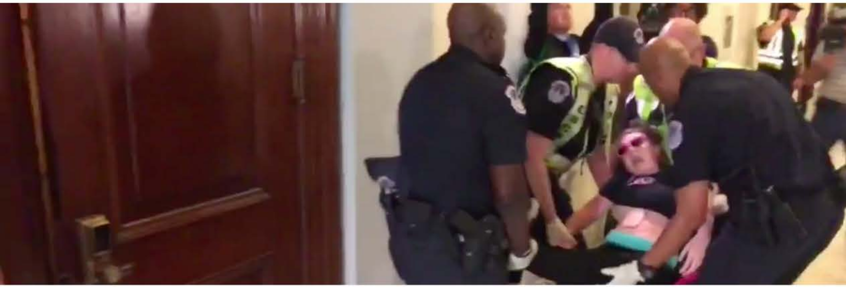

By **Jordan Davidson**
Staff
Disability
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Disability Advocates Arrested for Protesting Medicaid Cuts Outside Sen. McConnell's Office

15 12

June 22, 2017

On Thursday, a group of disability advocates with national disability rights organization ADAPT gathered outside of Sen. Mitch McConnell's (R-KY) office to protest cuts to Medicaid proposed by GOP Senators in a bill released earlier that day.

"The Senate is trying to pass the American Health Care Act bill, and that is going to drastically affect people with disabilities," Marilee Adamski-Smith, a spokesperson for ADAPT, told The Mighty. "We won't be able to live in our own homes, we'll be forced into nursing homes. So this is a really important bill we want them to look at and make sure that this does not get passed."

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We are at @SenateMajLdr demanding he stop the attacks on Disabled people's freedom with #AHCA. #ADAPTandRESIST #NoC… pscp.tv/w/bBqEzDFxTFFH…

10:14 AM - 22 Jun 2017

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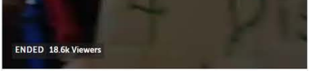

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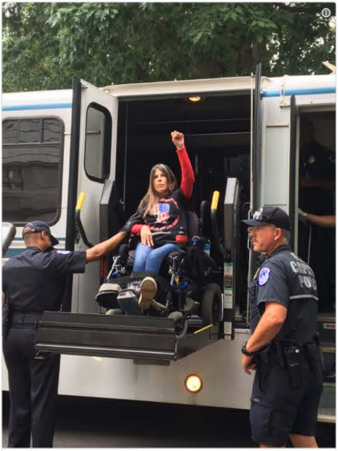

DC Metro ADAPT
@DCAdapt

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Dawn Russell being loaded onto police bus for processing with her fist raised in POWER! #ADAPTandRESIST #SaveMedicaid #FreeOurPeople

12:23 PM - 22 Jun 2017

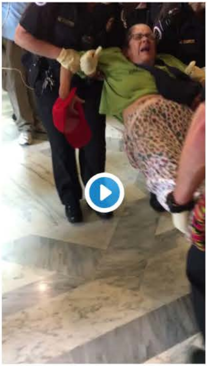
7,623 14,415

MIGHTY PARTNER RESOURCES

- Take action
- #RespectTheAbility
- Resources for educators

via RespectAbility USA

Since the protest began, multiple arrests have been made. According to video footage being shared on Twitter, several protestors have been removed from their wheelchairs and dropped on the ground.



The GOP's health care plan proposes cutting $834 billion from Medicaid as well as ending Obamacare's Medicaid expansion program. "The American Health Care Act caps and significantly cuts Medicaid which will greatly reduce access to medical care and home and community-based services for elderly and disabled Americans who will either die or be forced into institutions," Bruce Darling, an ADAPT organizer taking part in the protest, said in a statement. "Our lives and liberty shouldn't be stolen to give a tax break to the wealthy. That's truly un-American."

Colleen Flanagan
@ColleenFlangan

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Medicaid is important to disabled people. We raise our voice and get answered with handcuffs #ADAPTandRESIST

12:26 PM - 22 Jun 2017

10,345 10,600

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Medicaid =
LIFE +
LIBERTY
4 Disabled
Americans

(((Sam Crane)))
@Samanticka

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Arrests continue. #ADAPTandRESIST #SaveMedicaid

10:57 AM - 22 Jun 2017

361 324

The protest falls on the 18th anniversary of the Olmstead v. L.C. A Supreme Court ruling, which made segregating people based on their disability illegal and established disabled people's right to live in their communities. "Not only will AHCA take away our freedom — that lost freedom will also cost Americans much more money," Dawn Russell, an ADAPT organizer from Colorado, said. "The nursing facilities that people will be forced into are much more expensive than community-based services that AHCA would cut."

