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# 2018 Self Advocacy Being Empowered (SABE)

*Theme: Let's Make It Happen*  
*(June 7 - 9, 2018 Birmingham, Alabama)*



*VOICES of the CNMI in Birmingham, Alabama*

On June 7, 2018 through June 9, 2018 a self advocacy group called Very Outspoken Individuals Can Each Succeed (VOICES) of the CNMI, Tinian, Saipan and Rota chapters went to Birmingham, Alabama to attend the 2018 National Self Advocacy Being Empowered Conference (SABE) which happens every two years. This year's conference theme "Let's Make It Happen!" The theme emphasizes that People with Disabilities want to pursue freedom

just like everyone else. Some sessions that we attended were "Exercising Our Civil Rights, How to Use Social Media for Self Advocacy, You Have The Power to

Speak and Stand Up for Yourself" these are just some of the few sessions that were offered. We had the chance to witness a very inspirational speech by Lydia X.Z. Brown a self advocate, organizer and a LGBT with disabilities founder. Her speech touched all of us.

During the conference we were able to meet and socialize with other self advocates from all over

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the United States and some US territories. We also gave out leis, brochures and some tote bags as a souvenir from the CNMI. By attending this conference it gave us more confidence in serving our own community. It passed on the opportunity to learn and experience on how to be an empowering self advocate.

With the support of Developmental Disabilities Council, Office of the Governor, Rota Mayor's Office, Tinian Mayor's Office, Marianas Visitors Authority, 18th CNMI Legislators and community members who supported our fundraisers, a very big thank you for lending us this opportunity in representing the CNMI and we are looking forward for the future conferences.



*Efren Nicholas & Robert Mendiola waiting to participate in the 2018 SABE Parade.*



## COMMONWEALTH OFFICE OF TRANSIT AUTHORITY

### "Driving you Forward"

#### SERVICES:

**Demand Response, Call-A-Ride Service (CARS)**  
General: \$5.00  
Paratransit \$3.00

**Fixed Route, (Bus) Flame Tree Line 1A**  
General: \$2.00  
Paratransit: \$1.00

**FIXED ROUTE ADVERTISEMENTS:** Exterior and Interior Advertisement rates are set if any agency or individual is interested in advertising in/on our bus, bus shelter, or website.



To kick off the NEW fiscal year, COTA would like to come to you!

COTA would like to visit our partnering agencies to present on our current services and updates. If anyone is interested, they are able to coordinate the time and date with the Mobility section after October 1st, 2018.



FOR MORE INFORMATION, CALL 664-2682/90 OR VISIT: [HTTP://CNMICOTA.WIXSITE.COM/COTA-MP](http://CNMICOTA.WIXSITE.COM/COTA-MP)



*Jan Barcinas with Lydia X.Y. Brown, Public Interest Law Scholar at Northeastern University School of Law in Massachusetts*



*VOICES giving out Shopping Bags donated by Marianas Visitors Authority, Leis donated by Tinian Legislators, & CNMI VOICES' Brochures.*



*VOICES giving out necklace beads donated by Rota Mayor's Office.*



# Things Happening ...

Fun and exciting opportunities and new experiences continue for the consumers taking advantage and accessing the Center for Living Independently in the CNMI. From BBQ to gardening to field trips across the lagoon the possibilities are endless at the Center for living Independently in the CNMI.

## *Where is that smell coming from?*



Another day of fun in the sun at Managaha and not to forget the barbeque

## *Who said pizza is boring?*



With a little green food coloring, pepperoni, cheese and hamburger, we made Shrek pizza. Our smiles were bigger than Shrek. Our cinnamon sugar pretzels were mouth-watering.

## *All terrain w/c*



Thank you to Assistive Technology Center at DDC for the loan of the w/c that went to Managaha for water surfing.

