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LIVING IN THE PANDEMIC!

We all received an unpleasant surprise this year in the form of the Covid19 pandemic. It was rewarding to see the country come together to try to get on top of the virus and avoid loss of life and suffering for our fellow citizens.



Businesses have shut down or changed the way they provide services, and that includes LIFE/RUN. We have had our doors closed and staff working from home since late March. We have tried to maintain contact with you and utilized the time to upgrade technology and put safety precautions in place for the day we can welcome people back to the Center.

LIFE has provided some activities on Zoom and maintained contact that way. It certainly isn't the same, we miss you!

For those of us at home, it has been a scary time. We have become afraid of our own neighbors and family. That will pass, but we need to maintain that caution until science tells us it's safe to relax.

Unfortunately, the unified front we experienced in the spring has somewhat disintegrated. Disinformation has been rampant and has caused division among us. We will not argue right or wrong, but LIFE feels that we should all err on the side of caution.

To that end, we have chosen to protect our Consumers and staff by providing the following:

- Personal Protection Equipment (PPE, which includes masks, gloves, sanitizers, shields, etc.)
- Mandatory masks for everyone in the building.
- Covid screening and temperature checks for anyone entering the LIFE/RUN facility.
- Social distancing

So, protect yourself and others by maintaining distance, avoiding crowds and above all, **WEARING A MASK** when you are among others. Don't get your news from facebook and pay attention to the science. We want all of you to be safe and healthy. We're looking forward to seeing you again!

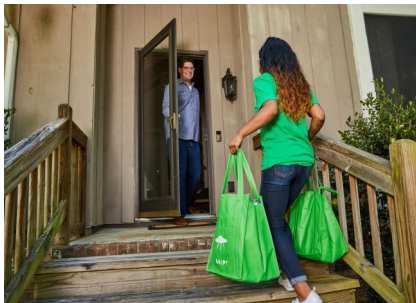
Be Safer Shopping Online!

In this day and age, we are fortunate to have access to a world of shopping options. In addition to almost all major chain stores and online options like Amazon and Ali Baba, there are thousands and thousands of small businesses that can be over the internet and deliver to your home. Shopping online increases your ability to avoid exposure to Covid19. If you haven't tried online shopping, it's as safe as you make it.

For grocery shopping in Lubbock, we now have two good options, Walmart and United Grocers. HEB will also offer an online option, when it opens. Both stores offer a choice of pick up or delivery. Pick-up is free at both stores. Delivery can cost from \$10 a month for multiple deliveries at Walmart, to \$10 a delivery at United.

In order to grocery shop online, you need to have a phone with access to the internet and a credit or debit card. You have to sign up with your personal account at either store. You enter your payment option and choose the location of the store you want use for your shopping. The sites are lined up by departments and allow you a search option to find specific items you want. Once you have chosen, you pick the day, time and whether you want pick up or delivery. Then checkout! It's easy.

To pick up groceries, you go to the store you have chosen at the appointed time and follow the clear directions



leave it on your porch, as you choose.

For other items, even including furniture, there are also online options available. Most furniture ads online comes with customer reviews and information

on dimensions and weight capacity. Delivery comes to your door. Most online vendors offer an easy return option if you are not satisfied with your purchase. Be sure to read those instructions.

How do you keep safe online?

- Always protect your password! If you share your password with anyone, you are giving them an opportunity to make a purchase on your card and account.
- Go to secure websites. If you receive an e-mail from a business (bank, store) that includes a link. Don't click on it! Go to your saved secure web address to be sure you are accessing the legitimate website. Using a recognized app from your app store helps with this.
- Don't indulge in impulse buying! You still have to pay for your purchases and shopping online may open your eyes to new items that look enticing.
- Look for https in your web address.

What does HTTPS do?

When you make a purchase on a website, conduct business on a banking site, or visit any site that requests financial or sensitive information, the URL should change to begin with https:// and will show a green lock icon. The HTTPS stands for HTTP Secure, which means that all communications between your browser and the website in question are encrypted and secure, using a security certificate. HTTPS can help protect against multiple kinds of spying threats, such as man-in-the-middle attacks and eavesdropping

So, if you have been reluctant to try online shopping, remember that you can reduce your potential for Covid exposure, save gas and effort by shopping online.

Register! Educate! Vote! Use your Power!

REV[✓]UP!

MAKE THE **DISABILITY VOTE** COUNT

Did you know that in 2016, more than 35 million Americans with disabilities were eligible to vote, but only 15 million exercised their right? That's a lot of people giving up their right to choose their candidate.

This is an election year. There will be local, state and federal level elections. Those elections will have an impact on the laws that govern all of us and the benefits that some people need to survive.

There is a movement out there to cut benefits for people who receive:

- Medicare
- Medicaid
- Social Security Disability
- SSI
- Social Security Retirement
- Snap

Those programs are lifelines for many people with disabilities, particularly those who are single or do not have family support. Ask yourself, could you live on a \$783 SSI benefit, or as a retiree, maybe less than \$1,300? Think about that when you are choosing your candidate. Who is actually looking out for your interests? Don't listen to what a candidate says, watch what they do!

To vote in Texas, you must be registered. If you have a disability and would like to register, you can simply stop by Lubbock County Courthouse to pick up a voter registration application, fill it out, and mail it at least 30 days before the election. If this is not convenient for you, you can contact your local county registration office to obtain an application or go online to votetexas.gov. **It's that easy!!**

Remember!

- Election Day is Tuesday, November 3, 2020.
- The deadline for registering by mail to vote is (postmarked by) Monday, October 5, 2020.
- The deadline to register in person to vote is Monday, October 5, 2020.
- The deadline to request a ballot by mail is (received by) Friday, October 23, 2020.
- The early voting period runs from Tuesday, October 13, 2020 to Friday, October 30, 2020, but dates and hours may vary based on where you live.