Beyond today, ADAPT will continue to protest the bill and any cuts made to Medicaid. "We'll be working in our own hometowns throughout the nation to make sure our senators and representatives hear our voices," Adamski-Smith said. "Please call [your] senators and tell them how this will affect millions of people with disabilities and seniors... We want to contribute to society and we won't be able to do that if we're forced into nursing homes and other institutions."

♡ 15 12

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ADAPT, News

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Matt Richter
I never liked McConnell but today pushed him into being pure evil in my eyes. I don't even want to know what he was thinking as he saw these events.

Like · Reply · 4 · Jun 22, 2017 3:34pm

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By **Shawna Slater**
I write about Disability

39 Follow Me

When a Pet Becomes a Service Dog

♡ 36 5

June 21, 2017

When I was 21, I ended up getting a rescue puppy. Not long after we got this big-headed puppy (who we named Jagerbomb), I found out I was pregnant with my son. When my son "Monkey" was born he had some GI issues which resulted in him projectile vomiting every feeding. Every time Monkey got sick, Jager was right there trying to comfort him while I cleaned him up.

One night, when Monkey was around a year old, Jager showed us he was there to protect and help our son. Monkey was asleep on his bedroom and Jager was roaming the house. All of a sudden, I heard him trying to open my bedroom door with his big dinosaur head. Before I was able to get the door open, I heard him take off into my son's room and start barking at the monitor. I got in there and Monkey was wheezing and his lips were discolored. I grabbed him, got him in the car and made it to the hospital in under five minutes. Yet again, my son was in respiratory distress.

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After that, we noticed Jager was glued to Monkey. Anything Monkey wanted to do, Jager was willing to do. When he would have a meltdown, Jager was next to him. Bedtime? Jager walked him to his room and stayed until Monkey was asleep.

Over the five and a half years we had Jager after Monkey (and his little sister, Buggy) were born, they were inseparable. Jager knew my son's every need before I could respond. Until one day, we woke up and Jager had gotten very sick during the night. He ended up passing away while Monkey was on a weekend trip with his dad.

Every so often, Monkey will ask me when he will see Jagerbomb again. He will say "Hi" to the wooden urn we keep his ashes in by the couch and look at pictures of him and Jager. When we initially got Jagerbomb, we never intended for him to be a service dog. Apparently, it was the job he was meant to do.

MIGHTY PARTNER RESOURCES

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via RespectAbility USA

We want to hear your story. Become a Mighty contributor here.

Thinkstock image by Tatyana Tomasickova.

♡ 36 ▤ 5

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By **Angelica Heidi Brehm**
I write about Disability
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Dear Doctors, Please Complete My Disability Paperwork

♡ 35 ▤ 0

June 21, 2017

Last week, I learned why some of my doctors won't fill out my disability paperwork and I was surprised. It wasn't the time it took. Their decisions seemed to be based on principle. The nurse practitioner at my headache clinic said, "Patients who work do better with treatment, so we encourage our patients to work and therefore don't fill out disability paperwork." Later that day, I watched the *Migraine World Summit 2016* where a doctor said something close to, "You can be in pain anywhere so you should be at work — which will make you more happy and successful."

I feel I must challenge these notions. I agree that patients should work for as long as they can, but there are people who need to miss work during pain or illness flare-ups, switch to part-time jobs, change careers, and even stop working altogether because of their health issues. These changes are simplified when doctors complete paperwork.

Contrary to what many people believe, the Family Medical Leave Act (FMLA) and Disability Insurance don't require patients to completely stop working. FMLA allows patients to miss 12 weeks of work without repercussions from their employer. Many people have jobs with strict attendance policies. If they miss more than their quota of "sick days" due to illness without having a doctor complete FMLA paperwork, they will lose their job. In these instances, even when they are well enough to work, they will no longer have a job. If doctors want struggling patients to continue to work, they should fill out their FMLA paperwork.

