

the
NADE
ADVOCATE



A Publication of the National Association of Disability Examiners Volume 29, Number 2 Spring 2013

The **2013 NADE National Training Conference** will be held in Oklahoma City, OK from August 19th - August 21st
 Mark your calendars and save the date!

Check **nade.org** - Conference Updates section for the latest Conference information and agenda.

**The Inspector General Himself Represented
 The Office Of The Inspector General (OIG).**

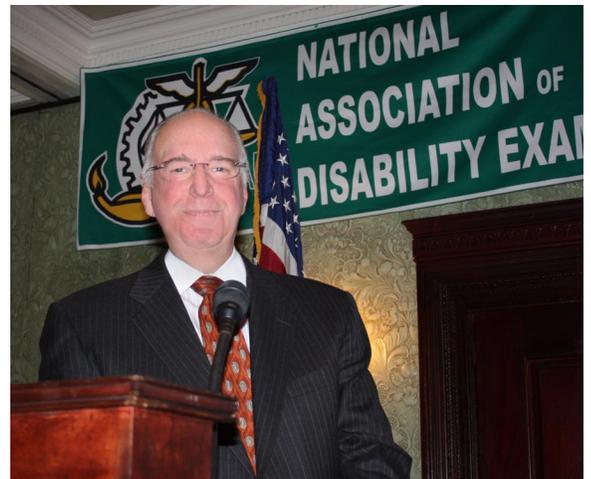
by R. Todd Deshong, NADE President

This year, for the first time, the entire board was fortunate enough to experience a one-on-one conversation with Social Security Inspector General Patrick O'Carroll, Jr. IG O'Carroll was accompanied by the then OIG congressional liaison, Misha Kelly. IG O'Carroll discussed backlogs, budgeting, and staffing. He reported that DDSs still faced hiring freezes, and some states still dealt with furloughs. He described some of SSA's efforts to offset staffing shortages such as Disability Processing Units (DPU's) and Extended Service Teams (EST's). He reported on the agency's overall effort to maintain program integrity. The IG and the board had a discussion concerning the efficiency/effectiveness of Continuing Disability Reviews (CDRs) and redeterminations. The IG reported that CDRs saved \$10-\$12 for every \$1 spent.

The discussion then turned to the expansion of Cooperative Disability Investigative Units (CDIUs). He reported there were currently 25 operating units. With the most recent CDIU opened in Puerto Rico in October of 2012. The IG opined that they were trying to schedule opening at least three new units a year. In FY 2012, the CDI program reported \$339.6 million in projected savings to SSAs disability programs. Making FY 2012 the program's greatest single year savings total. That meant the return on investment was \$17 for every \$1 spent. From the time when the program was established, through September 2012, the CDIUs' efforts have resulted in \$2.2 billion in projected savings to SSAs disability programs and \$1.4 billion in projected savings to non-SSA programs.

The Inspector General discussed recent OIG audits on QDD claims released in July of 2012. The audit was based on cases from May 2010 and September 2011.

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President's Message

WE HAVE COMPLETED THE MIDYEAR meetings in Baltimore. We were able to meet with the then Associate Commissioner Linda Dorn, Associate Commissioner Sheila Everett, and, for the first time, Inspector General Patrick O'Carroll.



Our meetings were very productive discussing internal organizational procedures, constitutional changes, membership drives, local chapter needs, and of course training conference issues. We were also able to provide information that the board members would bring to the local chapters. We were able to discuss member concerns, develop all our "Top Issues", and devise strategies for educating policymakers about those issues. One issue that seemed to come to the forefront was the destruction of prior paper folders, especially involving claimants in pay. We discussed with SSA officials the difficulties this caused

while working CDRs. We also discussed the cost savings associated with continuing to do the CDRs. That is, for every \$1 spent on a CDR there are \$12 in saving realized. We discussed the different funding mechanisms associated with the CDR workload. We discussed the current evaluation standards and the probable need to revisit the Medical Improvement Review Standards (MIRS).

Because of these extraordinary political and economic times, we have come into a new era of meetings and conferences. As I also am, I'm sure that many of you are disappointed about our inability to hold regional conferences. I have been diligently working with numerous stakeholders in order to alleviate this situation. Our upcoming national training conference is still scheduled. There will be more information specific to the dates, location, hotel, and agenda coming very soon.

