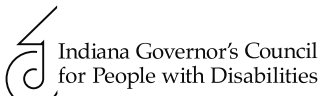


ignite thoughts into action

spark



Indiana Governor's Council
for People with Disabilities

Winter/Spring 2015
volume 5 number 1

2014 CONFERENCE RECAP



**MAPS brings
vision**



**Community
health workshops**



**Panel
discussions**

2014

CONFERENCE RECAP

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spark is a publication of the Indiana Governor’s Council for People with Disabilities, an independent state agency that facilitates change. Our mission is to promote the independence, productivity and inclusion of people with disabilities in all aspects of society. This mission is accomplished through planning, evaluation, collaboration, education, research and advocacy.

Suellen Jackson-Boner
Executive Director

Christine Dahlberg
Deputy Director

The 20th-anniversary conference has come to a close, and if you’re like me, you’ve paused to reflect on the wonderful and enlightening experiences this year brought.

Twenty years is a major milestone for the Governor’s Council in hosting the conference. Through thoughtful strategic planning, the conference themes have embraced the Council’s mission of inclusion of people with disabilities in all aspects of society, which is parallel to the vision and aspiration of the disability rights movement.

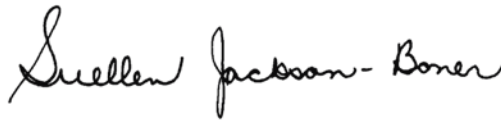
The 2014 conference theme, “Improve Yours: A Call for Healthy Communities,” is a stepping stone in our commitment to creating livable, healthy communities throughout Indiana. The conference focused on individual commitment in making healthy choices for ourselves as individuals and families, as well as collective action in uniting all of us to create healthy, livable and caring communities.

I would like to thank the Council’s board members, staff, sponsors, volunteers and presenters for helping to make this year’s conference a resounding success.

Most of all, I would like to thank each and every one of you who set aside time out of your busy schedules to attend the conference. Your dedication and commitment to the vision of achieving livable, healthy communities for all is evident in your willingness to educate and equip yourselves to take action in your own communities.

With your vision, spirit and strength as a collective body, I can unequivocally say Indiana has a bright future.

Sincerely,



Suellen Jackson-Boner
Executive Director



20 years of advocacy

Coming off of the 20th-anniversary celebration of the conference can be quite a heady experience. “It gives us reason to pause as we reflect on the past 20 years of conferences while anticipating a bright future,” said Suellen Jackson-Boner, Governor’s Council executive director.

The first Conference for People with Disabilities, held in 1995, came on the heels of the passage of the Americans with Disabilities Act (ADA). The ADA – signed into law July 1990 – was still considered new and untested. People in the disability community were just beginning to realize the true power of this landmark legislation; so, it became appropriate to use the passage of the ADA as a backdrop for the theme of the conference by offering workshops and plenary sessions that were introspective and completely focused on disability issues.

During this historic time of the disability rights movement it was important to use the conference as a means to focus on further strengthening advocacy efforts by:

- Refining personal skills and knowledge base.
- Understanding the dynamics of who disability advocates were and what beliefs were shared.
- Building a coalition across the disability spectrum.
- Becoming comfortable using these voices to influence change.

The disability rights movement has grown exponentially in strength throughout the past 20 years and gained momentum by embracing the support of a broader coalition of people with and without disabilities. Just as the disability rights movement has grown, the conference – mirroring the disability rights movement – has also found its

strength through reaffirming the mission of inclusion in all aspects of society. It has accomplished this by embracing themes that have resonated beyond the disability community.

Two decades of personal growth, challenges and accomplishments

Throughout two decades, conference attendees have been inspired and challenged by many prominent national and international speakers, such as Justin Dart, Bob Kafka, Liz Savage, Bobby Silverstein, John Hockenberry, Marca Bristo, Tia Niles, John Kemp, Patrick Worth, Jim Dickson, Chris Button, Glen Hiemstra, Dr. Richard Jackson, Ed McMahon and Fred Kent.

