



CommunicAbility

A Quarterly Newsletter For Our Community Members with Disabilities

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Articles and Features

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NHU Highlights

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Five reasons why every person with a disability should volunteer

Life is about fulfillment. You know...that feeling that gets you up and going in the morning. If you haven't felt it in a while, we have an idea that just might help you get it back. Volunteer!

Giving of yourself is an act like no other. Its rewards are vast and numerous.

Here at NHU we believe strongly in a mind-body-soul connection. Each aspect of our "self" thrives and withers as an interdependent unit. To nourish one is to nourish them all. At the same time, to ignore one is a detriment to them all. We must work every day to feed our mind, body and soul.

Disability or no, we all have limitations that too often stop us from moving forward in our lives. We must strive to push past our limitations and do the best we can, with what we have, if we hope to lead a life of purpose and fulfillment.

Aside from the obvious benefit of one human helping another, Volunteering has all these amazing little side effects that can help you too. Even if you don't have a lot of energy, just a few hours each week could set you off on a journey you never thought possible.

If you need a little more convincing, here are five reasons why you should volunteer.

"To explore what it would mean to live fully, sensually alive and passionately on purpose, I have to drop my preconceived ideas of who and what I am."

- Dawna Markova

1. Volunteering Keeps You Active

There is no quicker and quieter path to non existence than being idle for extended periods of time. A growing body of evidence suggests that those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

We must fill our days with activities that challenge our mind and body if we hope to maintain our health. Volunteering will not only get you up and moving around, but it will also provide opportunities to expand your breadth of knowledge and experience. It's a triple win; nourishing your mind and body will in turn improve your health.

You make a living by what you get. You make a life by what you give.

~ Winston Churchill

2. Volunteering Gives You Purpose

Wake up. Do "stuff." Go to sleep. Repeat. That's life in its most simple form. Of course the "stuff" in the middle is what defines us as humans. It's what we do with our time that either propels us forward or keeps us in place. If we hope to move forward in our lives, we must wake up with a sense of purpose, a drive to do. Helping others can give you this purpose!

No Internet?

If you do not have access to the Internet at home, and are unable to access the websites listed in this newsletter, we would be happy to mail you a printed copy of the information that is available online.

To request a printed copy, please contact us via phone 414-299-0124.

Thank you!

New Horizons Un-Limited is a Milwaukee-based, non-profit organization that provides individuals with lifelong disabilities increased access to the information, tools and life experiences that will enable them to improve their lives.



new-horizons.org



facebook.com/NewHorizonsUnLimited



twitter.com/newhorizonsmke

Five reasons why every person with a disability should volunteer (continued from p. 1)**3. Volunteering Makes You Feel Good**

You don't necessarily have to earn a paycheck to feel good. One could argue that doing something noble for nothing tangible in return is, in itself, the greatest gift. In our humble opinion, there is no greater feeling than seeing the work that you do directly benefit another human being. It gives you a sense of self-worth, it gives your life meaning, and it motivates you to take care of yourself.

4. Volunteering Connects You to AWESOME People

We all strive to find a sense of connection with like-minded people. Volunteering will help you find that connection.

For the most part, inherently good people volunteer and work on behalf of the causes that matter to them. Find a cause and an organization that makes you excited and the wonderful people will surely follow. It is far too common for people with disabilities to isolate. Having awesome people in your life will protect you from this inclination to isolate during difficult times. They will become your reason to get out and experience life.

5. Volunteering Improves YOU

Whether you're looking to find employment, or simply wanting to fill your time, volunteering can provide tons of experience and knowledge. You might learn a new software program, improve your organizational skills, or better yet,

come to understand a social issue you knew very little about. Volunteering provides all of these opportunities. It isn't about what you do, but how you do it. Even a task as simple as assembling meal packages can teach you something.

There are thousands of causes that need your help with every task under the sun. You can give a few hours per week or even just a few each month. Get started on your volunteer journey by checking out Volunteer Match www.volunteermatch.org.

*If you want to lift yourself up,
lift up someone else.*

~ Booker T. Washington

“Every flower is a soul blossoming in nature.”

