

## Broccoli Slaw

### Ingredients

- ½ cup light mayonnaise
- 2 tablespoons white sugar
- 2 tablespoons white vinegar
- 1 (12 oz) package broccoli slaw
- ½ cup dried cranberries
- ½ cup chopped walnuts

### Directions

Whisk together mayonnaise, sugar, and vinegar in a bowl. Add broccoli slaw, cranberries, and walnuts and mix until evenly coated.



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## WORKPATH STAFFING

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**Rochester, NH 03867**

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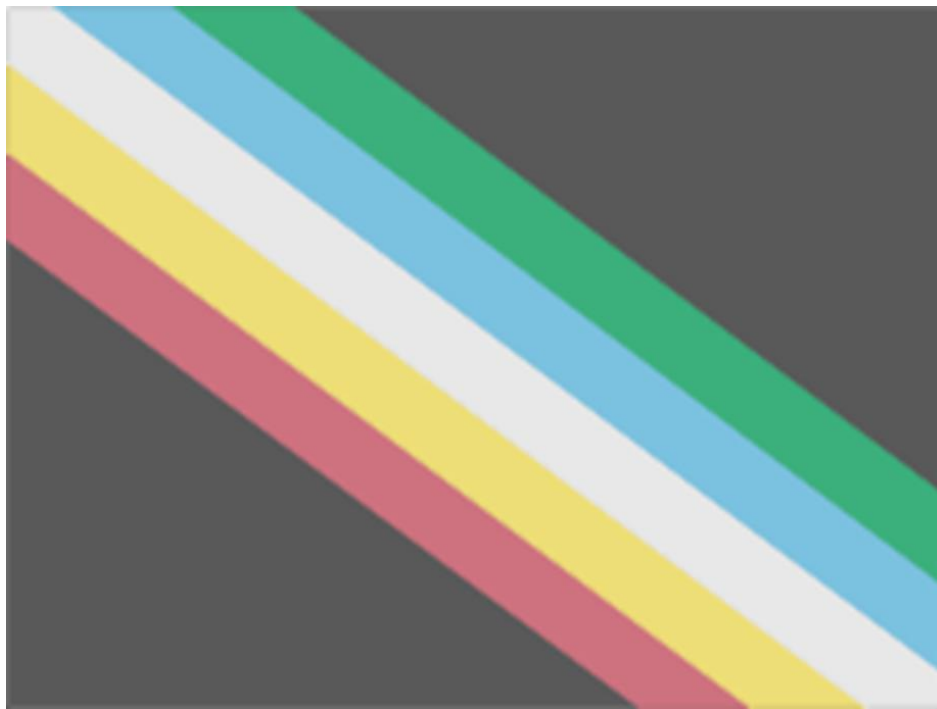
**\*Daily Pay\***

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peer-led, peer-driven organization

# July 2024 Newsletter



The Disability Pride Flag, redesigned in 2021 by Ann Magill, is meant to be inclusive. Black field: mourning for victims of ableist violence and abuse; diagonal band: "cutting across" the walls and barriers that separate disabled people from society; red stripe: physical disabilities; gold stripe: neurodivergence; white stripe: invisible and undiagnosed disabilities; blue stripe: psychiatric disabilities; and green stripe: sensory disabilities.

## Disability Pride Month

In July, worldwide, Disability Pride evolved from a day of celebration to a month-long event.

It originated in the United States to commemorate the passing of the landmark Americans with Disabilities Act (ADA) in July 1990. People with disabilities make up 15% of the world's population—representing all ages, races, ethnicities, genders, sexual orientations, religions and socio-economic backgrounds.

Disability Pride Month celebrates people with disabilities, their identities, their cultures and their contributions to society. It also seeks to change the ways people think about and define *disability*, to end the stigma of disability and to promote the belief that disability is a natural part of human diversity in which people living with disabilities can celebrate and take pride. It's a chance for people with disabilities to come together and celebrate being themselves, no matter their differences. It's also a chance to raise awareness of the challenges they still face every day to be treated equally.



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## Life of Meaning

As the river flows in time  
 it shares the aspect of life  
 until it's harder to see you  
 multiple disguises in this world  
 as we explore the possibilities in us  
 not saying the things, we show  
 every word has a meaning  
 every rhythm has beat  
 don't be anyone else but you  
 every disguise shows secretive  
 by being you shows who you are  
 being you shows honesty within  
 you  
 don't be a fake because you were  
 scared  
 doing things, you are scared of  
 will bring out the bravery in you  
 never lose sight of who you  
 you are special to

By Erica Byrne



## Affirmations

One-word affirmations are words with deep meaning and value. Pick the ones that connect with you strongly at this time of your life and write them down in your journal.

