



### October 2021 Edition

In this newsletter, I highlight Mental Health Awareness Week. I wish that getting screened and treated for mental illness would be as easy and accessible as being screened and treated for physical issues such as diabetes and cancer. Screening at [MHAScreening.org](https://MHAScreening.org) is a quick way to ascertain if you might have a mental health concern. While it doesn't replace talking with a professional, it's a great place to start.

Let me know who or what inspires you! Drop me a line at [jenni@jennibasch.com](mailto:jenni@jennibasch.com). If you aren't already receiving this newsletter in your email, please join my list at [jennibasch.com](https://jennibasch.com).

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### Apple software updates for people with disabilities!



**Apple** announced powerful new software updates tailored for people with mobility, vision, hearing, and cognitive disabilities. These updates will affect all Apple operating systems and should be available soon. Apple already launched SignTime, which allows customers to contact AppleCare using American Sign Language.

Some of Apple's software updates will allow:

- AssistiveTouch on the Apple Watch for people with limb differences
- Background sounds on the iPad for minimizing distractions
- Eye tracking support on the iPad
- New features on VoiceOver, an already revolutionary screen reader

Click [here](#) for more information

October 3<sup>rd</sup> – 9<sup>th</sup> is Mental Health Awareness Week!



### Did You Know?

- According to the National Alliance on Mental Illness, 1 in 5 Americans live with a mental illness.
- Sunday, October 10<sup>th</sup>, is World Mental Health Day this year.
- Anxiety Disorders are the most common mental health concern in the United States.
- There are many treatments for mental illnesses, including psychotherapy, medication, social support, and education.



  
National Alliance on Mental Illness

If you or someone you know needs help,  
contact NAMI HelpLine  
Mon. – Fri. from 10 a.m. – 10 p.m. ET

**1-800-950-NAMI (6264)**  
or  
**info@nami.org**

For more information about Mental Health Awareness Week, check out this website for resources and useful information:

<https://www.nami.org/home>

## Awesome Product Alert!

So here's a fun activity for children and adults. Check out the **HAPHOM Karaoke Wireless Microphone**. This portable microphone has 5 sound modes, LED lights, adjustable volume, and is compatible with singing apps. Fun for the family, this microphone is easy to use and more portable than a large karaoke machine. Let me know if you try it!

You can find it [here](#)

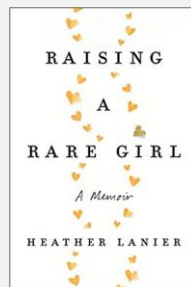


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## Book of the Month

*Raising A Rare Girl: A Memoir* by Heather Lanier is a great read! Lanier recounts her experience raising a child with a rare syndrome called Wolf-Hirschhorn. Unsure if her daughter will reach her second birthday, Lanier shares her journey of pushing for services and acceptance in a world that doesn't always easily accept differences. Lanier comes to terms with her daughter's disabilities and learns what true joy is in the form of her amazing, unique daughter.

Lanier's Book:



Get it [here](#)

## Inspiring Stuff!

*Howdy's Homemade Ice Cream* is a recently opened ice cream franchise in Asheville, NC. Pete and Betsy Brewer franchised the Texas based company so their daughter Annie, who is autistic, will have a place to work when she graduates high school. In addition to Annie, the Brewers want to employ other high school students and adults in the community with disabilities or specific health care issues. The Brewers even placed their shop next to Annie's high school so interns could easily walk over after school. Employees will have the option to work directly with customers or behind the scenes in the back. How awesome is this!



Check out an article and video about the Asheville *Howdy Homemade Ice Cream* franchise:

<https://spectrumlocalnews.com/nc/charlotte/news/2021/07/22/building-new-opportunities?fbclid=IwAR1lhgRQvZXsr8o7JUD40OPIYIC0aaawzGnzfo1gKWBah426Vr17GAyY1sA>

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I hope this newsletter provided useful and inspiring information. Keep healthy and drop me a line if you have questions or comments.

Until next time,  
Jenni Basch