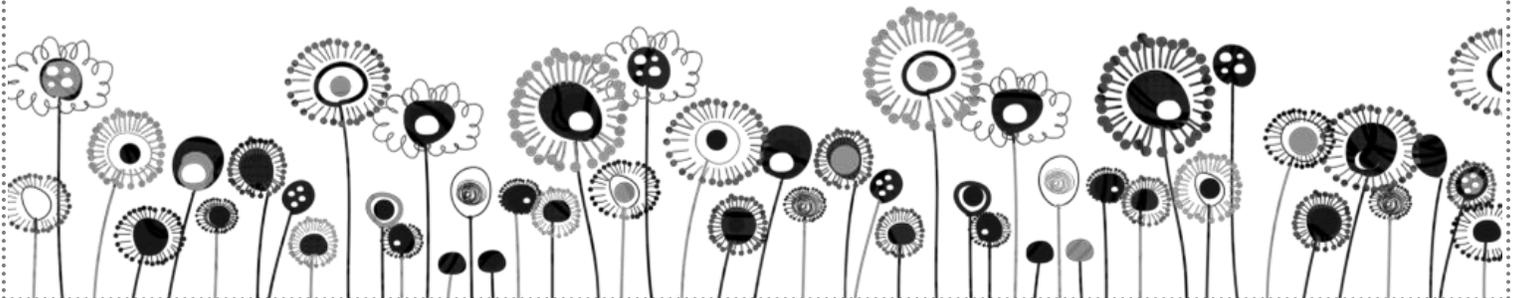
Bring some soulfulness to your garden while supporting our community members with disabilities. Our **2014 Fundraising with Flower Bulbs Sale** offers more than a dozen varieties of spring blooming bulbs, including irises, tulips, daffodils, and more.

50% of your order will support services for our community members with disabilities!

Visit our online catalog on the Flower Power website: <http://ow.ly/ySph0>

All orders placed on the Flower Power website will be shipped directly to your door for a flat rate of \$5.

Questions? 414-299-0124 • horizons@new-horizons.org



GET INVOLVED

Be a volunteer and reap the rewards

We need you here at New Horizons Un-Limited! We are a small grassroots non-profit organization with a part-time staff of two. We have big plans and need you to help us make them a reality. If you have the skills, we have the work!

Administrative Projects

- Mailing preparation
- Website link testing
- Data entry

Special Projects and Skills

- Computer repair and help desk support
- Computer literacy training
- Website and graphic design
- Writing commentary articles for our blog (virtual opportunity)
- Research and writing for our website (virtual opportunity)
- Social media outreach (virtual opportunity)
- Fundraising event planning and preparation (virtual opportunity)

Be the change.

All volunteer positions are very flexible. Office work is available during the hours of 9am – 4pm, Monday – Friday. Virtual opportunities can be completed in your home at a time convenient to you.

Our community members with disabilities are encouraged to apply to our volunteer network. Once you apply, we will include you on our volunteer call list and contact you when we have opportunities that match your interests and skills.

For more information, e-mail horizons@new-horizons.org or call 414-299-0124. Or, you may complete our online application by visiting new-horizons.org/volapp.html.

We look forward to adding you to our team!

Test your work skills with a Temporary Work Experience

Did you know, that here in Wisconsin, as a client of the Division of Vocational Rehabilitation (DVR) you can find temporary paid work opportunities? They are called Temporary Work Experiences, TWEs for short, and are designed to help you determine if you are ready for work.

Your Employment Counselor works with you to identify your strongest skill sets and connects you with a job that matches your skills. TWEs can last anywhere from six weeks to several months, depending upon your unique skills and the employer's needs.

You will be paid fair wages for your work and your disability benefits will remain intact - the perks of using trial work months.

If you believe you have a viable skill set to offer an employer, but lack the experience needed to land a permanent position, a temporary work experience can put you on the right path!

To locate the DVR office that services your area, contact the Central Office via phone, 1-800-442-3477 or 1-888-877-5939 (TTY) or visit dwd.wisconsin.gov/dvr/locations



Resume Writing Cover Letters **Interviewing Skills** Job Search & Networking

Learn about it all at:
gcflearnfree.org/career

Return Service Requested

Give and you shall receive

It's an adage as old as time. It is often the intangible gifts that we receive while giving of ourselves that are the most valuable. Give and expect nothing in return...happiness will be yours!

Find the following words and be inspired to give back!

- | | |
|-----------------|-------------------|
| BE THE CHANGE | INSPIRE |
| CARE | IMPROVE |
| CONNECT | MAKE A DIFFERENCE |
| ENGAGE | MOVE FORWARD |
| EXPERIENCE | SERVE |
| FIND COMPASSION | STAND UP |
| GET INVOLVED | TAKE ACTION |
| GIVE | VOLUNTEER |
| GROW | WORK HARD |

W V E Z W M A K E A D I F F E R E N C E
 B X P T N M M L F B S E I Y F V B S S D
 F S U C S M E Z V M A O N R B I Y B H D
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Visit Us On The Web
new-horizons.org



E-mail Us
horizons@new-horizons.org



Since 1994, New Horizons Un-Limited has supported our community members with disabilities on their personal journeys. We provide the information, tools, training, and personalized guidance they need to find purpose and fulfillment in their lives.

Nearly all of our services are offered completely FREE of charge to ensure that every individual may benefit. Your contribution will provide FREE consultations, FREE job skills development, FREE home computers, FREE computer training, FREE computer support services, and more. Please consider giving so that others may receive the gift of growth and progress. THANK YOU!!

Via mail: New Horizons Un-Limited, 811 E Wisconsin Avenue, Ste. 937, Milwaukee, WI 53202

Online: new-horizons.org/donate.html