There has been a lot of focus placed upon the disability program recently. There are many diverse opinions concerning the disability program. One thing was clear while we were educating policymakers in Washington D.C., and that was that some sort of change was coming. Change is sometimes difficult to cope with, especially when it comes to changes in regulations, such as the recent updates to the Vision and Genitourinary Listings.

With perseverance and hard work we will adapt to the changes and achieve higher levels of confidence in our disability determinations. Other changes in the listings will be forthcoming. In order to fulfill our role as a voice to future regulation, policy, and listing changes, we must have your input. Only in this way can the policymakers hear your voice. Stay in touch with your local chapter presidents, regional directors, or any board member to express feedback.

Each and every one of you keep NADE moving forward as a professional organization. Our regional directors are positioned to keep you in touch with NADE's needs and goals, but remember we are all volunteers and sometimes it is difficult to find the time to communicate as quickly or thoroughly as we should. If you feel that your voice is not being heard, drop me line!

R. Todd Deshong
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NADE President
2012-2013
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The **NADE Advocate** is the official publication of the National Association of Disability Examiners.

It provides a forum for responsible comments concerning the disability process. Official NADE positions are found in the comments by the NADE President and NADE Position Papers.

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Letters to the Editor are welcomed and may be selected for inclusion in future issues. Please forward ideas for future **Advocate** topics to the editor or your Regional Publications Representative.

The next issue will be **Summer 2013**. All correspondence should be directed through your Regional Representative or the NADE Communications Director by **June 15, 2013**.

NADE Takes It to the Hill

by Julie Kujath, NADE Legislative Director and Treasurer

Three members of the NADE executive board traveled to Washington D.C. in March to meet with Senators, Representatives, committee staff members, and government agency staff. R. Todd Deshong, NADE President, Jennifer Nottingham, NADE President-Elect, and Julie Kujath, newly appointed Legislative Director, traveled to DC at a very hot time for budget and reform discussions. It seems everyone that they met with were very open to discuss needed changes and how to make the Social Security program fiscally grounded and effective.

While the budget concerns have fueled a new need for reform to ensure program stability, it seems that policymakers in D.C. are interested not only in a fix, but in making it the right fix. Two of NADE's Top Issues for 2013, program integrity and using a single unified process, fit perfectly into discussions on finding the right fix. It is an exciting time for the Social Security Disability program, as policy makers look to perfect this program and harness advances in technology. The future of technology is not to automate the system but increase efficiency and effectiveness of adjudicator's time and skills.

It was an honor for this group of executives to receive an invitation to the Social Security Advisory Board Forum on Social Security Disability, Time for Reform, on the last day of the DC trip. This forum had several program experts on the panel and in the audience. This discussion of the evolution of the disability process, and where and how possible changes could affect the program, was informative and inspiring.

NADE could not have picked a better time to visit D.C. to educate policymakers and bring the voice of our members to them.



Kim Hildred of the House Subcommittee on Social Security with NADE President R. Todd Deshong, NADE President-Elect Jennifer Nottingham, and newly appointed Legislative Director Julie Kujath.

OIG, from page one

The audit found that SSA processed more cases as QDD in September 2011 than May 2010. In May 2010, 3.6% (8,946 out of 245,382 initial cases) of the initial disability cases were identified as QDD. While in September 2011, the QDD caseload was 5.3% (15,200 out of 285,981).

The audit recommended that SSA continue efforts to monitor and enhance the predictive model (PM) to meet the objectives of the QDD program. The IG discussed the continued enhancement of the compassionate allowances or CAL claims. We also discussed the expansion of the CAL conditions list.

Acting Commissioner Carolyn Colvin visited the Seattle Regional Office and spent time with the OIG and CDIU staff.



From left, Seattle OIG Special Agent in Charge (SAC) Joseph Velling, Seattle OIG Asst. Special Agent in Charge (ASAC) Steuart Markley, NADE President Deshong, Acting Commissioner Carolyn Colvin, Oregon Resident Agent in Charge (RAC) Carla Meredith, Seattle CDIU Team Leader Special Agent Joe Rogers, and Special Assistant United States Attorney Helen Cooper.



Shatter the Status Quo National Disability Professionals Week – June 10-14, 2013

by David Kramer, NDPW chair

We have so many regular routines. We go to work, shop, pay our bills, love our family and friends, attend religious services, join social or civic organizations, cheer for our favorite teams, and celebrate birthdays and holidays. These activities help keep us healthy and connected to who and what we consider to be most important, but occasionally the regular routine gets interrupted. Working in the disability field, we encounter so many examples of people whose routine has been interrupted. Sometimes the interruption is sudden, like an automobile accident or a stroke. Sometimes the interruption is gradual, like arthritis or diabetes. Sometimes the interruption has a name that brings fear, like cancer or HIV.