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Disability paperwork is also misleading. Here is my experience with it. I worked full-time for 10 years as an educator while having a constant migraine. Though my pain worsened, I resisted leaving work because I wanted to "do my part" and contribute. But there came a point when I could not continue. I was an ineffective teacher and I was unable to meet my basic needs, let alone those of my students. I had private disability insurance which defined the first 24 months of "total disability" as "unable to perform each of the material and substantial duties of your employment." Because I had a doctor willing to fill out FMLA and private disability paperwork, I was able to take a leave of absence from my teaching position.

MIGHTY PARTNER RESOURCES

- Take action
- #RespectTheAbility
- Resources for educators

via RespectAbility USA

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♡ 35 0

By **Gretchen Hintze**
Staff
Disability

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7 Beauty Instagrammers With Disabilities You Should Be Following

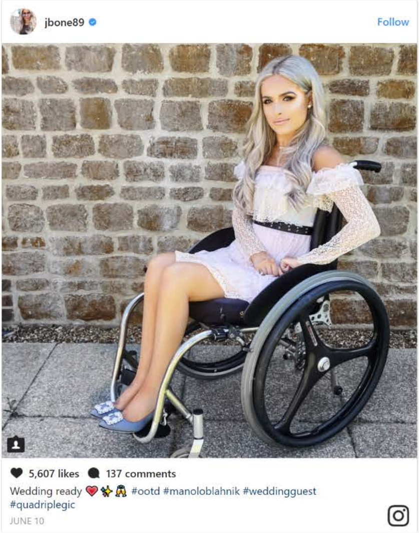
♡ 2k 5

June 20, 2017

Living with a disability can affect your life in many ways, but it doesn't have to change your style or beauty routine. While the fashion industry is becoming more inclusive and accessible, there are plenty of influencers living with disabilities who have been making beauty and style accessible for years.

Here are seven Instagrammers to follow for style inspiration, education and adding an extra dose of fabulousness to your feed. From makeup tutorials to outfit of the day posts, they make the world of beauty and fashion an inclusive one.

1. Jordan Bone



jbone89

5,607 likes 137 comments

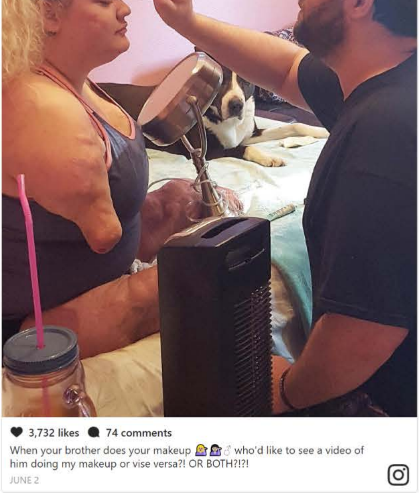
Wedding ready ❤️✨🥂 #ootd #manoloblahnik #weddingguest #quadriplegic

JUNE 10

When she was 15 years old, a car accident left Jordan Bone paralyzed from the chest down, sending her into a deep depression. Over time, she re-taught herself how to apply makeup and now teaches others how to do the same.

2. Kaitlyn Dobrow

kaitlyndobrow



When your brother does your makeup 💁💁♂ who'd like to see a video of him doing my makeup or vise versa?! OR BOTH?!?!

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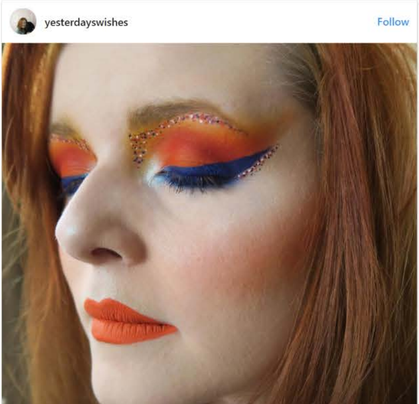
After contracting bacterial meningitis in 2013, Kaitlyn Dobrow underwent a quadruple amputation. In June 2016, she started posting beauty tutorials on YouTube, applying her makeup with prosthetic limbs while talking about her life as an amputee.