Get crafty and draw these words on a thick piece of paper, draw some illustrations, put in some color, and hang it on your wall.

Vibrant, Dynamic, Capable,  
 Recharge, Adventure, Genuine,  
 Motivation, Journey, Unwind,  
 Sparkle, Bright



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### History

#### United States

On March 12, 1990, over 1,000 people marched from the White House to the U.S. Capitol to demand that Congress pass the Americans with Disabilities Act. Upon arrival, about 60 activists, including eight-year-old Jennifer Keelan-Chaffins, physically demonstrated the inaccessibility of public spaces by getting out of their wheelchairs or setting aside their mobility aids and crawling up the Capitol steps in an act of civil disobedience that later became known as the Capitol Crawl. Police arrested 104 activists for unlawful demonstration, many of whom were in their wheelchairs.

On July 26, 1990, President George H. W. Bush signed the Americans with Disabilities Act into law. Each July is celebrated as Disability Pride Month in commemoration of the historic moment.

#### United Kingdom

England, Scotland and Wales have a similar law that was passed in 1995 called the Disability Discrimination Act, that was itself replaced by the Equality Act in 2010. People in Northern Ireland are protected by the Disability Discrimination Act of 1995.

#### Disability Pride

The concept of Disability Pride was born out of the Disability Rights movement and based on intersectional identity politics and social justice. The core concept of Disability Pride is based on a tenet of reworking the negative narratives and biases that frequently surround the concept of disability. Disability Pride is a response and counteraction against ableism and social stigma. The concept has roots in the same social theory that backs LGBTQ+ Pride and Black Pride. Disability Pride is a movement intended to celebrate the history of the Disability Rights movement and people with disabilities as positive contributors to society. It marks a break from traditional concepts of disabilities as shameful conditions, which were often hidden from public spaces and mainstream awareness. Disability Pride is built upon the social model of disability and is described as moving away from the medical model of disability.

#### Locations

Disability Pride is celebrated worldwide, including in the United Kingdom, South Africa, and other countries during various times of the year. Other Disability Pride Celebrations have occurred in England, Germany, New Zealand, Norway, Switzerland and South Korea.

#### Celebrations

##### US

People with disabilities make the largest and most diverse minority in the United States—making up approximately 26% of the population. As of 2022, Disability Pride Month is not yet nationally recognized in the United States.

The celebration has been officially recognized by New York City and San Francisco.

Disability Pride Parades are held annually to celebrate the month in Chicago, Los Angeles, New York, San Francisco, San Antonio, Philadelphia, and Pittsburgh, among others. Disability Pride Parades often hold traditions unique to the location, like a disability justice flag raising at city hall and a full week of free events in Philadelphia.



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## Balloon Centerpiece

Plan your party with ease using this craft that requires supplies you probably already have lying around! You'll just fill a bucket with sand and decorate it with a red or blue bandana. Then, partially inflate red, white, and blue balloons so they're slightly different sizes and tie them to dowels. The sand will help keep this beautiful bouquet in place when you stick them in the bucket!



By Erica Byrne

### Boston, Massachusetts

The first Disability Pride Day was held October 6, 1990 in [Boston](#), Massachusetts. According to a newspaper clipping from the day, "more than 400 people marched, drove, wheeled and moved from City Hall to [Boston Common](#) in a demonstration to affirm that 'far from tragic, disability is a natural part of the human experience.'" The featured speaker was Karen Thompson, author of *Why Can't Sharon Kowalski Come Home?* It was held again in 1991 but ended after that due to the death of lead organizer, Diana Viets, and with the move of co-organizer Catherine Odette to [Madison, Wisconsin](#).

### Chicago, Illinois



Disability Pride Parade 2011 participants in Chicago

The first Chicago Disability Pride Parade was the first such parade in the United States after the Boston-based parades of the 1990s. It was held July 18, 2004 in Chicago with Yoshiko Dart as the Parade Grand Marshal. The first Chicago parade was funded with \$10,000 in seed money that Sarah Triano received in 2003 as part of the Paul G. Hearne Leadership award from the American Association of People with Disabilities. According to Triano, fifteen hundred people attended the parade. Disability Pride Parades have been held in Chicago each subsequent July with a theme and a grand marshal each year with the exception of 2020 and 2021 due to the COVID-19 pandemic.

The Chicago Disability Pride Parade describes the goals of its celebration in its mission statement:

- To change the way people think about and define "disability",
- To break down and end the internalized shame among people with Disabilities; and
- To promote the belief in society that Disability is a natural and beautiful part of human diversity in which people living with Disabilities can take pride.