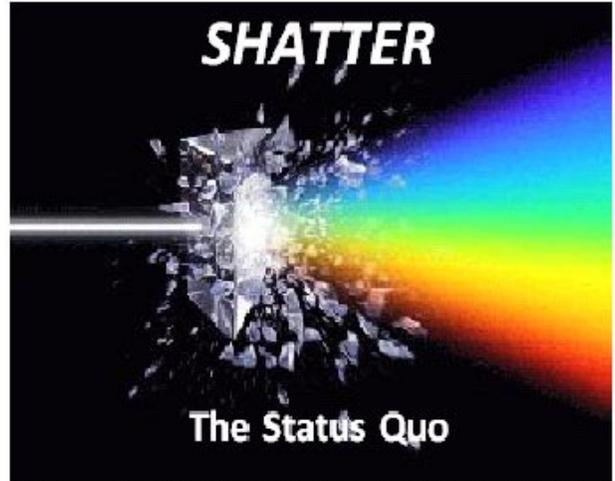
Our claimants have lost the comfort and security of their desired healthy lives. They need the help of the Disability Determination Services (DDS) and the support of the National Association of Disability Examiners (NADE) to promptly and accurately process their cases so that, whether an allowance or a denial, they can move on to the new stage of life that is unfolding before them.

With excellence, NADE members process the cases, review case quality, order consultative examinations, talk to claimants and more. With wisdom, training, and energy, NADE members strive to exceed basic standards of job expectations. NADE members are not satisfied with maintaining the status quo. NADE members shatter the status quo, pressing through for the good of the claimants, the DDS, and the community.

In recognition of many jobs well done, National Disability Professionals Week (NDPW) is the annual opportunity for NADE chapters to celebrate, recharge, and reconnect with friends and coworkers. This year NDPW will be held during the week of June 10-14, 2013, with the theme "Shatter the Status Quo." Organize activities to acknowledge and encourage excellence. Take time to enjoy the companionship of fellow NADE members. Remind one another that the status quo may be sufficient for some, but NADE shatters the status quo.

As in past years, NADE will recognize the chapters with the best NDPW events upon submission of a few paragraphs about their activities by the end of June to the National NDPW committee.

The NDPW committee members include: Meggan Gladue - DDS Seattle, Clifton Hammon - DDS Springfield IL, Thomas Martin - DDS Albany, Havered Hill - DDS Oklahoma City, Crystal Bach - DDS Sioux Falls, Michelle Muldrew - DDS Roanoke, and NDPW Chair David Kramer - DDS Raleigh, NC. Send entries to David Kramer, 3301 Terminal Drive, Raleigh, NC 27604, David.A.Kramer@ssa.gov



Please notify the Communications Director Megan Rolloos of any email address changes when they occur. Questions on distribution may be directed to the Communications Director or your Regional Director.

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NADE Responds To NPRM Regarding Acceptable Medical Sources

by Mark Bernskoetter - Missouri DDS

The National Association of Disability Examiners (NADE) welcomes this opportunity to offer comments on the Notice of Proposed Rulemaking (NPRM) regarding acceptable medical sources (Docket No. SSA-2012-0035). NADE is a professional organization whose mission is to advance the art and science of disability evaluation. Our membership base is representative of broad interests regarding the Social Security and Supplemental Security Income disability programs, including employees of state Disability Determination Service (DDS) offices, (who are directly involved in processing these claims), as well as personnel from across SSA, attorneys, claimant advocates, and physicians. This diversity of membership and hands-on experience provides us with a unique understanding of the challenges and opportunities facing these programs today.

NADE believes an expanded list of acceptable medical sources would greatly reduce program costs, processing time and customer frustration.

In the adjudication of claims, SSA prefers treating source information when available to gain a more comprehensive picture of functioning over time. Often, the sources addressed in this proposal are the very ones who have the greatest level of contact with our customer.

NADE recognizes the important changes in our health care system today: the public's limited access to those currently defined as acceptable medical sources, growing acceptance of these other professionals by insurance and legal communities for documentation purposes, and the increasing need for medical practitioners in the near future under changing health care plans. The professions that have been excluded as acceptable sources until now are, and will continue to be, an integral part of the medical treatment team, if not the main component, once a treatment plan is established.

