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# HELPING HAND

DisabilityHelpCenterNV.org

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DisabilityHelpCenterNV.org

## INSIDE THIS ISSUE

- 1 The Mission of Disability Help Center
- 2 Never Judge a Dog by Her Size  
You Have Questions. We Have Answers.
- 3 Our Resource of the Month  
Pasta Primavera
- 4 Adventure Awaits (At Home)

## NO PLACE LIKE HOME

### BE A TOURIST IN YOUR HOMETOWN

Do you dream of adventure? Do you want to see something new, discover someplace interesting, and make memories you'll cherish forever? Do you still have to be at work on Monday? Finding adventure doesn't have to mean packing up and trekking across the globe for six months. Being adventurous is all about changing your mindset and looking for the unexpected in the familiar.

As you start planning summer vacations, instead of spending a lot of money to be a tourist somewhere else, why not try finding a little adventure at home?

#### GET A ROOM

If you really want to experience your hometown through the eyes of a tourist, try waking up somewhere new. One night in a hotel room or bed-and-breakfast can really put you in the adventuring mindset.

#### FIND LOCAL EVENTS

Now's the time to check out the farmers market you've been meaning to go to for ages! Then you can swing by that free concert in the park before going to a play at your community theater. Attending local events is a great way to visit places in town you've never been before. You might even find a historical tour that can teach you all about the wonders of your town. Download an app like Eventbrite, or go old-school and check for fun local events in the paper.

#### APPRECIATE THE ARTS

There are countless tiny museums and cultural attractions all over the place that most people overlook — especially those who have lived in an area for a while. Does your hometown have interesting art installations on Main Street? What about museums dedicated to strange and supernatural phenomena, parks, historical landmarks, or giant robotic farm animals? Check Yelp.com for lists of popular attractions near you, or ask your friends for suggestions. You might be surprised by what your hometown has to offer.

You might be thinking, "This is would be great if I lived somewhere fun!" If you've ever thought your town was boring, that's all the more reason to try being a tourist! Adventures can happen anywhere if you just take that first step out the door.



## A TINY RAY OF LIGHT FOR THOSE WHO ARE OFTEN IGNORED THE MISSION OF DISABILITY HELP CENTER

According to the U.S. Department of Housing and Urban Development, the homeless population in San Diego is now the fourth-largest in the country, and nearly 48 percent of the people in that population have nowhere to sleep except the streets. Not far behind San Diego is the city of Las Vegas. In fact, recent reports show that in just the last couple of years, the number has increased to nearly 6,500, making Las Vegas the smallest of the top 10 cities with the largest homeless populations.

Around the time we started brainstorming solutions to this socio-economic issue, the number of neglected and overlooked people was growing by the week due to the stagnant economy and other changing social factors. After witnessing that this part of the population had little to no resources to help them better their lives or their situations in both of these cities, we were inspired to start the Disability Help Center. We desperately wanted to provide aid to those who were struggling not just to makes ends meet but to even live. We wanted to provide a tiny bit of light for the individuals that society so often ignores.

"We desperately wanted to provide aid to those who were struggling not just to makes ends meet but to even live."

In its early days, the Center served as a free resource center for our community, providing means for housing and food, low-cost or free medical evaluations, access to free clinics, and any other resource that could

benefit those in need. Throughout this process, we discovered that a great number of our clients who were disabled or unable to work either hadn't applied for Social Security Disability benefits or had applied and were denied. Our advocates and volunteers sprang into action, learning all they could about the application process to determine whether or not a client met Social Security's guidelines and to help those who came in asking for help navigating the system's convoluted steps.

While we spent months learning all that we could about the processes, we weren't prepared for the sheer number of people who would start using us as a resource. We booked appointment after appointment to help as many people as we could. While it was truly a dream come true for all of us, we immediately saw that we needed more staff and more training.

At the time, our office did not have legal representatives to assist our clients if they had to go to court, so we referred them to local attorneys in our area. But the feedback we were getting about outside attorneys was hit-and-miss. Many of our clients implored us to find a way for them to stay with us the whole way through the process, including in court. After hearing all these requests, we hired our own in-house legal team.



In the years since, we've also added an entire department solely dedicated to personal injury representation. So many of our clients have been in accidents through no fault of their own, which left them with physical injuries or mental deficits that are both painful and leave them unable to work. We assiduously work to find the party at fault and get our clients the guidance, assistance, and compensation they deserve.