# NATIONAL GINGERSNAP DAY

Mmmmmm, hungry? National Gingersnap Day on July 1 is a day for celebrating a sweet and savory cookie treat containing molasses, cloves, ginger, cinnamon, and brown sugar. The combination of sweet and spicy has long been enjoyed for generations and we're going to show you why you should celebrate National Gingersnap Day today!

Gingersnaps have a vague, but interesting history. Written records indicate the gingersnap was invented by German monks around 1296, using the word "snappen" as the description of the delicious treat. Interestingly, there doesn't seem to be very much "gingersnap" history available again until the early 1800's where records indicate Dutch colonists were making them regularly.

Today, around the world, gingersnaps are made in difference sizes and shapes. Scandinavians tend to make gingersnaps more like a wafer, while Americans make their gingersnaps more like a standard cookie. Despite the difference appearance gingersnaps have, every recipe contains the same ingredients-cinnamon, molasses, and clove.



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## New York, New York

On July 26, 1992, [New York City](#) held its first Disability Independence Day March. Congress Member [Major Owens](#) was a keynote speaker. The last Disability Independence Day March was held on July 28, 1996. [New York City](#) began holding Disability Pride Parades annually in 2015 when mayor [Bill de Blasio](#) declared July Disability Pride Month. Jazz musician Mike LeDonne's daughter Mary Patterson LeDonne was born in 2004 with multiple disabilities and that was the spark that lit the fire for the Annual Disability Pride NYC Parade. He first started putting together ideas for a Disability Pride Parade in New York City in 2011. He formed a [nonprofit](#) called Disability Pride NYC, Inc. (DPNYC) in 2014. That same year, the Mayor's Office for People With Disabilities (MOPD) was planning a 25th anniversary of the signing of the [Americans with Disabilities Act](#) celebration and decided to join forces with DPNYC to realize the first annual Disability Pride Parade on July 12, 2015. Some seed money for the parade was raised from a Jazz concert called Jazz Legends Play for Disability Pride put on by LeDonne in which many Jazz musicians donated their talent for the night. Almost 4,000 people showed up for the first parade, which culminated with a celebration featuring the talents of the disability community. [Tom Harkin](#) and Mary LeDonne (daughter of Mike LeDonne, Founder/President of Disability Pride NYC ) were its [grand marshals](#).

## United Kingdom

One in five people in the UK live with a disability.

## Brighton, England

Disability Pride Brighton is an annual event used to promote visibility and mainstream awareness of the positive pride felt by people with disabilities within their community in Brighton, England. Disability Pride Brighton was started in 2016 by Jenny Skelton after her daughter, Charlie, suffered an incident of disability discrimination in Brighton. Jenny posted on Facebook about the incident along with the final line of text "Disability Pride anyone?" The Facebook post went viral and was then picked up by the media. After receiving hundreds of messages from other disabled people who had experienced similar incidents, she decided to proceed with the idea. A year later in 2017 the first Disability Pride Brighton festival was held on New Road in Brighton with an attendance of approximately 2000 people. Held every year since 2017, Disability Pride Brighton is a free event. There are stalls from various charities and disability groups, as well as live performances and art by disabled artists. Due to the limitations of COVID-19 lockdowns, the event moved online in 2020 with a two and a half hour show hosted by Latest TV which also aired on Freeview on July 12, 2020.

## New Zealand

### Wellington, Aotearoa, New Zealand

Celebrations in New Zealand were started by Nick Ruane and Rachel Noble in 2016 as a pilot Disability Pride Week to celebrate disability pride. The event included art, storytelling, and a defined kaupapa, or set of values. It spread nationwide and is intentionally inclusive of the indigenous Māori people and their culture. The event has been held in September, November, and December.

The New Zealand Disability Pride Week statement says events should explore or demonstrate Disability Pride, have disabled people leading the planning and implementation of the event, acknowledge members of the disability community who have gone, and be fun and inclusive.