SSA certainly should not continue to require the purchase of additional exams to obtain the same information that is already in file just because the records are from the professionals being discussed in this proposal and not from what we currently define as acceptable medical sources. SSA already accepts information from these sources once we have a diagnosis from a doctor, so it only seems to make sense their information should carry greater weight as medical evidence.

NADE has some reservations about the consideration of diagnoses and medical source opinions from social workers, however, there is certainly leeway in the instructions for weighing medical opinions to address this adequately. SSA currently distinguishes between the weight given to treating, examining, and non-examining sources. NADE urges SSA to consider the possibility of further delineating yet another group, to include the professionals discussed in this proposal as another tier in this ranking.

NADE also believes it important that SSA provide some outreach mechanism to educate these professionals about the features of the SSA Disability program, as well as further training to adjudicators about the weighing of medical evidence and opinions if this proposal is implemented.



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Join the Crowd – Get Certified!!

by Ellen Cook, Professional Development Committee Chair

The applications for NADE Certification of Disability Professionals are pouring in. You need to get in line right now before the crowd gets away from you and leaves you behind!!

NADE offers Professional Certification to Examiners, Support, and Medical members. But the only way to obtain this Certification is to apply for it. Your attainment of Certified Disability Examiner status places you in a unique position as a highly qualified expert in the profession of disability adjudication. Advanced training and service will enable you to bring a higher level of expertise to the field of disability adjudication and provide more effective and efficient service to the population we serve.

All NADE members, whether you are a support professional, medical professional, or disability professional, can be certified. All the information you need to apply is on our website at www.NADE.org. Choose Certifications under the MEMBERSHIP ISSUES heading in the middle of the home page. Even the forms that you need to complete are there, whether it's for certification or recertification.

If you have never been certified as a NADE professional, it's time to see if you qualify. If you have been a NADE member at least one year, and have held a position with your DDS for at least 3 years, you qualify. Just complete your certification form, including listing all your training hours, and have it signed by your Agency Director, your Regional President, or your local Chapter President. (You may be surprised to see how much training you have had.) Send it in, and your certificate will be on its way back to you soon.

If you have been previously certified (any time before 2006) it is time to be re-certified. To maintain your certification you need to have had 15-25 additional hours of training every three years, depending on your member classification. In this way NADE Certification remains current at all times. No resting on our laurels in this program! We keep learning and growing and we should be recognized for that.

Chapter Presidents: have you appointed a certification chair? This position can perform a real service for your chapter by checking the certification status of your members against the master membership list sent each month. That way, any errors or oversights can be corrected, and you will have an updated record of the certification status of all of your members. This chair can also make sure everyone keeps records of their continuing education credits.

I encourage each member to solidify his/her dedication to this profession and apply to be certified today. Then display the certificate proudly as a testament to your achievement.

I look forward to hearing from all of our members this year.

Please contact me at ellen.cook@ssa.gov

217-741-8151, or by mail at

**Ellen Cook
4805 Greenbriar Dr
Springfield, IL 62711.**

Remember, at this time there is NO COST involved (other than postage) for certification and recertification.

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Calling For Candidates for 2013-2014 NADE Officers

by Meggen Gladue, Nominations and Elections Chair

ARE YOU A MEMBER OF NADE who is committed to making a difference in the growth of the Disability Determination Community? Are you willing to use your time, your energy, and hard work to promote NADE's mission? Are you a NADE member in good standing who is ready to accept the challenge to really become involved in NADE?

It's that time of the year! The National Conference is only a few short months away and NADE wants members like you to give some thought to the above questions. The call for nominations is now open for the following elective offices on the National Board - President-elect, Secretary, Treasurer, and Chair of the Council of Chapter Presidents. Elections will take place at the 2013 National Training Conference in Oklahoma City, Oklahoma, during the General Membership meeting.

NADE needs your expertise and innovative ideas to continue our long tradition of professionalism and advocacy. Are you that NADE member? If so, please express your interest by announcing your candidacy for one of the above offices. You may submit a brief resume and recent photograph to the Nominations and Elections Committee no later than May 31, 2013. If you are submitting a photograph, please make sure that it is larger than 300 dpi. While nominations will be accepted from the floor during the General Membership Meeting at the National Conference in Oklahoma City, advance submission of your intent to run for office will afford you the opportunity to be published in the Summer Edition of the NADE ADVOCATE.

