a brighter, more inclusive future!

To learn more, go to:

<https://acl.gov/news-and-events/acl-blog/exciting-announcement-hhs-proposes-strengthen-protections-against>

#inclusion #disabled #disability protection #healthandhumanservices

Image by macrovector_official on Freepik

Every month we share links to resources that our Information and Referral team hopes may be of interest to you or someone you know:

"Get Set Up" is the largest and fastest growing online community of older adults who want to learn, connect with others, and unlock new life experiences.

Website: www.getsetup.io/partner/ri

Phone: 1-888-559-1614

Information about modifications to your home or apartment:

RI Livable Home Modification Grant

This program pays 50 percent of the cost of home modification for people with disabilities to stay in their home, up to \$4,500.

Website: <https://gcd.ri.gov/ri-livable-homes-modification-grant>

Email: barbara.palazzo@gcd.ri.gov

988 - Suicide and Crisis Lifeline:

"988" is the three-digit, nationwide phone number to connect directly to the [988 Suicide and Crisis Lifeline](https://988lifeline.org/).

By calling or texting 988 or clicking the link here, you'll connect with mental health professionals with the [988 Suicide and Crisis Lifeline](#), formerly known as the National Suicide Prevention Lifeline.

Fire Safety - FREE Smoke Alarms:

At no cost, [American Red Cross](#) will install free smoke alarms within your home.

Phone: 1-877-287-3327 and choose option 1 to schedule your visit.

You can also visit their website by clicking this link: [Red Cross RI - Free Smoke Alarms](#)





"I appreciate what you've done for me. I love the stool in the kitchen, I use it all the time when cooking. The GBs in the bathroom are totally useful and have prevented accidents. I use the GB at the front door to assist when getting packages."



Stay TUNED LUNCH AND LEARN
OCTOBER 25th
at
OSCIL
1944 Warwick Avenue, Warwick, RI
www.oscil.org

A photograph of a brown paper lunch bag with the word "Lunch" written on it and a green apple.



Rhode Island

Register today!

ADVOCACY 101

*Turn your passion into a positive voice
for mental health!*

This training is suitable for all and combines the best of

NAMI Smarts for Advocacy

and the **RIPIN Family Voices**

grassroots advocacy programs, including tips and tools to help you:

Understand RI policy making

Realize the power of your story

Contact your legislators

Organize others

The same workshop offered twice!

Click the buttons for a full description and to register
for the session most convenient for you.

A certificate of completion for 2 hours of advocacy training will be provided to attendees.

VIRTUAL Session

Wednesday, Oct. 18th

11:00am - 1:00pm

IN-PERSON Session

Monday, October 23rd 2 - 4pm

at RIPIN, 300 Jefferson Blvd., Suite 300,
Warwick, RI

Click to Register VIRTUAL
October 18

Click to Register IN-PERSON
October 23

*Grassroots advocacy is about using your voice to influence
policy makers and make a difference. Turn your passion and
your lived experience into a positive voice for mental health.*

Questions? Email: RIParity@MHARI.org



Protect Your Health During Hurricane Season

The Atlantic Hurricane Season is June 1 through November 30. Hurricanes can cause illness, injury, damage to houses and buildings, and environmental concerns like flooding and mold. We can't stop hurricanes. But we can take three steps now to protect our health from the effects of hurricanes: **Make a plan, build a kit, stay informed.**



Make A Plan

Complete the My Emergency Plan Workbook



Build a Kit

Make an emergency kit in advance



Stay Informed

Sign up for CodeRED to get notifications from your local emergency response team if there is an emergency in your area



Learn more:

health.ri.gov/emergency/about/hurricanes

health.ri.gov/emergency

[Click Here for OSCIL's Events Calendar](#)

OUR SPONSORS

We thank our Sponsors for their dedication and support in helping OSCIL continue to provide services to the Rhode Island residents with disabilities!



**For more information about our services,
visit our website: oscil.org
Phone: 401-738-1013
Video Phone: 401-244-7792
Email: info@oscil.org
Business Hours Monday-Friday 9am - 4pm
(Closed Holidays)**

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