



# New Horizons Un-Limited Outlook

Spring 2023

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**NHU Outlook Newsletter is published quarterly by New Horizons Un-Limited Inc. (NHU)**, a 501(c)3 tax exempt non-profit disability advocacy organization that provides our disabled community members the information, tools and experiences that encourage lifelong learning and service, so that we may all work together to create a more inclusive, accepting society. Our programs are possible through the generous contributions of our community partners, member and donor families and many in-kind donors. To contribute to New Horizons Un-Limited, see page 6.

To learn more about NHU, visit our website at [new-horizons.org](http://new-horizons.org) or send us an e-mail at [horizons@new-horizons.org](mailto:horizons@new-horizons.org)

**“There is no such thing as single-issue struggle because we do not live single-issue lives”**

*- Audre Lorde, Professor and Civil Rights Activist*

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## Intersectionality and Disability

Have you noticed that you can't get online lately without running into a headline or a magazine article that includes descriptions of race, gender or sexual orientation discrimination? Maybe you have noticed efforts by your favorite brands or your health insurance company to be more inclusive in their advertising. We're sure you've seen the word *Intersectionality* too.

### What is Intersectionality?

Developed by Professor Kimberlé Crenshaw, a **pioneering scholar and writer on civil rights, Black feminist legal theory, and race, racism and the law**, Crenshaw is known for coining the term **Intersectionality**. It is the study of overlapping or intersecting social identities and related systems of oppression, domination, or discrimination.

More simply, Intersectionality is **the acknowledgement that everyone has their own unique experiences of discrimination and oppression** and we must consider everything and anything that can marginalize people – gender, race, class, sexual orientation, physical ability, etc.

For example, to qualify for disability benefits and medical insurance coverage in the form of Medicare and Medicaid in the US, a disabled person needs a diagnosis from a physician and a history of medical care for their disability.

Getting that diagnosis however, is often a case study in Intersectionality for those living in poverty. It's pretty hard to go to the doctor for a diagnosis, let alone medical care when you can't afford health insurance.

Poverty in and of itself, is not the only thing we should consider though when trying to support a disabled person.

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## Do You Or Someone You Know Have Long Covid? We Want To Hear From You!

Email Us! If you or someone you know have been suffering with Long Covid, we want to hear from you.

We are putting together a **guide** on how to cope and find resources for those with Long Covid. Topics will include:

- Managing Rest and Work
- Finding The Right Kind of Care
- The Latest Research on Drugs
- Resources and Support Groups
- Applying For Benefits

### What Other Topics Should We Cover?



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Using the framework of Intersectionality, we can also see how the overlapping and interdependent systems of discrimination based on race, gender and sexual orientation can prevent access to care and resources too. *Understanding this can help us better support marginalized disabled people.*

**Why should we take intersectionality into consideration when petitioning our legislators for new funding and programs for people with disabilities.**

If you don't already know, we as a country are on the brink of a long-term care crises for our aging and disabled population. You can read more about that on our blog, here:

[newhorizonsunlimited.wordpress.com/2022/12/20/the-care-crisis-in-america](https://newhorizonsunlimited.wordpress.com/2022/12/20/the-care-crisis-in-america)

Baby boomers and those with disabled adult dependents, will sooner than later, force Legislators to expand funding for existing programs in the next few years. The existing programs however, don't serve all who need them. The majority of today's programs were developed 50 years ago. We don't have to tell you that times have changed.

### We Don't Live in 1965 Anymore

1960s era assumptions about family support systems and outdated views on how or where a disabled person fits in society don't apply anymore. 50 year old government income and asset limits for disability benefits shouldn't apply either, but they do and that's a topic we will write about in the future.

Not everyone has a family and that's more true today than ever. We have had several generations of single parent households since the 1960s and our demographics have changed drastically too. In addition, we have fought for Civil Rights and specific rights for people with disabilities but our Government programs have not changed to reflect these changes. As you can imagine, the old assumptions are a problem. Add on top of that, the old prejudices that seem to persist among some of our citizens and you can see the need for the useful framework of Intersectionality.

### Corporate America and the Media

We may not understand all of the changes we are seeing in the media, ad campaigns and the news, but that's ok. The most important and overall message from this Inclusion Revolution, is that we need to considered other facets of a person's identity and how they were shaped. In doing so, we can be a better society by offering disabled people more effective relief and assistance than we have in the past few decades.



**Kimberlé Crenshaw**, professor at the UCLA School of Law and Columbia Law School and leading Civil Rights Advocate



# HEART HEALTH Awareness

*February Is American Heart Month*

Adults with Disabilities are 3 times more  
likely to have disease



WEDNESDAY  
JUNE 7  
2023



Hawk's View  
Golf Club

# SAVE *The Date*

19th Annual NHU Benefit Golf Outing

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**For resources on everything disability, visit NHU's website: [new-horizons.org/datcat.html](http://new-horizons.org/datcat.html)**

**Please accept my contribution for NHU  
in support of our community  
members with disabilities:**

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inclusive society for our family, friends and  
neighbors with disabilities.*

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