To submit your candidacy, or if you have any questions, please email Meggen.Gladue@ssa.gov.



Elections will take place at the
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2013 NADE National Awards Criteria

by Shannon Blake, Awards Chair

IT'S TIME TO SHOW OUR APPRECIATION of those who exemplify the excellence that NADE strives to promote! Nominees will be evaluated by the Awards Committee, and they will be presented at the Awards Breakfast at NADE's National Training Conference, Columbus, Ohio, in September.

Nomination Procedure:

- Each chapter may only submit one nomination for each award.
- Nominations explain in detail how the nominee meets all the criteria for the specified award. The form for submission is available online at NADE.org or it can be sent as an email attachment on request. Submissions in narrative form will also be accepted.
- Please, do not refer to the individual's name or chapter's name on the nomination form! The absence of identifying information on the nomination form permits more objective evaluation by the Awards Committee. Any nomination including this information will be disqualified.
- Please send in nominations by email to shannon.blake@ssa.gov or shannon.blake@gmail.com
- All nominations must be received by July 1, 2013

Please, take the time to honor an outstanding individual NADE member or NADE chapter.

The **PRESIDENTS AWARD** is to be given annually and presented by the NADE President in recognition of an outstanding Chapter. The recipient will be any organized NADE Chapter which has enhanced interactions among its professional and community partnerships through:

- (a) Outstanding achievement in innovation of programs, such as panel presentations, speeches, publication and distribution of literature, other efforts to improve the quality of medical reporting and vocational assessments, etc., to promote the factual and effective documentation of disability determinations, AND
- (b) Exemplary outreach to community service and charitable organizations through activities such as promoting cause-awareness, volunteerism, charity benefits or fundraisers, donations, or any other philanthropic initiatives.

The **CHARLES O. BLALOCK AWARD** is a service award to be presented annually and on a continuing basis in the name of the founder of NADE. It is made in recognition of an individual who has made extended efforts and major contributions toward the organizational advancement of NADE. The recipient:

- (a) May be any professional member of the National Association of Disability Examiners who is employed either full or part-time.
- (b) Shall have provided outstanding leadership in the development and substantial expansion of his/her State Chapter, Regional, and/ or the National organization.
- (c) Shall have shown consistent efforts over a period of at least three years toward the organizational advancement of NADE.
- (d) May be a Committee Chairperson, a National Board Member, a Chapter President or any Member who has promoted the advancement of NADE to an outstanding degree.

The **NADE AWARD** is to honor and recognize the disability professional of the year who has made outstanding contributions not only to the service of the claimant in accordance with his/her expertise, but also has contributed substantially of his/her time and talent to promote harmonious and more effective working relationships among his/her immediate professional community. The award shall be presented annually at the National Conference. The recipient shall be:

- (a) Anyone who is professionally identified as a disability professional, employed full or part-time.
- (b) Any NADE member engaged as a professional in any capacity, i.e., Medical Consultant, Adjudicator, Vocational Evaluation Consultant, Supervisor, etc.
- (c) Anyone who has consistently shown outstanding achievement by the use of initiative and humanitarian efforts and ability to effectively assist in the Social Security disability process.



The **JOHN GORDON AWARD** is presented in the name of John R. Gordon, to a supervisor in the disability program, and is designed to honor and recognize superior performance in a supervisory capacity. The recipient shall be:

- (a) Any supervisor who is professionally identified as a NADE member.
- (b) Any supervisor who by his/her initiative and resourcefulness promotes cohesiveness in his/her work group.
- (c) Any supervisor who provides further incentive for personal growth and professionalism among the individuals he/she supervises.
- (d) Any supervisor who acts in his/her executive capacity in the promotion and maintenance of morale.
- (e) Any supervisor who exceeds the requirements of his/her role in facilitating the workloads of his/her Agency.

The **LEWIS BUCKINGHAM AWARD** recognizes a leader of the National Association of Disability Examiners at either the Regional or National level. The recipient shall:

- (a) This person must consistently have shown outstanding achievement by the use of initiative and humanitarian efforts to further advance the professionalism and goals of the National Association of Disability Examiners.
- (b) The recipient must have contributed at least ten (10) years of continuous service to the organization.
- (c) The recipient should have served on the National Board of Directors.

