



ISLAND DISABILITY COALITION

JOIN THE CONVERSATION

NEWSLETTER | JANUARY 2021 | ISSUE

OUR MISSION:

IDC's mission is to bring together community members dedicated to promoting the full and equal participation of individuals with disabilities in all aspects of life.

Happy New Year from the IDC!

Wow. What a year 2020 turned out to be! As with any new year, we welcome the opportunity for reflection. This time last year, the IDC was experiencing incredible energy and momentum. We were still catching our breath after hosting the Rural Scholars for an in-depth look at how we may support more inclusive recreation and leisure opportunities on Island. We welcomed 22 Organizational Members to the IDC. 15 local organizations were engaged in the Inclusive Youth Leadership Cohort, learning how to increase and improve upon inclusive and accessible practices. And just prior to the onset of COVID-19, the IDC gathered with a diverse group of Island employers to begin the conversation on how we can best support inclusive hiring practices and get more folks with disabilities into the Island workforce. We were, in many ways, on a roll.

COVID-19 changed the world. For the IDC, our focus shifted from big planning, to supporting others in ensuring members of our community basic needs were being met. The Steering Committee took the opportunity to review our strategic plan, and to creatively brainstorm on navigating the unknown and proposed new normal. We engaged in conversations with community partners, and began to reorganize around our goals. And now, here we are. There is a sense of hope, and a strong look towards the future. In the past three months, we have been working on planning out upcoming opportunities and activities, to get us back on track, to get us back on a roll, and to regain momentum. All eyes on the prize, an inclusive MV. We are thrilled to enter this new year with you. We look forward to shifting from zoom to in person, to celebrating all the work that is already being done, and to finding new ways to move towards inclusion. Cheers to the year ahead, in peace and good health.

Beth Wike,
IDC Coordinator

Please Join Us!

Thursday, January 21st 12:00 via Zoom
General Coalition Meeting
Special Guest: Beth Folcarelli,
Executive Director, MVCommunity Services

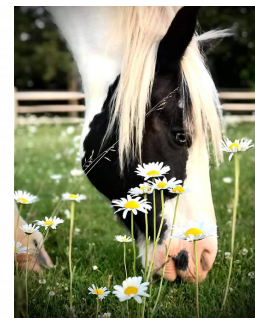
General IDC Meetings are open to all and are a great opportunity to connect with community partners and organizations. We will hear directly from Beth Folcarelli as she takes the helm of MV Community Services. Agenda items also include the introduction of IDC Community Resource Packet, update from the Employment & Transition Workgroup, and exploration of training topics. Zoom link will be sent out, as well as available on our website.

Internship/Volunteer Opportunity

We are looking for a creative & tech savvy individual to assist in a few upcoming IDC projects. Please contact idcmvy@gmail.com to learn more.



Community Corner



Welcome to Community Corner! As part of IDC's mission to promote an inclusive Martha's Vineyard, we plan to highlight an initiative each newsletter.

This month's spotlight is a brief interview with Liz Adams, Program Manager with Misty Meadows Equine Learning Center.

Misty Meadows is an Organizational Member of the IDC

Below is an overview of core experiences available with Misty Meadows.

Horsemanship Programs:

In addition to learning traditional horsemanship skills, these programs focus on the diverse areas of personal growth that horses enable. Through our weekly themes and activities, participants connect with horses, and each other, in non-traditional ways. Together, the groups strengthen skills such as confidence, communication and collaboration in both their mounted and unmounted activities. This program is open to individuals 7 years and older.

Therapeutic Horsemanship:

The therapeutic benefits of horsemanship are diverse, including (but not limited to) addressing physical, cognitive, social and emotional needs. horsemanship sessions can be mounted or unmounted and encourage skills such as mobility, coordination, verbal and non-verbal communication among riders, staff and horses. This program is open to individuals 4 years and older.

Equine Assisted Learning:

This unmounted experience can be custom designed for many types of groups with a focus on themes from fun and stress relief to being present and practicing mindfulness to developing teamwork and leadership skills. Horses are sensitive, herd animals with their own social rules and group dynamics. Through learning the language of, and establishing bonds with horses, participants are able to gain insight about themselves and how they relate to the world around them.

For more information contact Liz Adams, Program Manager at liz@mistymeadows.org or call 508-338-7198

News & Noteworthy:

IDC Resource Pakcets:

A recommendation from the Rural Scholars, community resource packets have been created in the areas of Employment, Youth & Family, Transportation, Recreation & Leisure, Health & Wellness, and Adults & Family. Join us 1/21 as we introduce this new resource!

Contact:

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