## *Laundry Day*



Using our new washing machine on Laundry day at CLI



Fun and games at the Center

## *Our Consumables*



CLI has its very own plantation





**CNMI DisABILITY**  
SPORTS FESTIVAL  
*Opportunities for All*

# Thank you!

For making the Inaugural CNMI Disability Sports Festival a **SUCCESS** & giving **Opportunities for ALL!**  
**Partners:** The CNMI Public School System (PSS), Lady Diann Torres Foundation, Northern Marianas Protection & Advocacy Systems, Inc. (NMPASI), University Center for Excellence in Developmental Disabilities (UCEDD), CNMI Council on Developmental Disabilities, Office of the Governor-Office of Grants Management, Commonwealth Office of Transit Authority (COTA), Department of Fire & Emergency Services (DFEMS), Youth Affairs Office, Department of Youth Services (DYS), Commonwealth Respite Service Program, Women's Affairs Office, Community Guidance Center (CGC), Department of Community & Cultural Affairs (DCCA), Ayuda Network, National Family Caregiver Support Program, Maternal & Child Health Bureau, Center for Living Independently, Saipan's Mayor's Office, Rotary Club of Saipan, Napu Outrigger Club, Northern Marianas College, Northern Marianas Athletics, Saipan Southern High School JROTC Manta Ray Battalion, Joeten-Kiyu Public Library, Office of Vocational Rehabilitation (OVR), and the Commonwealth Cancer Association.

**Donors:** JC Tenorio Enterprises Inc., Tournament of Champions, IT@E, Bank of Guam, Pacific Insurance, Systems of Care, Imperial Pacific International, Bridge Capital, LLC, MarPac Distributors Inc.



# Office of Vocational Rehabilitation

## SERVICES TO EMPLOYERS

### OVR's MISSION

To increase employment and promote independence among eligible individuals with disabilities throughout the CNMI.

With the enactment of the Workforce Innovation and Opportunity Act (WIOA) of 2014, public Vocational Rehabilitation Programs must collaborate and coordinate with employers to increase competitive integrated employment opportunities for all, including qualified individuals with disabilities.



### No-Cost Business Services

- Consultations regarding Reasonable Job Accommodations for a newly-hired employee or one who has acquired a disability
- Disability Employment Training, such as Disability Awareness, Sensitivity Training, Americans with Disabilities Act (Title I-Employment), etc. Training can be customized to meet the needs of the employer.

### Funding for OJT

Funding is available to employers through OVR to help off-set the cost for providing training to an OVR consumer.

### Sharing of Information & Resources, such as:

- Strategies for promoting a diverse workforce
- Tips on working and interacting with individuals with disabilities
- Resources on how to maintain compliance with Federal, State, or local laws that promote the employment of qualified individuals with disabilities

**Information & Referral** to public agencies or community programs serving people with disabilities.



A partnership between OVR and the employer is a win-win situation.

OVR continues to be ready to meet the business needs of the employer, one employer at a time.

OVR will help employers to achieve workplace ***DIVERSITY*** and ***COMPLIANCE***.



EMAIL: [nmidir@ovrgov.net](mailto:nmidir@ovrgov.net)  
WEBSITE: [www.ovrgov.net](http://www.ovrgov.net)

TEL: (670) 322-6537/8/9  
TTD: (670) 322-6449  
FAX: (670) 322-6548





# Division of Public Health

## Non-Communicable Disease Bureau



**MISSION** *Empowering our community to improve lifestyle choices by eating healthier, moving more, reducing alcohol use and being tobacco-free.*

MAILING ADDRESS	P.O. Box 500409 Saipan, MP 96950	OFFICE HOURS	Monday to Friday 7:30AM to 4:30PM
OFFICE LOCATION	SAIPAN: Upper Navy Hill, Building N-29		
PHONE (670) 234-8950	WEBPAGE <a href="http://www.chcc.gov.mp/index.php/division-of-public-health/non-communicable-disease-bureau">http://www.chcc.gov.mp/index.php/division-of-public-health/non-communicable-disease-bureau</a>		
FAX (670) 664-4051			