The **DIRECTORS AWARD** is to honor and recognize an outstanding member of the support staff who demonstrates work performance efficiency and characteristics which contribute to the efficient operation of the unit and the morale of coworkers. The recipient shall:

- a) Be any clerical or paraprofessional employee who is employed either full or part-time and is a member of NADE.
- (b) Have shown outstanding leadership and work performance among his/her peer group.

Awards, continued

The **EARL B. THOMAS AWARD** is to be presented annually in the name of a charter member of NADE, who actively supported NADE as an association of disability professionals. The recipient must:

- (a) Be a member and active supporter of NADE.
- (b) Be (i) the administrator of a State or Federal agency OR (ii) the top administrator of a Regional or Satellite DDS AND (iii) must have been so for three years.
- (c) Have contributed significantly to the program in ways consistent with the policies of NADE, beyond the normal administrative duties of his/her position.

The **FRANK BARCLAY AWARD** is presented annually in recognition of an individual who has demonstrated exceptional ability to personally, or through the development and promotion of programs, motivate and challenge personnel in (1) a disability program and/or (2) personal and professional growth. The recipient must:

- (a) Be a member of NADE.
- (b) Be assigned to job duties on a full or part-time basis. Examples of potential nominees include, but are not limited to, training officers, civil rights office employees, human resource management personnel, etc.
- (c) Have notable accomplishments in the area of human resource development, consistent with policies and objectives of our professional organization.

The **MARTY BLUM ROOKIE OF THE YEAR AWARD** is to be given annually to honor and recognize a disability professional who has made a significant contribution on a local, regional, and/or national level to the National Association of Disability Examiners. The recipient must have:

- a) Been a member of NADE for less than two years, at the time of nomination, regardless of the number of years of service in a DDS.
- (b) Made a significant contribution to his or her local, regional, and/or national level of NADE.

You may download the nomination form from the **Publication page** at **nade.org**

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Cochlear Implants and Controversy

by Claire Cowley, Ohio DDS

The deaf community has worked hard to function in the hearing world. That's according to Katie Scheetz, Rehabilitation Program Specialist, who spoke to disability professionals in Columbus at the 2012 NADE conference in Columbus, Ohio. She went through the history of the deaf community, beginning in the 1860s when the hearing impaired were called "animals". But, she pointed out, society would not have football huddles or signs for safe and out, and balls and strikes in baseball if there hadn't been hearing impaired players. She noted that her brother's doctor said that he couldn't hear because boys develop more slowly than girls and they should not teach him sign language because then he would never learn to talk. But today all hospitals require that hearing be tested at birth and there are colleges that teach only deaf students.



Cochlear implants have been a controversy for the deaf community, according to Scheetz, because they "fix" something that may not need to be fixed. The bulky implants are placed behind the ears and holes are drilled into the skull for wires that stimulate the auditory nerve. Scheetz says it doesn't create "hearing" but it makes ticks and clicks in the brain. The person receiving the implant has to receive therapy for many months in order to translate the sounds.

Scheetz says the cochlear implants are an affront to the deaf community and it is a form of cultural genocide. She says society is placing success on speech and hearing rather than language, art, abilities, and culture. She adds it also leads to poor self-image for the hearing impaired, as they are being labeled "disabled".

Scheetz has worked for 15 years in the field of deafness and rehabilitation. She works at the Ohio Rehabilitation Services Commission where she coordinates two programs for deaf services. She is also an adjunct professor at the University of Cincinnati where she teaches Psychosocial Aspects of Hearing Loss and American sign Language classes.

NADE's President and President-elect in front of the White House on their Washington DC trip. Future plans??



Are you Certified through NADE?

Certification applications are available at nade.org, or you may contact

Ellen Cook, Professional Development Committee Chair
4805 Greenbriar Drive Springfield, IL 62711 217.741.8151 ellen.cook@ssa.gov

Regional and Chapter News

Great Lakes Association of Disability Examiners

by Rodney Roth

The Great Lakes Association of Disability Examiners (GLADE) held their annual Mid-Year Board meeting in Schiller Park, IL on March 16th, 2013.

The attendees were: Claudette Benser (MI), Veronica Schoonbeck (MI), Marcia Shantz (MI), Ellen Cook (IL), Robbie Johnston (IL), Rodney Roth (IL), Jen Maxson (OH) and Janet Geeslin (WI).

The Kalamazoo, Michigan chapter (K-MADE) was welcomed as a new state chapter joining the region with the same voting privileges as our other state chapters.