Make your voice heard! Register today and be prepared to cast your vote. If you have questions about the voting process and accessibility, we will connect you with the correct agency in your area to assist you.

Need Volunteers

South Plains Long-Term Care Ombudsman Program is seeking volunteers in Bailey, Cochran, Crosby, Hale, Hockley, Floyd, Garza, Lamb, Lubbock, Lynn, Terry, Motley Counties to advocate for residents living in nursing homes and assisted living facilities.

Volunteer ombudsmen visit residents, identify and investigate complaints, and educate residents, families, and facility staff on protecting the health, safety, welfare, and rights of individuals living in long-term care settings. Ombudsman services are free and confidential.

Volunteers must be at least 18-years old and complete a free, 36-hour training course that includes classroom, self-study, and in-facility training. No prior experience is required. Hours are flexible and determined by each volunteer. Training starts March 6, 2020 and future trainings in each of covered counties are coming soon. Registration is required. If you have one hour per week to make a difference in someone's life, please contact Connie Hernandez at 806-795-5433 or Connie.hernandez@liferun.org register for the course.

LIFE/RUN is a non-residential, non-profit Center for Independent Living (CIL) that was established in 1988 to assist individuals with disabilities in attaining their maximum level of independence.

Independent Living Services

Do you need equipment, devices or technology to help you live more independently? LIFE/RUN can help!

- Wheelchairs
- Ramps
- Grab Bars
- Lift Chairs
- Vehicle Modifications
- Hearing Aids
- Prosthetics
- Orthotics
- Walkers
- Communication Devices
- Rehabilitation Technology
- Mobility Training

If you:

- Are a resident of Texas
- Are living in the community
- Need assistance to improve your independence in your home and community

LIFE/RUN can help

8240 Boston Ave. Lubbock, TX 79423 806-795-5433



Hub City Ink is Launched



HUB CITY INK is a new Graphic Design and hands-on vocational training program built for the purpose of providing a gateway for consumers/applicant/trainees to find community placement as a Heat Press or Pre-Press Operator in the Sublimation and T-Shirt industry.

As a “Doing Business As” under LIFE Inc., HUB CITY INK is and will be committed to empowering people with disabilities to exercise self-determination as they strive to conquer the physical and attitudinal barriers in achieving a life of dignity, equality, independence, and full inclusion

Hub City Ink operates under a non-profit organization serving individuals with disabilities. All proceeds are returned to the organization, furthering our mission of empowering people with disabilities.

The Vocational Training Program will include:

- Interviewing Skills Training
- Resume Preparation
- Job Seeking Skills
- Workplace Accommodations.
- Industry Specific Training:
 - ◊ Pre-press operations
 - ◊ Software, printing, & computer operations
 - ◊ Basic computer graphics & art
 - ◊ Press operations and safety
 - ◊ Refreshment of general education classes (math & science); as it applies to press operations
 - ◊ Overview of common issues & troubleshooting press problems
 - ◊ Assessments to address and assess applicant proficiency.

Qualifications for Training

- Individual applying for program must have a disability.
- Application must be completed and turned in for consideration.
- After application has been submitted, participants will undergo an initial interview to determine if they are suitable for the program.
- Applicants will be further assessed during program to determine if they are able to complete essential tasks.
- Factors to be assessed:
 - ◊ Safety
 - ◊ Dedication/Attitude
 - ◊ Knowledge

Call Jared Kendall at 806-795-5433 for more information on this innovative new program, to order or to apply for training.

LiII

LIFE/RUN Center for Independent Living
Lifetime Independence for Everyone, Inc.
8240 Boston Avenue
Lubbock, TX 79423

Non Profit Organization

U.S. Postage Paid

Lubbock, TX

Permit No. 325

WE'RE ON THE WEB

WWW.LIFERUN.ORG

[www.facebook.com/](http://www.facebook.com/liferunlubbock)

liferunlubbock



LIFE/RUN Center Staff

Michelle Crain	Executive Director
Nancy Penland	Director of Programs
Terry Walker	Comptroller
Vivian Godwin	Information & Referral Specialist
Vernice Hemphill	SSA Representative Payee
Donna Cheshire	Office Coordinator
Chelsea Stephens	Independent Living Services Coordinator
Robin Reisert	Independent Living Services Coordinator
Lidia Taylor	ILS Purchasing Coordinator
Jared Kendall	Independent Living Services Coordinator/Hub City Ink
Sheryl Young	Independent Living Specialist
Angie Sanchez	Independent Living Support
Andy Van Arum	Health & Fitness Coordinator
Connie Hernandez	MLO Ombudsman/Advocacy Specialist
Tim Vasquez	Ombudsman/Advocacy Specialist
Monica Pratt	Relocation Services Coordinator
Bonnie Doyle	Relocation Specialist (Lubbock)
Karen Muniz	Intern
Terri Irby	Relocation Specialist (San Angelo, Midland)
Kendal Johnston	Relocation Specialist (Abilene, Wichita Falls)
Lori Whitfield	Access Resource Specialist
Audrie Gomez	Deaf Communications Coordinator/STAP

806-795-LIFE (5433)

Extension 126	
Extension 116	
Extension 123	
Extension 102	
Extension 125	
Extension 114	
Extension 121	
Extension 124	
Extension 119	
Extension 105	
Extension 107	
Extension 115	
Extension 106	
Extension 103	
Extension 120	
Extension 104	
Extension 122	
Extension 108	
432-978-8763	
325-829-3125	
806-686-0702	Video Phone
806-795-5482	Caption Call
806-535-4811	ASL Scheduling