

Asotin County Community Services Employment Newsletter

Serving the Lewis-Clark Valley since 1973

All people living, working, learning and playing in a community based on abilities, not disabilities.

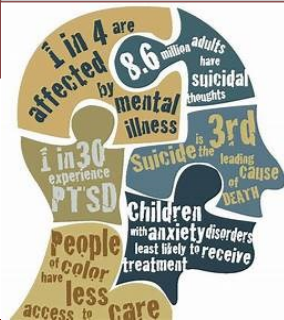
Our phone number: (509) 758-8349; Our website: www.asotincommunityservices.com

May 2018 Edition Designed by Vanessa Lombard; Edited by Cynthia Tierney

The World Health Organization Emphasizes Mental Health as Key to Overall Health

Key Messages

- ⇒ *Mental health is essential to everyone's overall health and well being, and mental illnesses are common and treatable.*
- ⇒ *Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.*
- ⇒ *Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health and increases your chances of living longer and healthier.*
- ⇒ *Recent research is connecting your gut health with your mental health. So, when it comes to diet and nutrition, it's all about finding the right balance of nutrients to benefit mind and body.*



May
IS MENTAL
HEALTH MONTH.

Silent no more.

Asotin County Community Services CRP for AbilityOne

The AbilityOne Program provides a wide range of employment opportunities to two target groups, people who are blind and those with a range of significant disabilities who face the highest barriers to achieving competitive employment on their own. They are employed by agencies of state government or, in the majority of cases, private, community-based organizations that operate as nonprofit agencies (often referred to as Community Rehabilitation Programs or "CRP's) including Asotin County Community Services. These organizations are qualified to do federal contract work through the AbilityOne Program by the U.S. AbilityOne Commission. Asotin County Community Services contracts with AbilityOne to provide custodial services on the levee, at the Corps headquarters in Clarkston and for the social security building in Lewiston. Through our AbilityOne contracts, ACCS employs temporary, permanent and seasonal employees with significant disabilities or blindness.

The AbilityOne Program's definition for a significant disability other than blindness is as follows: "a severe physical or mental impairment (a residual, limiting condition resulting from an injury, disease, or congenital defect) which so limits the person's functional capabilities (mobility, communication, self-care, self-direction, work tolerance or work skills) that the individual is unable to engage in normal competitive employment over an extended period of time."

If you are blind or have a significant disability and would like to learn more about employment through Asotin County's AbilityOne program please contact Nick Fiore, Federal Programs Manager, at 509-758-8349.



ANNOUNCEMENTS

May 23, 2018: Advisory Group Meets from 4:30 until 5:30. We will discuss the Community Inclusion transition to new vendors, progress of the new website, and other items both new and good. Please feel free to drop by and enjoy the meeting. (We serve chocolate chip cookies at every meeting!) Our purpose is to discuss issues and happenings and make recommendations to the commissioners regarding the direction of our agency.

Seasonal Levee Staff: Welcome back Doug Hund and Steve Floch! This dynamic duo along with Chad Wood are responsible for the upkeep of the levee grounds and trails. We also welcome a new levee crew member, Markus Schweizer, Jr. who comes to us from Montana.

Community Inclusion Transition: Asotin County will subcontract Community Inclusion Services starting July 1, 2018. Contact your case manager (Lynette Walker at 509-751-4634 or Becky Buckner at 509-751-4635) to arrange to meet with Goodwill or SL Start Compass to discuss your community inclusion needs. Both Goodwill (as of May 1, 2018) and SL Start are currently available to accept new clients.

Agencies Interested in Subcontracting: Other agencies are in the process of applying to be vendors of services through Asotin County. If you are an agency interested in applying, please contact Cynthia Tierney, Asotin County Coordinator, at (509) 758-8349.

Safety Meeting: 1:30PM-2:30PM at ACCS on the 3rd Wednesday of every month. A must attend meeting if you work on the Levee or Social Security contract. Next meeting is May 16.

Check and Notify

It's a good idea to check your timesheet with your calendar or personal planner. If you believe you've found an error call us at (509) 758-8349. Most errors are corrected in the next payroll period.

A Tribute to Special Needs Moms on Mother's Day

By Kera Washburn

<https://themighty.com/2016/05/mothers-day-letter-for-special-needs-moms/>

I know what it feels like to believe you're not doing enough.

I know what it feels like to compare your child to others, even though you know you shouldn't. I know what it feels like to cry yourself to sleep at night, wishing your child didn't have to face extra challenges. I know what it feels like to fight for your child — something you didn't know you could do before.

I know what it feels like to see this motherhood thing for what it really is — a selfless path of learning and self-discovery through the eyes of your child — an opportunity to live with a love so strong it's indescribable. No challenge, no disability, no health issue can take that feeling away.

Maybe your motherhood story wasn't what you expected, either. You are strong even if you don't feel like you are because you are doing something right now to help your child achieve their greatest potential. Yes, it may cause you to feel weak and tired from all the extra tasks required, but you are already strong because you are a mother.

To all the moms of children with special needs, I salute you and celebrate you this Mother's Day. You are doing a great job. And remember, you are not alone.