GLADE chapters have all been active with hosting social activities to support their local chapters and other charitable deeds that help their local community food banks and charitable organizations. Each of the chapters take pride in these activities through bake sales, holiday bazaars, casual weeks for charities, food drives, buying gifts for children attending the school for the deaf and visually impaired, silent auctions, adoption of two families for Christmas, and care items for residents in long term housing units. The chapters are also raising money to help support members to attend the regional and national conferences this year.

This year there will be no Great Lakes Regional Conference due to budgetary constraints, retirement issues within the regions, and the uncertainty of hiring which is leaving fewer staff and resources to serve the citizens of their states. Illinois hosted their one day state training conference on May 8th, 2013. Ohio will hold a one-day conference on August 8, 2013.

Information from the NADE Mid-Year board meeting in Baltimore, MD was presented to the Regional representatives. Regional issues and topics were discussed.

The Region's chapters continue to maintain and/or have slight increases in memberships demonstrating their commitment and dedication to NADE and the Disability Program.

IADE's State Training Conference Uplifts, Educates

by Nancy Tucker, Public Service Administrator, Illinois DDS

Illinois Association of Disability Examiners (IADE) held its annual state training conference on May 8, 2013 in Springfield, IL. The theme for this year's conference was, "You Can't Spell **Challenge** without **Change**". Nationwide, SSA and DDS's are facing challenges of staffing shortages, increasing case receipts, and mounting backlogs. Illinois is no different. We used the day of training to provide staff with an opportunity to gain a better understanding of our current situation, improve coping skills, have medical training, and enjoy networking.

The Acting Commissioner of the Chicago Region, Marcia Mosley provided the keynote address. Carole Grayson, Disability Program Administrator from the Chicago Regional Office, joined her. The day's agenda included training on reactive attachment disorder in children, treatment of wound infections with hyperbaric oxygen, rotator cuff and shoulder injuries, and how to deal with difficult people. There was an awards luncheon, where staff from the Illinois DDS were recognized for their service over the past year. Ellen Cook, NADE Certification Chair, provided a "NADE Update".

Illinois has held fundraising events over the past year to help defray conference expenses. As a result, we were able to offer a very low registration fee to folks who either joined NADE for the first time or renewed their memberships for 2013-14. We had 34 individuals take advantage of the deal. This will help keep Illinois membership numbers strong, even though we face a shrinking pool of adjudicators. More than 50 were in attendance at the conference for all or part of the day. IL DDS Administration recognized the benefit of the conference and encouraged participation.

At the end of the day, those who attended agreed it would be easier to return to work the next day. The positive atmosphere of a training conference can and does change the way we look at challenge.

Regional and Chapter News

We Have Changed Our Name!

by Karen Beyer, OlyWADE

The Olympia Washington Association of Disability Examiners Chapter proudly announces that we have changed our name to OlyWADE. We have done so to alleviate confusion that arose from our former name, OWADE. We have also created a new logo that better reflects our Olympia location and heritage.



We are excited about our new name and look forward to seeing folks in Oklahoma City later this summer at this year's NADE National Conference. If you happen to visit the Great Northwest, please come see us.

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Organ Donation Saves Lives

by Julie Mavis, Organ Donation/Transplant Chair

There wasn't a dry eye in the room as Gift of Life volunteer, Raquel Johnson, shared her story. Her father had passed away unexpectedly in 2001, a few weeks after 9/11. The family was approached by staff from Michigan's Gift of Life Organ Procurement Agency about donating his organs and tissues. There was no hesitation as the family knew his desire to help others and they made that decision to help save the lives of others. The staff at the Lansing, MI DDS wept as Raquel described the joy she felt when she met her father's heart recipient. He started to live his life alive again after receiving her father's heart. He was able to travel, enjoy his family and even dance with Raquel's sister on the day of her wedding. Raquel shared the importance of discussing the desire about organ donation with your family and friends as well as registering for your State's Organ and Tissue registry. As most States have gone to a computerized database to document this information rather than relying on the signature on the back of a driver's license.

