

September 2020 e-newsletter



DDA Survey

The DDA has launched a survey to hear from people with intellectual and developmental disabilities and families about their thoughts on reopening day and employment; understanding their concerns, and learning what is and is not working for participants and families during this difficult time.



If you have not yet filled out this survey we would appreciate you taking some time to complete the form.

Survey Link:

https://www.surveymonkey.com/r/DDA_Reopening_Survey

Thank you for your assistance!

Day Program Activity



Paris Walker and her Direct Support Professional (DSP), Lenora

Johnson, are seen here using proper mask and glove protocol along with social distancing measures, while re-potting plants at the Upper Marlboro location. They purchased the supplies they needed for the project at a local store and returned to the building to complete their activity.



A Resource Toolkit for Job Seekers with Disabilities

The coronavirus pandemic has presented unique career-related circumstances to navigate, making the process of finding and keeping a job that much more challenging.

Here is a library of resources, tips, and support to get you started:

4 Resources on Getting Started

[Free Online Job Aptitude Tests](#)

[Writing the Perfect Resume for a Job Seeker with Disabilities](#)

[Employees' Practical Guide to Requesting & Negotiating Reasonable Accommodation](#)

[Protections Against Employment Discrimination](#)

5 Resources on Navigating Job Opportunities

[Where to Search and How to Apply for Jobs Online](#)

[Get Assistance With Your Job Search](#)

[At-Home Work for People with Disabilities and Special Needs](#)

[27 Companies Who Hire Adults With Autism](#)

[5 Great Companies That Employ Adults With Special Needs](#)

5 Resources on Nailing the Job Interview

[Interview Confidence for Workers with Disabilities](#)

[Disability Disclosure and Interviewing Techniques for Persons with Disabilities](#)

[Selling Your Soft Skills During an Interview](#)

[8 Interview Questions for Job Seekers to Ask About COVID-19](#)

[Handling Disability Disclosure When Applying For Work](#)

6 Resources on Making Your New Job a Success

[12 Time Management Apps to Organize Your Life and Keep You on Track](#)

[10 Tips to Help Reduce Distractions and Increase Your Focus](#)

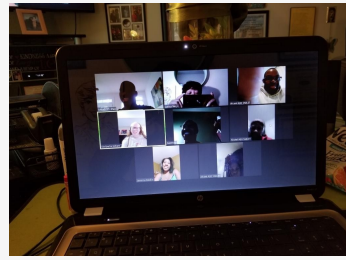
[How to Design a Home Office to Fit Your Lifestyle](#)

[9 Simple Ways to Deal With Stress at Work](#)

[How to Practice Basic Meditation for Stress Management](#)

[How to Improve Your Work-Life Balance So You Don't Burn Out](#)

Please be aware that New Horizons is offering both virtual classes and telephonic meetings to participants whose families are not yet comfortable with having them return to the programs in person.



The virtual and telephonic classes are being offered Monday through Saturday using the Zoom platform. Courses include; money management, job readiness, exercise, current events, dance, proper hand washing techniques and mask wearing protocol for COVID-19 prevention, and arts & crafts classes.

Please contact Kim Turner @ kturner@nhssi.org or 301.249.0206 to sign up for these services.

New Horizons - Celebrating 51 Years of Changing Lives & Building Opportunities

NOW more than ever we need your support!
Please help us continue our MISSION for the next 50 years.

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Today!**