Also key to the conferences’ success are the partnerships forged among prominent disability organizations in Indiana.

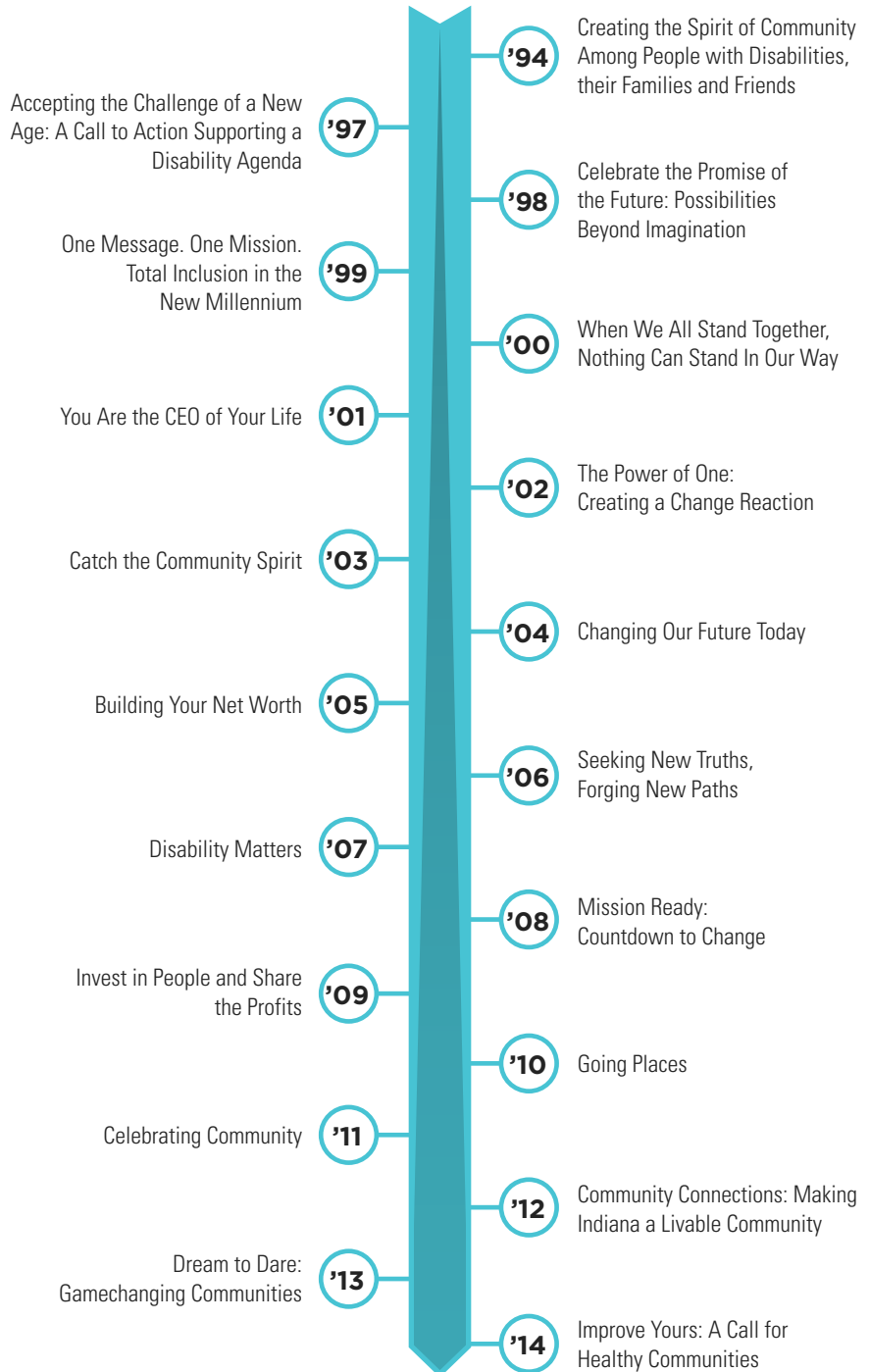
The conference has remained relevant for the past 20 years by:

- Staying true to the Council's mission of inclusion.
- Being visionary by keeping current and staying ahead of the curve in its educational and advocacy efforts.
- Forging strong partnerships between people with disabilities and people outside of the disability community.
- Reinventing itself and being inclusive by appealing to a more diverse and broad audience.
- Showcasing innovative programs and ideas.
- Providing data and analysis on current and emerging trends.
- Encouraging networking and conversation among the participants.
- Promoting a single message to rally around.
- Challenging participants to look at the bigger picture and find common ground to develop solutions.
- Creating a stimulating atmosphere and compelling topics to warrant discussion in local communities once the conference has concluded.

“What does the future hold for the conference, what will be the ‘hot’ topics, who will be the new gurus of knowledge? None of us can predict the next 20 years,” remarked Jackson-Boner. “One prediction I am sure of – the conference will be a constant fixture and remain a jewel in the crown of the Council as long as it stays relevant by embodying the Council's mission to build an inclusive society.” *

20 YEARS

A look back at conversations we've created to spark the flame of advocacy



Community Spirit Awards



Congratulations to this year's Community Spirit Award winners!

There are those individuals who have heeded the call for advocacy and equality. They go the extra mile to improve their lives – and the lives of others. They are the Governor's Council's Community Spirit Award winners. Each year, the Council honors outstanding disability advocates and Disability Awareness Month campaigns during the conference's opening session. This year's winners inspire us with their drive, selflessness and tireless work.

2014 Distinguished Leadership Awards

Presented to a person with a disability and a parent or guardian of a child with a disability. Recipients are honored for extraordinary contributions to disability advocacy.

The 2014 Distinguished Leadership Award for a Person with a Disability was awarded to Betty Williams of Richmond, Ind. As past vice president and president of Self-Advocates of Indiana,

Betty has traveled to the White House and Japan to speak about the importance of self-advocacy. She was recently appointed to the President's Committee for People with Intellectual Disabilities.

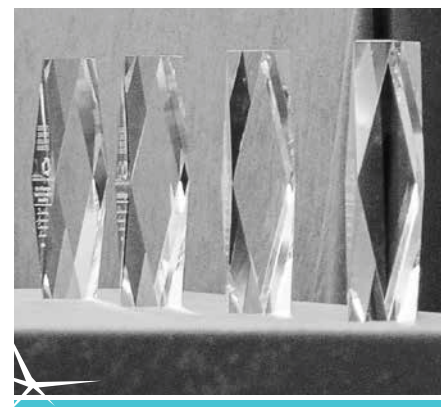
Zionsville resident Jan Bullington – Distinguished Leadership Award winner in the Parent of a Child with a Disability category – is a knowledgeable, persistent advocate who has educated hundreds of families with loved ones who have disabilities. Jan, a mother of two adult sons who have autism, has volunteered with Best Buddies, the local transition council and Special Olympics, among many other organizations.

2014 Disability Awareness Campaign Awards

Presented to individuals and/or a group or organization for outstanding efforts to promote Disability Awareness Month in schools, businesses and/or communities.

The City of Bloomington's Council for Community Accessibility takes the idea of Disability Awareness Month to heart. Every single day of March 2014 the Council organized and directed campaign activities. Events were wide-ranging to appeal to the entire community and included a film festival, webinars, workshops, panel discussions, a local awards luncheon, resource and health and wellness fairs, and presentations in local schools.

A second Disability Awareness Campaign Award was presented to William Tell Elementary School. For the school's first-ever Disability Awareness month campaign, Angie Spinner, the life skills teacher, collaborated with students with disabilities, school leaders and community members to create student activities that focused on inclusion. Students with disabilities worked with and presented to their fellow elementary students. School-wide activities included guest speakers, door decorating and t-shirt sales. The campaign helped create friendships between all students with and without disabilities. *





MAPS is leading the way to a healthy, livable Oklahoma City

How does a failing city turn itself around and create a brighter future?