Our existing clients know that no matter their problem, they can trust us to find a solution. Our list of housing, medical, psychological, and family resources grows every month, and when it comes to obtaining a personal injury settlement or disability benefits, our legal team is unrivaled. You won't find another place with such caring and compassionate case managers or legal representatives who fight every day to ensure those in need get the care that has been denied them for years. If you know anyone who could benefit from our services, please don't hesitate to reach out to us today.

—Elizabeth Packard

# YORKIE DOODLE DANDY

Considering the stress of combat, it's no wonder military dogs tend to be tough breeds known for their size and strength. German shepherds, boxers, and various bully breeds are well-acquainted with the battlefield. But in World War II, the most famous military dog weighed only 4 pounds and stood a mere 7 inches tall. Smoky the Yorkshire Terrier wasn't exactly what most people associated with Shakespeare's "let slip the dogs of war," but her small size is part of what made her such a hero.

In 1944, after being discovered beside a foxhole in the jungles of New Guinea, Smoky met Corporal William A. Wynne, an American soldier from Cleveland, Ohio. The two quickly became inseparable, and she stayed by Wynne's side the entire time he was stationed in the South Pacific. Smoky is credited with going on 12 combat missions, surviving 150 air raids, parachuting 30 feet, and earning eight battle stars. Smoky's sensitive hearing allowed her to alert Wynne and other soldiers of incoming air raids.

Smoky's most famous act of heroism occurred when she went where no man could go at an air base at Lingayen Gulf, Luzon. The engineers needed help, so Wynne tied a strand of telephone wire to her collar and Smoky ran through a 70-foot-long pipe in a matter of minutes. Without Smoky, it would have taken three days to lay the wire. Her work kept over 250 ground crewmen and 40 fighter and reconnaissance planes out of danger from enemy bombings.

In addition to saving lives on the battlefield, Smoky is also considered to be the first recorded therapy dog. She learned a number of tricks to cheer up troops and would visit injured soldiers at the hospital in New Guinea. After World War II, Smoky and Wynne visited veteran hospitals across the United States.

"Corporal" Smoky lived for another 10 years after the war before dying on Feb. 21, 1957, at approximately 14 years old. Wynne would go on to write a memoir about his time with Smoky titled "Yorkie Doodle Dandy." Almost 50 years after her death, a life-sized bronze statue of Smoky was erected at her final resting place in Lakewood, Ohio. Her statue is dedicated to the bravery of all war dogs, and it is a reminder that heroes come in all shapes and sizes.



## #MYINVISIBLEMS NATIONAL MULTIPLE SCLEROSIS SOCIETY

If you're a Facebook frequenter, you may have seen famous actress Selma Blair's recent interviews with "Good Morning America" and Vanity Fair. These interviews didn't take place so that the interviewers could ask her about her role in an upcoming film or TV show, or prompt her for the designer who made her dress. Instead, Selma Blair made these appearances after spending approximately three years out of the limelight struggling with her Multiple Sclerosis (MS) diagnosis in 2016.

**WHAT IS MS?** According to the National Multiple Sclerosis Society, MS is an often disabling disease of the central nervous system. The body's immune system attacks nerve endings in the central nervous system, which essentially disrupts the flow of information within the brain. Subsequently, the brain then struggles to deliver information to the spine and the rest of the body. While no two people will experience the exact same symptoms, an estimated 2.3 million people are living with MS worldwide.

The National MS Society's Pacific South Coast location is serving as one of our center's amazing resource partners. They are diligently working to empower people affected by MS to solve everyday challenges, disseminating the latest research in an effort to help find a curative solution and spread awareness about the invisible symptoms associated with this vicious disease.

**#MYINVISIBLEMS** World MS Day is coming up next month on May 30, and the #MyInvisibleMS campaign will trend across social media platforms in order to

raise awareness about the symptoms of MS and the unseen impact this disease has on quality of life for those who suffer from it. The campaign will give a voice to everyone affected by MS to express what they want others to know and understand about it. This will challenge common misconceptions and help people understand how to provide the right support.

**WALK MS: LAS VEGAS 2019** On Saturday, April 6, Walk MS will be hosting a community walk to bring together a group of passionate people for one powerful cause: to end MS forever. For every step taken, another dollar will be raised to support research to find a cure for this disease.

Whether you or a loved one have been newly diagnosed or have had MS for many years, the National MS Society is a great resource you can utilize. To find out how they can help you, or to register for the MS Walk, simply search Walk MS: Las Vegas 2019.



