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## this month

- May 12  
International Nurses Day
- May 20  
Armed Forces Day
- May 24  
World Schizophrenia Day



## MENTAL HEALTH AWARENESS MONTH

### *More Than Enough*

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, the National Alliance on Mental Illness (NAMI) joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

This year, NAMI is celebrating Mental Health Awareness Month with the *More Than Enough* campaign! It's an opportunity to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background, or ability. NAMI wants every person out there to know that if all you did was wake up today, that's *more than enough*. No matter what, you are inherently worthy of *more than enough* life, love, and healing. Showing up, just as you are, for yourself and the people around you is *more than enough*.

Throughout the month of May, NAMI invites you to share on social media why you are *more than enough* by tagging NAMI (@NAMISCommunicate) and using their hashtag #MoreThanEnough. Visit [www.nami.org](http://www.nami.org) for more resources and ways to get involved.

Source: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



- Older Americans Month
- National Mental Health Awareness Month
- National Cystic Fibrosis Awareness Month
- Ehlers-Danlos Syndrome Awareness Month

## New *Barbie* Doll Represents Persons With Down Syndrome

Mattel introduced a new Barbie doll representing a person with Down syndrome. The new doll is part of Mattel Barbie Fashionistas line, which aims to offer kids a more diverse representation of beauty and fight the stigma around physical disabilities. Previous Barbie Fashionistas include a doll with a prosthetic leg, one with hearing aids, another that comes with a wheelchair, and a doll with the skin condition vitiligo, which causes patches of skin to lose their pigment.

For the newest Barbie Fashionista doll, Mattel worked closely with the National Down Syndrome Society to design the doll's shape, features, clothing, accessories, and packaging to ensure accurate representation of a person with Down syndrome. The genetic condition affects cognitive ability, causing mild to severe learning disabilities and distinctive facial characteristics. A medical professional reviewed the design, which introduces a new face and body sculpt illustrative of women with Down syndrome.

Mattel said the new Barbie's puff sleeved dress pattern features butterflies and yellow and blue colors, which are symbols and colors associated with Down syndrome awareness. The doll's pink pendant necklace with three upward chevrons is a symbol that unites the Down syndrome community, representing the three copies of the 21st chromosome, which is the genetic material that causes the characteristics associated with Down syndrome. The new Barbie also wears pink ankle foot orthotics to match her dress and her sneakers feature a zipper to represent children with Down syndrome, some of whom use orthotics to support their feet and ankles.

"Our goal is to enable all children to see themselves in Barbie, while also encouraging children to play with dolls who do not look like themselves," Lisa McKnight, Mattel's executive vice president and global head of barbie & dolls, said in a statement. McKnight said Mattel's goal with the doll is to "counter social stigma through play."

"Doll play outside of a child's own lived experience can teach understanding and build a greater sense of empathy.... We are proud to introduce a Barbie doll with Down syndrome to better reflect the world around us and further our commitment to celebrating inclusion through play," she said.

Source: <https://www.cnn.com/2023/04/25/business/barbie-down-syndrome-doll/index.html>

## Reminder

### Wyoming Developmental Disabilities Conference

June 7-9, 2023  
Casper, Wyoming  
Ramkota Hotel

Registration opens May 1st.



#### Keynote Speakers

Maxwell Ivey  
*Life Is a River: Overcoming Adversity  
by Continuing to Move Forward*

Alycia Anderson  
*The Heart of Inclusion*

Lee Ann Pond  
*So You Want to Start a Small  
Business?*



#### Bright Star Awards

Bright Star Award nomination forms will be accepted until May 19th, for the following categories: Outstanding Advocate, Colleen Pillion Family Member, Exemplary Professional, and Distinguished Educator.

The Bright Star Awards recognize individuals who are identified by their peers for their exceptional performance in advocacy at the local, state, or national level.

For more information and nomination forms visit [wgcd.wyo.gov/projects/WDDC](http://wgcd.wyo.gov/projects/WDDC).

## Living in Long Term Care Today

Tuesdays, 1:00-2:00 p.m. (MT)

Virtual Webinar Series

The Great Plains - Mountain Geriatric Workforce Enhancement Program (GWEP) Consortium presents a FREE webinar series for residents, family members, and professional caregivers in Long Term Care.