Just ask the mayor of Oklahoma City.

Mayor Mick Cornett, keynote speaker at this year's conference, was elected in 2004 and took over responsibility for an innovative public program called MAPS (Metropolitan Area Projects), a plan intended to guide the city to greatness. Supported by three administrations since 1993, this was to be a long-term commitment. To be successful, it would require a vision, strong leadership, resources and partners working together.

But how can one city – and all its interest groups – stay on course to achieve the transformative vision outlined in MAPS? “It took everyone pulling on the same rope,” said Cornett.

The Mayor shared the formula that led to a remarkable long-term change – from a city going down the wrong road, to one paving the way for the future.

Mapping out a city's vision

It began in the early 1990s, when Oklahoma City was vying for a large United Airlines facility that would bring more than 8,000 jobs to the city. After losing the bid to Indianapolis, Oklahoma City leaders were left scratching their heads. After all, they offered competitive tax breaks and nearly \$250 million worth of incentives.

To their dismay they discovered that quality of life and livability is a big part of the equation when a business considers a location. Oklahoma City didn't measure up.

Then-Mayor Rick Norick got the message. He understood that to be a successful contender, Oklahoma City would first need to invest in

itself. They needed a vision that would get the whole community on board.

“A vision without a plan is just a dream. A plan without a vision is just drudgery. But a vision with a plan can change the world.”

– Old Proverb

To see success, Norick and city leaders recognized MAPS needed to be an “all or nothing” approach to enhance the city. The goal was to pass legislation for a holistic action plan to address quality of life issues. The plan encompassed improvements to the arts, sports, education and other components

of “livability.” Citizens were asked to vote for MAPS on one ballot without choosing a single project or approach – a strategic move designed to force each interest group to find common ground to pass the bill.

MAPS passed by a close majority (53 percent) and was funded by a new penny tax that had a specific start and end date. Each project was paid for in cash on a pay-as-you-go system and was monitored by a citizen oversight board. This initiative helped build a new sports stadium, library, downtown canal and shopping district. It even called for adding water to the dried up river!

Navigating the turns ahead

In 2001, as the first round of MAPS was underway, new Mayor Kirk Humphreys embraced the wildly successful MAPS concept to propose a new course for the failing education system. Called MAPS for Kids, the city-school partnership followed the same consensus-building approach as its predecessor. The major \$700 million initiative provided much-

needed renovations to school buildings, new gymnasiums at 45 inner-city schools, and other upgrades.

Oklahoma City was certainly moving along! In the midst of the improvements, Cornett became mayor in 2004. He noted all the city’s major accolades – named the “best” in many economic development categories.

However, there was one award he wasn’t proud of: Most obese city.

Even with all the enhancements, Oklahoma City still had a “drive-through restaurant mentality.” Inspired to get himself healthy as well, Cornett led the city in an aggressive weight-loss effort, with a cumulative goal of losing 1 million pounds. Through private funding, he created a website to track the city’s weight loss and provide resources to help residents lead more healthy lifestyles. After appearing on The Ellen DeGeneres Show, which gave him high praise for the initiative, residents were quick to jump on board.

Cornett also reignited MAPS (called MAPS 3) for this cause.

He called for support in initiatives that promoted health, wellness and a long-term quality of life for residents. Parks and sidewalks were added throughout the city, plans for a modern streetcar system were initiated, new senior health and wellness centers were built in each of the city’s four quadrants, new funds helped initiate a world-class rowing and kayaking community along the river, and miles of hiking and biking trails were constructed.

Additionally, Cornett helped institute new policies, such as removing fried food in schools and requiring the installation of new sidewalks as part of any new road construction project. He also worked to change the city planners’ focus to creating walkable connections between neighborhoods.

Unfolding a new city, together

Thanks to the momentous success of MAPS and the city-wide support it created, Oklahoma City transformed itself from one of the nation’s worst economies to one of the best in just 25 years. It also has one of the nation’s lowest unemployment rates and highest quality of life rankings.