### Breast & Cervical Cancer Screening Program (BCSP)

**MISSION** *To reduce the diagnosis (morbidity) and death (mortality) of women due to breast cancer and cervical cancer through early detection.*

You may qualify for a FREE Mammogram if you:

- Must be 50 – 64 years old
- Receive a small income (BCSP Income Criteria)
- No Health Insurance
- Live in the CNMI

**PURPOSE AND SERVICES** The CNMI Breast & Cervical Screening Program (BCSP) helps women between the ages of 21 to 65 get a breast or cervical cancer screening and follow-up test. BCSP receives federal funds to help pay for the screening and follow-up tests of women who do not have health insurance OR has health insurance but is unable to pay for their co-pay. Screening and follow-up tests include, but may not be limited to: Pap Test, Colposcopy, Clinical Breast Exam (CBE), Mammogram, Breast Ultrasound, Breast Biopsy, and Surgical Consultations. The program also assist BCSP-eligible women on the islands of Rota and Tinian with getting a mammogram or breast/ cervical cancer-related diagnostic services that are not provided on their respective island.

In an effort to reduce the number of deaths due to breast or cervical cancer, women between the ages of 21 to 29 should get a Pap Test every 3 years, or Pap and HPV test every 5 years for women between the ages of 30-65 years. A Pap test (may be done with an HPV test for women 30 and older) is a screening test used to find cervical cancer. Women should get their first mammogram at age 40 - unless otherwise recommended by your doctor - and then every 1 - 2 years afterwards. Getting a Pap Test and Mammogram regularly are important in finding cancer as early as possible. When found in its early stage, women have a greater chance of treating the cancer successfully.

BCSP provides airfare for Rota and Tinian women who are enrolled in the program. This service enables them to receive either a mammogram or breast/cervical cancer related diagnostic services that are not provided in their respective island.

**PHONE** (670) 234-8950 ext. 8638

### NAME CNMI Cancer Registry

**MISSION** *To identify and capture all cancers and selected variables on Non-Communicable Diseases (NCDs) through active data tracking and surveillance.*

**SERVICES**

- Develop the systems and policies which ensure proper identification, reporting and recording of all cancers
- Manage the rigorous data collection and entry required of a cancer registry

- Ensure the data are useful for local program planning and evaluation as well as Tracking local cancer trends over time.
- Provide cancer morbidity and mortality data for educational purposes within the community.

**PHONE** (670) 234-8950 ext. 8723



### Comprehensive Cancer Control Program

**MISSION** *To reduce the overall burden of cancer in the CNMI through awareness and prevention, early detection, support, policy, and evaluation.*

**SERVICES**

- Cancer presentations, education, and outreach
- Cancer survivor support groups

**PHONE** (670) 234-8950 ext. 2034 and 2923



### Diabetes Prevention and Control Program

**MISSION** *Aims to promote wellness and educate the community about diabetes prevention, intervention, and care while collaborating with internal and external partners. DPCP also tracks and provides date on individuals diagnosed with diabetes.*

**SERVICES**

- Presentations on NCD's, Risk Factors, Hypertension and Diabetes
- Referral to Diabetes Self-Management Education

**PHONE** (670) 234-8950 ext. 2018



### Patient Referral Outreach Advocacy (PROA)

**MISSION** *Aims to connect clients with diabetes or those at risk for diabetes to available community resources and programs that provides healthy lifestyle education.*

**SERVICES**

- Expand the delivery of health care services to include new and enhanced services exclusively in rural communities.
- Deliver health care services through the following strong, collaborative consortium: Hardt Eye Clinic, Northern Marianas College – Cooperative Research Extension and Education Service (CREES), Physical Therapy Department at CHCC, and Eucon Medical Health Services.
- Improve population health, demonstrate health outcomes and sustainability.