**May 16<sup>th</sup>**

### Maintaining Engagement

Maya Pignatore, PhD  
Psychologist

**May 23<sup>rd</sup>**

### Boosting Health & Safety for Your Loved Ones

Crystal Morse, MSHSA, CSW  
Infection Prevention Specialist

**May 30<sup>th</sup>**

### Honoring and Understanding End of Life

Jessica Moen, RN  
Hospice Director

**June 6<sup>th</sup>**

### COVID 19: What You Need to Know Now

Jason Gigley, PhD  
Associate Professor of Molecular Biology

#### Two ways to participate:

1. Join from your computer at home or work. Zoom information will be sent to the email address provided at registration.
2. Attend at a local organization in your area. Register to host or call 307-766-2829 to attend the series at an organization in your area.

#### To register visit:

[https://uwyo.sjc1.qualtrics.com/jfe/form/SV\\_8hKg3DtOvPhgnnM](https://uwyo.sjc1.qualtrics.com/jfe/form/SV_8hKg3DtOvPhgnnM)

#### For more information visit:

<https://www.dakotageriatrics.org/great-plains-mountain-consortium>

#### For questions contact:

[wycoa@uwyo.edu](mailto:wycoa@uwyo.edu) or 307-766-2829



AGING UNBOUND: MAY 2023

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging—and how we all benefit when older adults remain engaged, independent, and included. Visit <https://acl.gov/oam/2023/older-americans-month-2023> for activity ideas and more information. Follow #OlderAmericansMonth to see how other communities are planning to celebrate!

### The Laramie County Senior Activity Center Presents:

## CINCO DE MAYO

**Where:** Casey's Club  
507 W. 28<sup>th</sup> Street, Cheyenne

**When:** Friday, May 5<sup>th</sup>  
5:00-10:00 p.m.

**Cost:** \$15

**Dinner:** 5:30-7:00 p.m.  
Smothered Burrito or Nachos  
Rice, Beans, Churro

**Entertainment:** DJ Steve Navares  
Raffles  
Door Prizes  
Silent Auction

*Come dance the night away!*

## Executive Order

### Expands Access to Community Living Services Provides Supports for Family Caregivers

On April 18, 2023, President Biden signed an executive order (EO) that includes more than 50 directives to federal agencies to increase access to affordable, high-quality care, and provide support for care workers and family caregivers.

The EO directs actions to improve job quality for the professionals who provide the critical services that make community living possible for millions of people. It includes actions to improve support for the 53 million family caregivers who provide the overwhelming majority of long-term support to older adults and people with disabilities. It also directs actions to expand availability of home and community-based services, including those funded by Medicaid and the Department of Veterans Affairs.

Visit [www.acl.gov](https://www.acl.gov) to read the executive order, watch a short video of the signing, and view the White House fact sheet, which contains more of the highlights.

Source: <https://acl.gov/news-and-events/announcements/executive-order-expands-access-community-living-services-supports>



### MISSION STATEMENT

To establish,  
expand, protect,  
and enforce the  
human and civil  
rights of persons  
with disabilities  
through administrative,  
legal, and other  
appropriate remedies.

### CONTACT US

Protection & Advocacy  
System, Inc.

7344 Stockman Street  
Cheyenne, WY 82009  
307.632.3496 voice or relay  
800.625.7648 clients only  
307.638.0815 fax  
[www.wypanda.com](http://www.wypanda.com)

# Free

### Legal Information From A Volunteer Reference Attorney

A volunteer  
attorney will be  
available for  
brief one-to-one  
visits with  
community  
members  
to provide  
instruction in  
filling out legal  
forms and  
navigating the  
court system.

*Need assistance with filling out legal forms?*

*Have questions about the  
court system or how to navigate your case?*

May 4<sup>th</sup> and June 1<sup>st</sup>  
2:00-4:00 p.m.

Laramie County District Court  
309 W 20<sup>th</sup> St, 3<sup>rd</sup> Floor  
Cheyenne, WY

Free. First come, first served.

Sponsored by:  
Equal Justice Wyoming  
Wyoming Access to Justice Commission