“We’re building a city where your kids and grandkids will choose to live,” says Cornett.

Oklahoma City and its mayors should be remembered and exemplified for their ability to identify how to change course to become an award-winning example of urban quality of life and health. When everyone is “pulling on the same rope,” a clear vision can become reality. *



Mayor Cornett described how crucial vision and leadership were to the transformation of Oklahoma City.

2014 CONFERENCE HIGHLIGHTS



Governor's Council Deputy Director Christine Dahlberg and Executive Director Suellen Jackson-Boner (L to R) reveal the 2015 Disability Awareness Month campaign during the opening session.



Audience members were fully engaged in the two-day conference discussions.



Beads and beignets! Conference attendees enjoyed the Mardi Gras-themed reception.



The Exhibit Hall was packed with the latest information from many of the Council's close partners and fellow advocacy groups.



The ninth-annual disability poll encouraged attendees to reflect on the 25th anniversary of the ADA.



Meeting old and new friends is always a reason to attend the annual conference.



Council board members and conference attendees joined a series of round table discussions on the second day of the conference focused on the essence of livable communities.



Each conference workshop contained useful information and ideas for attendees to take back to their own communities.



The 10 different workshops explored the topic of health from various vantage points.



Sharing of ideas, asking questions and networking were key to creating new understandings.



The Assistive Technology Lab, sponsored by INDATA, gave conference goers the chance to see new technology and devices.



Monday's reactor panel included (L to R) Gary Mayor Karen Freeman-Wilson, Troy Riggs and Rev. Charles Ellis Jr. (Page 10, L to R: Dr. Mary Paterson, Senator Michael Crider, Stephan Viehweg and Steve McCaffrey, J.D.)



Violence as a health issue

Violence cuts across all ages, ethnicities and genders, and it has become a leading cause of death. U.S. crime data from 2011 reveals more than 700,000 individuals ages 10 through 24 were treated in the emergency room for nonfatal injuries sustained from assaults. From 2007 to 2011, the U.S. Department of Justice found the average annual number of hate crime victims was 259,690. More than 12 million people experience domestic violence over the course of a year. And, a 2011 FBI Threat Assessment Study estimated gangs have established a strong presence in at least 45 of Indiana's 92 counties.

Violence is a symptom of an unhealthy community and presents a population health challenge, according to conference plenary speaker Mary Paterson, Ph.D., associate dean at Catholic University of America. Highly regarded as a health policy

expert, Dr. Paterson has provided consultation and testimony to the U.S. Senate and the World Health Organization.

During the session, Dr. Paterson discussed challenges and provided statistical data and anecdotes, which stimulated discussion among a reactor panel of city and state leaders.

The importance of data

Centers for Disease Control and Prevention data from 2011 and 2012 indicates the top three causes of violent deaths in Indiana were suicides by firearm, suicides by suffocation and homicides by firearm. Twenty percent of Indiana's counties account for two thirds of violent deaths, and households were found to be the top places for violence-related death.

Dr. Paterson introduced the term hotspotting: targeting and focusing resources in areas where problems

most often occur as a way to address violence in a community.

Data collection, analysis and tracking is key to this process. Through the use of a new, high-quality comprehensive database housed and operated by the Indiana State Department of Health, reports of violent deaths and crime can be tracked and eradicated based on sound statistics and strategy.

Dr. Paterson encouraged the audience to address violence using this formula:

- Prevent, don't react.
- Identify the problem.
- Identify the causes and their associated risk factors.
- Work in partnership with community groups.
- Start small and scale up to effective programs and/or policy.

“Action informed by good research increases the impact,” said Dr. Paterson. “And most importantly, be sure to include all stakeholders when you’re ready to implement a program or policy.”

