

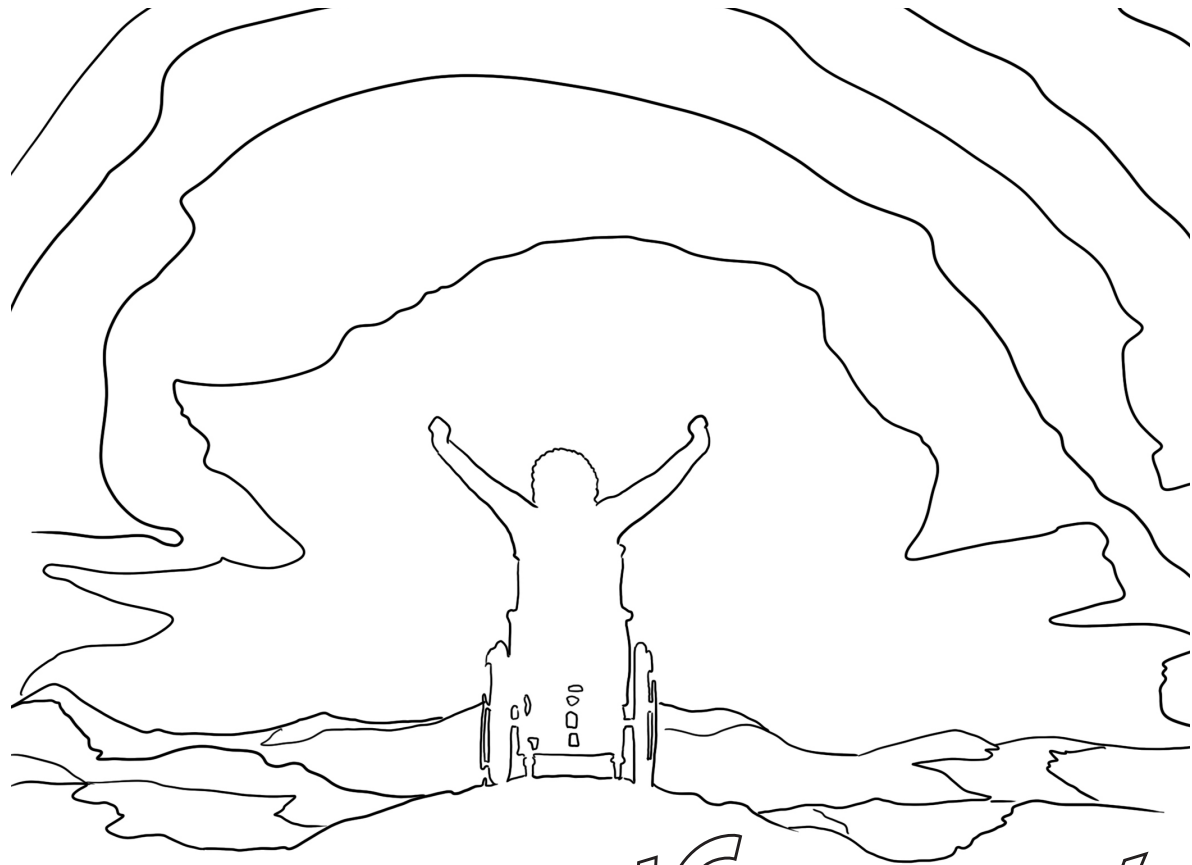
**CULTURAL
AWARENESS**

**NATIONAL DISABILITY EMPLOYMENT
AWARENESS MONTH**

OBSERVANCE

October

Inclusion is within everyone's ability.



**ADVANCING
ACCESS AND EQUITY:
THEN, NOW AND NEXT**

**50
YEARS
REHABILITATION ACT OF 1973**

“As a kid I really wanted to fit in. Sports became a way for me to gain acceptance. I think this fueled my desire to succeed. I truly believe that difficult times and disappointments can push us to find abilities and strengths we wouldn't know existed without the experience of struggle.”



Jim Abbott was a professional baseball player known for his impressive achievements on the field.

Though he was a talented player, something else about Abbot's style of baseball made him stand out. Abbot was born without a right hand, but he never let that stop him! He developed a unique way to pitch, catch, and throw the ball with precision and speed.

He was drafted in the first round of the 1988 MLB draft and started his career with the California Angels. Through his career he played with the New York Yankees, Chicago White Sox, and Milwaukee Brewers. As a member of the Yankees, he threw a no-hitter against the Cleveland Indians in 1993.

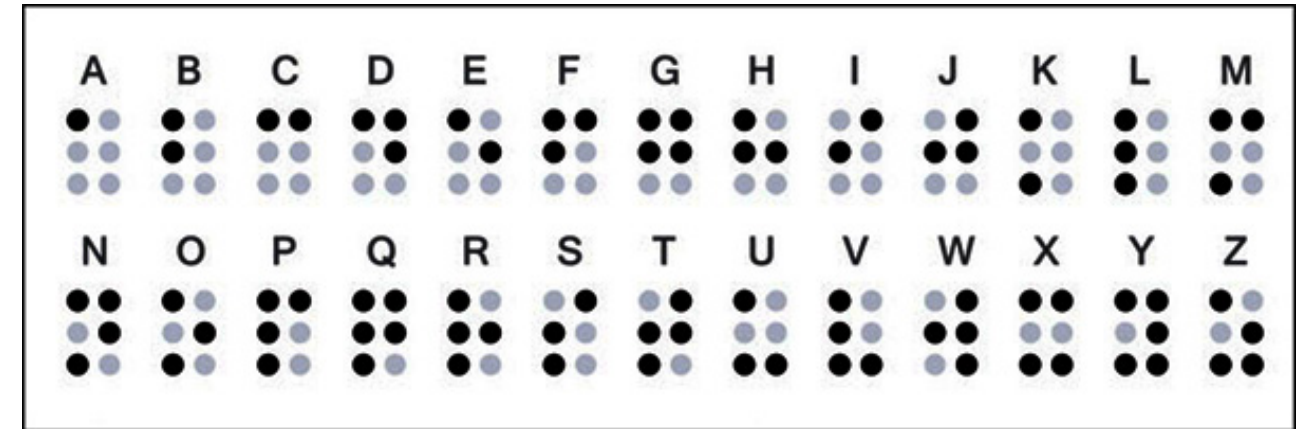
He retired with a career record of 87 wins and 108 losses, along with a 4.25 earned run average.

Heroes like Jim Abbott, remind us of the importance of recognizing the abilities and potential in everyone.

What are THOSE dots?

Have you ever wondered what those little dots are by the buttons in the elevator or the sign on the bathroom door?

Those dots are a language called braille. Braille is a tactile writing system used by people who are visually impaired, including people who suffer from low vision, blindness, or deaf blindness.



They work on a system of two columns of 3 dots that are side by side. The combination of those dots that are raised in each series of six equals a letter of the alphabet. Those who are visually impaired and read braille, do so by lightly running their fingers over the dots, letting their fingertips recognize the braille letters much like your eyes recognize written letters to decode into words.

Below is the braille alphabet.

The dark circles represent the dots that would be raised in each series of 6. Can you spell your name in braille? On a separate piece of paper of paper, draw one rectangular box for each letter of your name. Draw them big enough to draw six small circles inside.

Use the braille alphabet guide above to color in the circles in each box to spell out your name.

Using a pen or a pencil, turn your paper over and lift it slightly so that you can see the circles on the other side and carefully poke the tip through each darkened in hole.

Turn your paper back over, and with your eyes closed, lightly run your fingers of one hand over the bumps you created. Can you recognize any of the letters?

