

# KEEP IT PUSHING



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



## Did you know?

The disability symbol however was designed by Danish graphic artist Susanne Koefoed in 1968 and was later revamped with a head attached to the body of the original design and designated as an international symbol for disability in 1974.

## Awareness Spotlight: Disability Pride Month



Wishing a good Summer to all! July not only marks the middle of summer, it also marks the beginning of Disability Pride Month. What is disability pride month you ask? It is an annual celebration is that gives the nation an opportunity to honor the history, achievements, experiences and struggles of the Disabled Community. Why is it celebrated in July? Well, July 26 1990 marks the anniversary of the signing by then President George WH Bush of the Americans with Disabilities Act; a landmark legislation that broke barriers for inclusion in society. Since then the general goal for the month has been to promote acceptance and to honor each person's uniqueness. Thus, hoping to continue the push for a national effort for inclusion and diversity in society. The disability pride flag was designed in 2019 by Ann Magil, who is part of the disabled community herself. It's color are Blue to represent mental health, Gold (yellow) for intellectual and developmental disability, White for sensory disability, Red for physical disability, and Green for ...

## Organizations for the Betterment of Mental Health

any invisible disability. In the original design these colors zigzagged across a black faded background, which shows the ignored mistreatment. However it was updated to softer versions of the colors and straight lines in 2021. For more information, please visit:

[www.ada.org](http://www.ada.org)

As a member of the disability community this month is just as important as any other celebration of inclusion and acceptance, such as sexually preference, race, religion, etc. And although much has been achieved, I feel like much more needs to be done in regards to acceptance and access especially within the areas of employment and education. I hope with understanding between both sides, disabled and abled bodied people, true and total respect, equality, and inclusion can be achieved. Well until next time, always remember no matter how hard it gets, we must choose to always Keep It Pushing!!!