An Indiana perspective: reactor panel

Following Dr. Paterson’s presentation, conference attendees learned about and discussed progress being made to address violence in Indiana. The session was moderated by Steve McCaffrey, J.D., president and CEO, Mental Health America of Indiana. Panelists included:

- Indiana Senator Michael Crider, District 28 **(MC)**
- The Rev. Charles Ellis Jr., executive director of Indianapolis Ten Point Coalition **(CE)**
- Troy Riggs, director, Department of Public Safety, City of Indianapolis **(TR)**
- Stephan Viehweg, assistant research professor, Riley Child Development Center, IU School of Medicine **(SV)**
- Mayor Karen Freeman-Wilson, J.D., City of Gary **(KW)**

SV: From my experience in early childhood development, I see the lifelong repercussions violence has on people’s way of life.

KW: I agree with Dr. Paterson’s multi-faceted approach. We can’t incarcerate people to solve the problem.

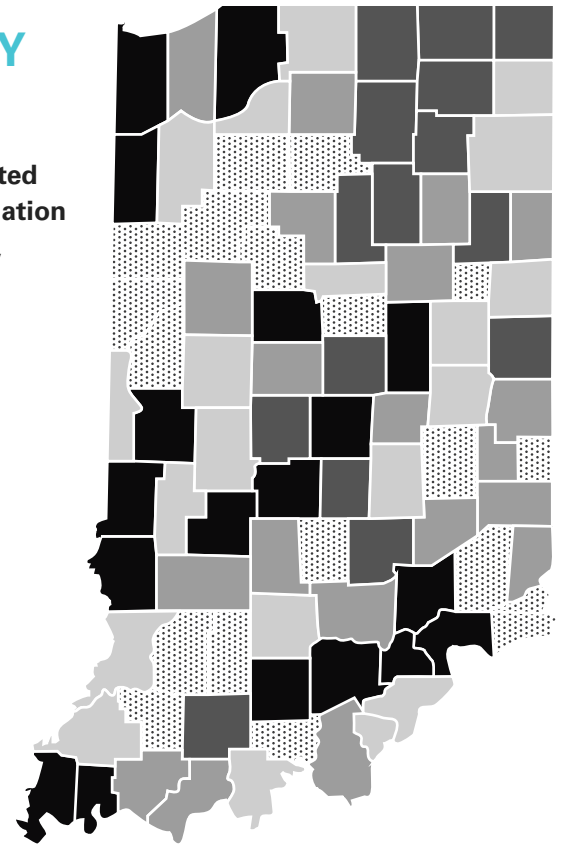
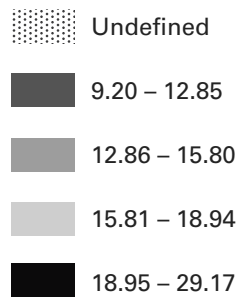
CE: Viewing violence as a public health symptom means violence is not normal.

INDIANA COUNTY HOT SPOTS

2004 – 2010, Indiana Age-adjusted Death Rates per 100,000 Population

All injury, violence-related, races, ethnicities, sexes and ages

Annualized age-adjusted rate for Indiana: 18.05



TR: Indy is data-starved. By looking at 2012 data (a year with the most reliable crime data), we found 4.7 percent of Indianapolis residents live in areas where 8 percent of homicides occur, 14.5 percent of EMS runs are for mental illness, and all of these areas have failing schools. The problem is much greater than the government can handle.

MC: In my experience seeing how mental illness can be part of violence, I’ve introduced a psychiatric crisis intervention bill. We want to start a pilot program to get data about this and how it factors into violence. I’m also filing a bill requiring insurance

companies to cover the cost of property damage associated with domestic violence.

KW: Gary was fortunate to work with IU Northwest on hotspotting. In hindsight, we may have overemphasized to the public a false sense of safety in areas where violence was not perceived to be an issue. Overall, we need to remember not to “force” a community to do something they are not open to. Parents also need to remind each other and their children of the consequences of violence.

SV: Our takeaway is to find reliable data and get it in front of people who can make the difference. *

Community health workshops

The Call for Healthy Communities conference offered a variety of workshops focusing on different areas of individual and community health. Attendees were encouraged to apply the knowledge and ideas gained from the workshops. Highlights included:

Pathways to Health: Task Force on Disability and Health



L to R: Peter Ciancone, Vicki Pappas and Phil Stafford.