**PHONE** (670) 236-8727 ext. 2030



### Tobacco Prevention & Control Program

**MISSION** *Aims to reduce the use of tobacco by adults and minors through community education, building and strengthening of tobacco-control and smoke-free policies and laws, reducing the risk of exposure to secondhand smoke, and eliminating the sale of tobacco to minors.*

**SERVICES**

- Presentations regarding the Smoke-Free Air Act, Betel (Areca) Nut, and the effects of second-hand smoke
- For those over the age of 18: Tobacco Cessation Counseling and Nicotine-replacement Therapy (NRT) (based on availability)

**PHONE** (670) 236-8710, or (670) 234-8950 ext. 2018

**PHONE** (670) 323-7848 (QUIT)

# OVR in the Digital Age

The Office of Vocational Rehabilitation (OVR) would like to welcome everyone to a new outlet of contact and information, the OVR Facebook account, as well as reintroduce the community to its Website!

In January 2016, OVR first entered into the Facebook world with various content including OVR public notices, local news and inspirational content. With small beginnings, we initiated this journey with our community to connect and reach a broader audience in search of alternative means to answer questions, provide information, and assist individuals with disabilities and their families. This year, with the assistance of the entire OVR staff and under the leadership of the OVR Director, Arlene Yamagata, we continue to provide valuable information similar to the past, but also focus our attention on providing information on employment in the CNMI, OVR public notices and updates regarding Tinian, Rota and Saipan outreach activities, and recognition of our partner agencies' work.

Another source of valuable information has been the OVR website, which has been available to the community for many years, but has recently gotten

several major upgrades. Through our work with Mr. Dan Camacho, we have revamped this resource to the community by including new features such as increased accessibility, updated information on services to the general public and student population, additional resources such as our Disability Watch Newsletter, as well as access to employment sites and partner agencies to name a few. As you navigate our website, please feel free to access the "Contact Us" page if you have any questions or recommendations as we are continuously updating this resource.

A special thank you goes to our former staff member and current Graduate Student Intern, Jiana Camacho, who has been working with the entire OVR staff, leadership, and Webmaster to update and maintain these valuable resources.

For more information and to see these updates for yourself, please visit <https://www.facebook.com/profile.php?id=100010999513542>, <https://www.facebook.com/officeofvocationalrehabilitation/>, and <http://www.ovrgov.net/>.

We look forward to your feedback and input in our OVR program for the CNMI.





# The Benefits of Physical Activity

Greg Borja, Projects Specialist - NMPASI

According to the Mental Health Foundation, physical activity can be described in three ways:

- Exercise - purposeful activities carried out to improve health;
- Play - unstructured activity done for fun; and/or
- Sport - structured and competitive activities.



conditions and diseases that influence physical health. These include asthma, sleep apnea, bone and joint problems, type 2 diabetes, and risk factors for heart disease. Being physically active has many other benefits like building self-esteem and increasing muscle mass which is crucial to the body's efficient metabolism.

Daily physical activity may be good for your body, but it is also beneficial for your mental health and well-being. Physical activity has been shown to reduce stress, which can lead to anxiety. Through exercise your body creates endorphins, which act as natural painkillers, and improves the ability to sleep. The Anxiety and Depression Association of America states that, according to some studies, regular exercise works as well as medication for some people to reduce the symptoms of anxiety and depression.

Physical activity is also plays a vital role in in the prevention of chronic illness, such as Childhood Obesity, a condition of having excess body fat. The Center for Disease Control provides data that shows that children with obesity are at higher risk of having other chronic

Research has found that being active for at least 10 minutes a day can improve cardiovascular health. Personally, I stay active during weekends by doing yard work or playing sports. During my busy work week I try to walk around the office or outdoors for a few minutes each hour to keep my blood flowing. There are also exercises that can be done while sitting at the desk to prevent me from staying idle. My suggestion is to find what works best for you.

For resources about staying physically active, please visit these websites:

- [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)
- [www.cdc.gov/healthyschools/obesity/facts.htm](http://www.cdc.gov/healthyschools/obesity/facts.htm)
- [www.adaa.org](http://www.adaa.org)

Or contact NMPASI at 235-7273/7274 or visit us online at [www.nmpasi.org](http://www.nmpasi.org).

## Agency UPDATES