Submitted by Sharon Reynolds



# July 2024

Monday	Tuesday	Wednesday
<p><b>1</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>2</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>3</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team <b>7:00 AA Meeting</b></p>
<p><b>8</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>9</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>10</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery 2:00 Clean Team <b>7:00 AA Meeting</b></p>
<p><b>15</b> Riddle of the Day <b>Newsletter Submissions</b> 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>16</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:00 NH Mental Health Peer Alliance</b> 1:00 Trivia <b>7:00 NA Meeting</b></p>	<p><b>17</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> <b>12:00 Community Meeting/Capital Recovery Health</b> <b>7:00 AA Meeting</b></p>
<p><b>22</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>23</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>24</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery <b>7:00 AA Meeting</b></p>
<p><b>29</b> Riddle of the Day 9:45 Meditation <b>10:30 Ted Talks</b> 11:30 Calming Coloring <b>12:30 Exploring Experiences</b> 2:00 Clean Team</p>	<p><b>30</b> Riddle of the Day 9:45 Walking Group 10:00 Clean Team <b>10:30 Art of Positive Thinking</b> <b>12:00 Reiki with Renee</b> <b>7:00 NA Meeting</b></p>	<p><b>31</b> Riddle of the Day 9:45 Meditation <b>10:15 It's Grief: The Dance of Self Discovery</b> 11:15 Men's Group 1:00 Wellness and Recovery <b>5:00 Board Meeting</b> <b>7:00 AA Meeting</b></p>

Thursday	Friday	
<p><b>4</b></p> <p style="text-align: center;">CLOSED</p>  <p style="text-align: center;"><a href="#">This Photo</a> by Unknown</p>	<p><b>5</b></p> <p style="text-align: center;">CLOSED</p> 	<p><b>Hearing Voices Network</b></p> <p>Hearing Voices Groups are simply people with shared experiences coming together to support one another.</p> <p><b>Mondays at 12:15 pm</b></p> <p><b>Ted Talks</b></p> <p>Gather together to listen to dynamic speaker's present information on different topics of interest to members.</p> <p><b>The Art of Positive Thinking</b></p>
<p><b>11</b></p> <p>Riddle of the Day            9:45 Walking Group            10:00 Clean Team  <b>10:30 How to Feel Good About Yourself</b>            11:30 Making A Sugar Scrub  <b>12:30 Historical Walking Tour</b>  <b>7:00 NA Meeting</b></p>	<p><b>12</b></p> <p>Riddle of the Day            9:45 Meditation            10:30 Art as Recovery            11:30 Clean Team            1:00 Anagram Puzzles and Wordle</p>	<p>The benefits of positive thinking and how to slowly change a negative thought pattern so that you can be happier. Discover effective ways to alter a negative thought pattern so that you can have a more positive outlook on life.</p> <p><b>Tuesdays 10:30 am</b></p> <p><b>NH Mental Health Peer Alliance</b></p> <p>Meet peers from around the state and learn about resources and programs at other peer support agencies.</p> <p><b>Third Tuesday at 10:00 am</b></p>
<p><b>18</b></p> <p>Riddle of the Day            9:45 Walking Group            10:00 Clean Team  <b>10:30 How to Feel Good About Yourself</b>  <b>12:00 Reiki with Renee</b>  <b>7:00 NA Meeting</b></p>	<p><b>19</b></p> <p>Riddle of the Day            9:45 Meditation            10:30 Art as Recovery            11:30 Clean Team            1:00 Singing and Dancing</p>	<p><b>It's Grief: The Dance of Self Discovery</b></p> <p>Examines the emotional and devastating impact of loss and trauma. The book illuminates how the brain holds the complex circuitry of grief and then provides choices to help deal with it.</p> <p><b>Wednesdays at 10:15 am</b></p> <p><b>Community Meeting/Educational Presentation</b></p>
<p><b>25</b></p> <p>Riddle of the Day            9:45 Walking Group            10:00 Clean Team  <b>10:00 Hilton Park Field Trip</b>  <b>10:30 How to Feel Good About Yourself</b>            11:30 Friendship Bracelets  <b>7:00 NA Meeting</b></p>	<p><b>26</b></p> <p>Riddle of the Day            9:45 Meditation            10:30 Art as Recovery            11:30 Clean Team            12:00 Crossword Puzzles  <b>2:00 Closing for Staff Meeting</b></p>	<p>Join us for the community meeting where we discuss what is going well and what we would like to see change.</p> <p><b>Third Wednesday at 12:00 pm</b></p> <p><b>How to Feel Good About Yourself</b></p> <p>Feeling truly good about yourself means accepting and adoring the person you are on the inside and the outside</p>
<p style="text-align: center;"><b>Transportation Available to Agency            Call for Details            603-948-1036</b></p>	<p style="text-align: center;"><b>Alcoholics Anonymous            Wednesdays and Sundays 7 pm</b></p>	<p><b>Thursdays at 10:30 am</b></p> <p><b>Art as Recovery</b></p> <p>Come relax and paint, color or draw with artistic freedom.</p> <p><b>Fridays at 10:30 am</b></p> <p><b>Board Meeting</b></p> <p>Join us for our Board meeting. All members welcome. If interested talk to Heather Walker-McConihe for zoom link.</p> <p><b>Last Wednesday of the month at 5:00 pm</b></p>