A 22-member task force – representing statewide disability groups – formed after the Indiana State Department of Health asked to learn more about the barriers and disparities in treatment and prevention that keep people with disabilities from accessing quality health care.

For nine months, the task force studied various health issues and their behavioral risk factors, including heart disease, stroke, cancer, diabetes and asthma. They

developed six overarching goals and nearly 300 recommendations and action steps to address these issues in Indiana, which can be viewed at go.iu.edu/i2d.

In the coming year, the task force will schedule six to eight community conversations to collect public comment, ending with a presentation of the plan at an open forum in Indianapolis.

Home is the Heart of Community: Visitability

Speakers from Habitat for Humanity of Indiana, Independent Living Center of Eastern Indiana (ILCEI) and Indiana Housing and Community Development Authority (IHCDA) shared how each of their organizations help support visitability – a movement that removes physical obstacles and changes home construction practices to encourage new homes to offer features that make it easier for individuals with disabilities to live in and



L to R: Adrienne Gann Schmetzer (IHCDA), Gina Leckron (Habitat) and Traci Taylor (ILCEI).

visit. Deb McCarty, director of the Back Home in Indiana Alliance, a Council initiative that promotes public policy leading to the independence, productivity and community integration and inclusion of people with disabilities, led the panelist discussion.

There are a number of active visitability projects around the state:

- ILCEI's Fuller's Landing project in Fort Wayne, Ind., is an example of single-family homes built with visitability features like zero-step entrance, wheelchair accessible half baths on the first floor and 32-inch doorways to accommodate mobility equipment.
- IHCDA also promotes three programs that provide information and resources on making visitability modifications to current homes, investment programs for home buyers or renters, and low-income tax credit programs.
- Habitat for Humanity of Indiana enlists volunteers, including people with disabilities, to help build affordable houses and address poverty issues in communities throughout Indiana.

Engaging Youth Through the Arts: Building Healthy Communities



Dr. Sheila Nutt

Sheila Nutt, Ed.D., director of education outreach, Harvard Medical School Office of Diversity and Inclusion and Community Partners, presented the Reflection in Action (RIA) program, a two-phase competition for inner-city middle school students with and without disabilities that encourages youth to identify healthy lifestyles and behaviors and take action to make healthy changes.

RIA challenges students to explore violence and health issues in their community and present their findings through either a visual, performance or community mapping project.

Each year, more than 400 Boston-area students participate in the program, helping them learn about topics that are important to their community. And every year, first, second, third place winners and an honorable mention are chosen. For more information about RIA, visit www.ReflectionInAction.org.

It Takes a Village: A Community Health Partnership

Talk about being active! The Welborn Baptist Foundation has partnered with more than 25 organizations, plus school corporations, to address the well-being and quality of life for all residents living in a seven-county region in southwest Indiana.



Andrea Hays

Speakers Andrea Hays, Jill Tully and Shawn Zuber described the programs that support local health efforts:

- **HEROES:** This elementary school program helped expand a health-focused curriculum and strives to eliminate student obesity by promoting healthy eating and physical activity.
- **UPGRADE:** A resource hub to help people make small, healthy changes to their lifestyles.
- **MOVE•MENT:** An initiative that brought together a coalition of community health leaders to create a framework of strategies to increase healthy living in the tri-state area.

For more information on Welborn's initiatives, visit www.WelbornFdn.org. *

Other Notable Workshops

Crosswalks to Health: Complete Streets/Mass Transit

Where Indiana stands on affordable and reliable methods of transportation. HealthByDesignOnline.org

Better Choices: Living a Healthy Lifestyle

Tips on leading a healthier lifestyle, both physically and mentally. InvestInYourHealthIndiana.com

Legal Requirements: End-of-Life Planning

The requirements of an advance directive and Indiana's new Physician Orders for Scope of Treatment (POST) laws. IndianaPOST.org

Legal Guidance: Guardianships

Obtaining and understanding guardianships and the role of a guardian under state law. HoosierEstatePlanner.blogspot.com



Dr. Susan Hickman, associate professor, Environment for Health Department, Indiana University School of Nursing.