This was one of many activities initiated as NADE chapters celebrated National Donate Life Month in April. Chapters were encouraged to educate others on the importance of organ, tissue and eye donation as well as registering to be an organ and tissue donor. The National Donate Life month contest was held by NADE's Organ Donation and Transplant Committee and they look forward to announcing the winners at the National Training Conference later this year. Other entries received by the committee described chapters giving out green "Donate Life" bracelets in their office and educating others on the purpose of donation, lunch and learn sessions with volunteers presenting from organ procurement agencies, donor drives to encourage staff to register to be an organ, tissue, and eye donor, placing exhibits about organ donation in their office, hosting fundraisers for various groups associated with organ donation, hosting blood drives, and sending emails about organ donation or even bone marrow donation to staff. The Committee was very impressed with the entries and very proud of NADE members in taking on this initiative to help educate others on the important of organ, tissue, and eye donation.

The following information is compiled from donatelife.net

Donate Life America is a 501(c)3 not-for-profit alliance of national organizations and state teams across the United States committed to increasing organ, eye and tissue donation. Donate Life America manages and promotes the national brand for donation, Donate Life, and assists Donate Life State Teams and national partners in facilitating high-performing donor registries; developing and executing effective multi-media donor education programs; and motivating the American public to register now as organ, eye and tissue donors.



Currently, nearly 120,000 men, women and children are awaiting organ transplants in the United States. For specific numbers visit unos.org

65,991 Multicultural Patients*

1,760 Pediatric Patients*

28,052 Organ Transplants Performed in 2011

14,013 Organ Donors in 2012

More than 46,000 corneas were transplanted in 2012

More than 1 million tissue transplants are done each year and the surgical need for tissue has been steadily rising

Do you have 7 minutes? The Scientific 7-Minute Workout

Excerpt from a column that appeared in the May 12 issue of The New York Times Magazine.



Exercise science is a fine and intellectually fascinating thing. But sometimes you just want someone to lay out guidelines for how to put the newest fitness research into practice.

An article in the May-June issue of the American College of Sports Medicine's Health & Fitness Journal does just that. In 12 exercises deploying only body weight, a chair and a wall, it fulfills the latest mandates for high-intensity effort, which essentially combines a long run and a visit to the weight room into about seven minutes of steady discomfort — all of it based on science.

Interested? Can you spare 7 minutes?

Visit <http://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/> for graphics of the exercises and additional information.

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NADE Membership Application

(Please print name, title & designation as desired on your Membership Certificate)

NADE's membership year runs from July 1st through June 30th each year. Your membership will expire on the June 30th following your join date.

Exception: All new memberships received between January through June will receive an expiration date of June 30th of the following year. NADE does not prorate dues.

Check the appropriate box in each section.

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3 Ways to Reduce Exposure to Cell Phone Radiation

from <http://www.copyrightfreecontent.com/health/3-ways-to-reduce-exposure-to-cell-phone-radiation/>

Five words or less(NewsUSA) – The debate about radiation exposure from cell phone use still doesn't have a conclusive answer, but the World Health Organization (WHO) classified cell phone radiation as a "potential carcinogen" alongside other hazards like lead, engine exhaust and chloroform. That means prolonged cell phone use can possibly increase the risk of specific types of brain cancer and tumor growth, according to WHO.

Although international research, such as the noted Interphone study conducted by the International Agency for Research on Cancer, continues to be somewhat contradictory, experts agree consumers have reason for concern, particularly heavy users and youth.

Cellular radiation, technically referred to as low-level radio frequency, is similar to what is emitted by microwaves. While not as strong as some other sources of radiation — i.e. x-rays — the radiation can penetrate the brain, harm DNA and release destructive free radicals. All of those factors increase a person's chances of developing cancer, especially among children who also tend to be heavy users.

Georgetown professor and epidemiologist Devra Davis is very concerned about the long-term effects of people who use cell phones for decades or more. Consider these easy ways to reduce your exposure to cell phone radiation:

1. Use speakerphone, ear buds or other headsets. The goal of these accessories is to keep the phone farther away from your head, which lessens the amount of radiation you're absorbing.
2. Use protectors designed to block radiation. Mobile phone accessories like Press Shield (www.PressShield.com) use unique materials to block the radiation emitted by cellular frequencies. John F. Cruz designed Press Shield to act as an insulating shield between your body and potentially harmful microwave radiation. Press Shield has the added bonus of a privacy guard and prevents pocket dial. Learn more by visiting <http://bit.ly/X8QOsa> or calling 800-983-7610.
3. Avoid putting phone in pockets or close to your bed. The farther away your phone is, the better. Belt clips may not be super stylish, but they're a good way to put another barrier between you and your phone. If you must put it in your pocket, don't leave it there for long. Similarly, sleeping with your cell phone underneath or near your head exposes you to radiation as long as you remain asleep.