3. Lucy Edwards



♥ 113 likes ● 8 comments

Just posted a chatty tutorial of this Phoenix inspired look on our channel! Go check it out! Link in the bio ✨😘 (@jeffreestarcosmetics @jeffreestar blue velvet as liner and flamepoint on the lips 🍊and @shrinkle @sugarpillmakeup @sugarpill flamepoint, love+, butter cupcake and lumi)

FEBRUARY 20

Lucy Edwards is a vlogger, motivational speaker and blind beauty blogger. She shares makeup tutorials, pictures of her guide dog and vegan recipes. On her YouTube channel, she discusses living with blindness as well as makeup hacks and relationship wisdom.

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♡ 2k 💬 5

By **Gretchen Hintze**
Staff
Disability
111 Follow Me

MagnaReady Wants to Make Getting Dressed Easier for People With Disabilities

♡ 240 💬 0

June 20, 2017

When living with a disability, sometimes a task as simple as getting dressed can prove painstaking. MagnaReady, founded by Maura Horton, is a clothing company that wants to make getting dressed a lot easier.

Horton founded MagnaReady after an incident involving her husband, Don, who was diagnosed with Parkinson's disease at an early age. A college football coach, Don was getting dressed in the locker room after a game and was unable to button his shirt. Because of his disability, Don had limited mobility in his hands and needed a player to help button his shirt for him.

When Don arrived home, he was anxious a similar situation might occur. Horton then came up with the idea to magnetically infuse the buttons on his shirts, restoring freedom to his everyday routine.

MagnaReady shirts, rather than having traditional buttons, are infused with magnets that automatically clip together at the front. Buttons are sewn on the outside to maintain a professional appearance while allowing ease of access to users. Because the shirts are infused with magnets, they are not ideal for those with pacemakers.

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How Easy IS It ? Really ~ MagnaReady Shirts Are...

Each MagnaReady shirt is 100 percent cotton, stain-resistant and wrinkle-free. They also come in a variety of styles for men and women, with each shirt costing $64.95. Horton told The Mighty the company plans to release a line of pants soon.

MIGHTY PARTNER RESOURCES

- Take action
- #RespectTheAbility
- Resources for educators

via RespectAbility USA

So far, Horton said feedback has been positive and customers reach out every day to share their personal journeys. One customer told MagnaReady "Love your shirts...I had hand surgery and left me with numbness in my fingers. While I can button regular shirts it takes me forever and I can never get the collar buttoned. I brag on it all the time. My neurologist thought it was great."

MagnaReady was also featured in the White House's 2016 fashion show "Celebrating Inclusive Design," alongside brands such as Runway of Dreams, which partners with Tommy Hilfiger to create adaptive clothing for children and ABL Denim, which makes easy to remove jeans.

♡ 240 0

By **Lauren Appelbaum**
I write about Disability
20 Follow Me

'Born This Way' Discusses Sex Education and Dating With Disabilities

♡ 915 0

June 20, 2017

Lauren Appelbaum is the communications director of RespectAbility, a nonprofit organization fighting stigmas and advancing opportunities for people with disabilities.

Sexual education for young adults with developmental and intellectual disabilities is extremely important. "Born This Way," a reality television show that stars seven diverse young adults with Down syndrome, is doing its part to highlight this.

According to the National Crime Victimization Survey, an average of 59,000 adults with disabilities are raped or sexually assaulted each year.

Approximately half of all adults with cognitive disabilities will experience 10 or more sexually abusive incidents in their lifetime.

The upcoming episode of "Born This Way" on June 20, 2017 highlights the importance of sexual education as it relates to dating and marriage. The cast speaks with Terri Couwenhoven MS, CSE, a well known sex educator and author. Couwenhoven specializes in the design and implementation of sexuality programs and resources for people with cognitive disabilities, their parents and the professionals who support them.

In coordination with Couwenhoven, RespectAbility has released a lengthy guide featuring resources for sexual education for children, teenagers and adults with disabilities, with a focus on those with intellectual and developmental disabilities.

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"Born This Way," which recently won an Emmy for being the best reality show on TV today, is not an ordinary reality show. It stars seven diverse young adults with Down syndrome. During season 3, episodes have tackled complex issues such as self-determination for people with disabilities in healthcare choices and the lack of employment opportunities for all people with disabilities.

The episode will air on Tuesday, June 20 at 10 PM ET/9c on A&E Network. Join RespectAbility for a live Twitter chat using #BornThisWay and #BTWchat.

Learn more at RespectAbility.

♡ 915 0

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