## STUDENTS' CORNER: YOU HAVE QUESTIONS. WE HAVE ANSWERS.

Here at Disability Help Center, our mission is to help the disabled community by connecting them with vital resources related to health care, mental health assistance, physical rehabilitation, family care, food and shelter, and to act as advocates on their behalf. We also aim to provide legal representation

for clients when they are applying for disability benefits. Anyone who has tried to navigate this system on their own can tell you: it's more than complicated. That's why we are here to listen, empathize, and answer any questions you might have. To that end, here is an important question that comes up frequently.

### WHAT IS THE DIFFERENCE BETWEEN SOCIAL SECURITY INCOME (SSI) AND SUPPLEMENTAL SECURITY DISABILITY INSURANCE (SSDI)?

Both SSI and SSDI disability programs offer cash benefits for disabled individuals, but the financial eligibility requirements are very different. The main difference is that SSDI

is available to workers who have gathered a higher number of work credits, while SSI disability benefits are available to those who are unable to work or haven't earned enough work credit, often due to mental or physical limitations.

### HOW DO YOU APPLY?

Social Security is a government entity, so applying for this program can be complicated, stressful, and confusing. You can simply apply for Social Security disability online, over the phone, or with your local Social Security field office. Unfortunately though, approximately 70 percent of Social Security disability applications are denied.

If your application has been denied or you need assistance with the application process, our experienced Social Security and disability attorneys can help. They can increase your chance of achieving a successful application, and they can walk through a viable appeal process if your application is denied.

If you're wading through the emotional minefield associated with physical or mental limitations, chances are you're struggling to either find a suitable job or maintain enough hours to pay your bills. We know that this is not your fault, and we want to help. Give our team a call today to let us help you receive the benefits you need and deserve.

## WORD SEARCH

K	R	Q	N	T	M	H	R	T	M	C	T	R	Y	Y
V	P	A	A	Z	I	O	I	E	S	O	A	T	L	B
P	R	A	N	K	S	A	F	Q	T	I	Y	F	N	G
P	C	V	T	G	C	X	S	O	N	S	R	N	N	B
E	A	U	F	K	H	E	S	B	O	E	A	I	U	T
B	M	S	J	R	I	P	O	C	T	L	R	E	S	Y
Z	A	G	S	N	E	W	J	T	R	P	E	N	U	N
A	T	E	L	O	F	V	U	B	S	O	T	P	R	T
O	R	J	F	F	V	B	X	M	O	G	Z	A	U	Z
A	S	B	O	M	Z	E	M	Z	P	U	V	T	A	V
M	R	Q	C	G	Y	F	R	Q	A	P	U	Q	T	G
D	A	N	D	E	L	I	O	N	R	O	M	J	M	A
X	F	Y	N	T	X	N	G	N	R	W	J	Z	I	H
H	T	S	R	E	W	O	H	S	O	C	M	Q	Y	H
F	T	T	N	U	H	I	J	Y	G	O	Q	J	L	S

RAINBOW  
EASTER  
PRANK  
PASSOVER  
FOOL  
SHOWERS

TAURUS  
HOAX  
SPRING  
BUTTERFLY  
DANDELION  
MISCHIEF

## PASTA PRIMAVERA

This pasta is so perfect for spring, its name literally translates to "spring pasta." 'Nuff said.

### INGREDIENTS

- 12 ounces pasta, ideally fusilli
- 1/2 pound broccoli florets
- 2 carrots, shredded
- 1 yellow bell pepper, cut into strips
- 1/4 cup extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- 1 pint cherry tomatoes, halved
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup grated Parmesan cheese, ideally Parmigiano-Reggiano
- Kosher salt, for pasta water and to taste

### INSTRUCTIONS

1. In a large pot, liberally salt water and bring to a boil. Add fusilli and cook according to package directions. Add broccoli, carrots, and bell pepper during the last 2 minutes of cook time.
2. Drain the pasta and veggies, reserving 1/2 cup of cooking liquid. Return pasta and veggies to pot.
3. In a large skillet, heat olive oil to medium heat. Add garlic and cook until translucent and golden, 30 seconds. Add tomatoes, red pepper flakes, and 1 teaspoon salt. Cook until tomatoes are wilted, about 2 minutes. Stir in reserved pasta water.
4. Add tomato mixture to pasta pot, stirring to coat evenly.
5. Divide into bowls, top with Parmesan cheese, and serve.



Inspired by Food Network