Creating a culture of health

“It’s important to ask yourself three key questions when wanting to make change in your community.”

The three, according to Julie Willems Van Dijk, R.N., Ph.D., are, “What do you want? Why do you want it? And who has the power to give it to you?” Asking these questions allows citizens to focus their efforts toward creating successful results that will be embedded in their cities.

An associate scientist and deputy director of County Health Roadmaps at the University of Wisconsin Population Health Institute, Dr. Van Dijk shared her expertise and provided guidance on the community health planning process to conference attendees.

The County Health Rankings and Roadmaps program is an online program found at CountyHealthRankings.org. Its goal to improve the health of communities is made of two parts:

- 1) County Health Rankings show what information and research is known about the current state of health of a county; and
- 2) The Roadmaps to Health program offers recommendations for what residents can do to make improvements and take steps toward creating a healthier community.

Working together, the Rankings and Roadmaps to Health allow communities to identify areas of health that need improvements. When community residents visit the County Health Rankings and Roadmaps website and complete the program, they are equipped with evidence, tools, resources and

solutions that will allow them to begin the journey toward creating a healthier community.

County Health Rankings

The Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute gather data from a variety of national sources to determine the health ranking of nearly every county in the nation. Data sources include the National Center for Health Statistics, American Community Survey, Food Environment Atlas and The Cornell University Employment and Disability Institute’s Local Disability Data for Planners.

The County Health Rankings data breaks down the holistic view of health into three main categories and shows how everyone has a stake:

Health outcomes – Outcomes are measured by length of life

and quality of life of everyone in a county. Together, they represent how healthy a community is.

Health factors – These include health behaviors in a community such as diet and exercise; clinical care; social and economic factors like education, employment, income, family and social support; and physical environment like air and water quality, housing and transit.

Policies and programs – Programs designed to enhance quality of life, including Complete Streets and no-smoking ordinances. The Indiana State Department of Health and local health coalitions champion many programs that strive to improve community health.

When individuals use the results of the rankings, they are able

to identify the causes of poor community health, set goals, highlight success, support policy change and engage the community and its leaders in a health improvement campaign.

Roadmaps to Health

The Roadmaps to Health section takes the results of the County Health Rankings and highlights what changes need to be made to create or sustain a healthy community.

An interactive Action Center on the website targets areas of health in need of attention, allowing the community to prioritize its response by importance. Online Community Coaches are available free of charge to provide feedback to leaders, brainstorm ideas and give support for moving the health

improvement process forward. Additional online tools assist individuals with picking key community contacts, gathering evidence and choosing strategies.

When trying to enact positive healthy change, Dr. Van Dijk advises individuals and communities not to address all health issues at once. Rather, focus on small issues one at a time to ensure the problem is fully understood before taking action.

“It’s important to consider how decisions today will affect the future of a community and those who live in it,” said Dr. Van Dijk. “Paying attention to health factor rankings is necessary to increase the health outcomes.” *

March Disability Awareness



Help the Council spread the word about this year’s March Disability Awareness Month. The theme, “Love Where You Live,” reminds us that people are the heart and soul of community. And, when you embrace your community and the people who live there – everyone feels at home.

Visit IndianaDisabilityAwareness.org to find a variety of themed materials, resources and event-planning guides to help build your campaign.

We look forward to hearing about how you celebrate this special month!

ignite thoughts into action

spark



We welcome your suggestions
for newsletter content and
ideas concerning the actions
of the Council.

phone: (317) 232-7770
email: GPCPD@gpcpd.org

www.in.gov/gpcpd



In January, the Council was proud to receive a Champions of Diversity Award, presented by *Indiana Minority Business Magazine*. The award recognizes the contributions the Council has made in the areas of diversity and inclusion.

We were honored and humbled to receive this award and share it with all our advocates, partners and friends who work tirelessly to ensure we live in a state that is inclusive and accessible for all.