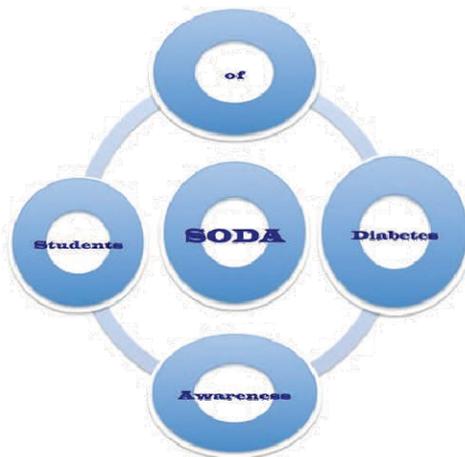


SODA at Cornell

SODA, or Students Of Diabetes Awareness, is a club that was founded by Maisie Orsillo '15 in 2012 and seeks to increase awareness of diabetes on campus, as well as provide an outlet for students who have the disease. Upon getting to Cornell, Maisie was surprised by a lack of resources available to students with Type 1 Diabetes and had a difficult time meeting other Cornell students with diabetes. Being outgoing and open with her experience as a diabetic, Maisie also recognized that a portion of the diabetic community on Cornell's campus was not as comfortable sharing their experiences living with diabetes, which spurred her to take action with the founding of SODA.



The Club's logo from its Facebook page

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Requesting Accommodation Letters

Each semester, students must provide advance notice to instructors of the accommodations needed in each course. Upon request from you, SDS will prepare letters that detail accommodations that have been approved for you and that you need to receive. You are responsible for delivering those letters to your instructors.

Using the online request form is the most efficient method for requesting letters. If you add courses after an initial letter request is submitted, an additional request must be submitted.

To ensure that accommodations will be in place throughout the semester, you should meet with your professors **within the first two weeks of classes.**

The following steps outline the process for requesting classroom accommodations:

1. If you are new to Cornell, call SDS at 607-254-4545 to schedule an appointment to meet with a SDS counselor, otherwise:
2. Complete a 'Request for Accommodations Letter' form, preferably online at <http://sds.cornell.edu/sdsregistration.php>. This form can also be filled out at the SDS office.
3. Your individualized letters will be available for pick up from two days after you submit the form in item 2 above.
4. Within the first two weeks of the semester, meet privately with instructors (or their designated representatives), give them the accommodation letter pertaining to their course, and discuss the specific arrangements for your classroom accommodations.

Please contact SDS immediately if you have concerns about the accommodation process or about the administration of an exam.

Letter from the Director

Dear Students,

On behalf of the SDS staff, I would like to extend a warm welcome to new students. Welcome back to returning students. It is great to have you back on campus.

As you begin a new school year and take stock of the strategies that will help you be successful, one important skill to continue developing is self-advocacy. Self-advocacy is the ability to recognize and work towards having your needs met. As a student with a disability, key components of self-advocacy include: understanding your disability, communicating about your accommodation needs to others, identifying resources, and developing a network of support. Research has shown that self-advocacy skills are a key predictor to success in college.

The staff of Student Disability Services is here to help you further develop self-advocacy skills and identifying resources on campus that will help you with achieving your goals. It is true that Cornell is a big university, but academic and student services programs designed to support students are widely available.

Two examples of programs that are located within our office building are the [Learning Strategies Center \(LSC\)](#) and The [Office of Academic Initiatives \(OADI\)](#). The LSC has many academic support programs including study skills consultants that can help you develop effective time management and study skills for college. OADI offers opportunities such as Pre-Professional and Research Scholars Programs for students who have been under-represented in higher education, including students with disabilities.

You are not alone as a person with a disability on campus. There are several student organizations on campus to support disability awareness and living with a disability. This newsletter has a story about the newest group, Students of Diabetes Awareness (SODA). There is a comprehensive list on our website at: <http://sds.cornell.edu/organizations.html> If you would like to learn more about disability from an academic perspective, there are courses offered in ILR, Human Ecology, and Arts and Sciences that explore disability issues. Many other courses on campus include information about disability with the larger context of the material presented.

Being a college student presents exciting opportunities for self-discovery, activism and career development. It is likely that your disability will play an important role in all three. The SDS staff is eager to partner with you on this journey.

Wishing you a great semester.

Kappy Fahey



Important Dates

August 22, 2014

SDS Orientation 3-4 p.m.
RPCC 103/105

August 26, 2014

Classes begin

September 1, 2014

Labor Day Holiday -
No classes

September 9, 2014

Add period ends

October 11-14, 2014

Fall Break

October 10, 2014

Drop period ends

November 26-30, 2014

Thanksgiving Break

December 5, 2014

Last day of classes

December 6-9, 2014

Study period

December 10-13, 2014

Final Exams

December 14, 2014

Study Day

December 15-18, 2014

Final Exams

December 20, 2014

Winter Commencement

LSC Peer Facilitated Study Groups

Can't make office hours? Don't fully grasp what's going on in class? The Learning Strategies Center (LSC) has introduced **Peer Facilitated Study Groups**. A LSC-supported study group is where students come together to help other students enhance their learning experience in selected courses every semester.

The program was introduced this academic year in order to give students the opportunity to learn from their peers in an informal yet structured setting. This relaxed atmosphere will foster the creation of an environment where Cornell students can feel comfortable getting work done for the class while having

opportunities to pick the brains of their exceptionally talented classmates. The Learning Strategies Center also provides tips and guidelines on how to create an agenda and set up your own effective study groups. Some of these tips include how to select an effective group size (research has shown this is between 3-5 members), establishing group expectations and ground rules and developing rotating roles.

For more information on how to start your own study group or join an already existing one, please call (607)255-6310 or visit lsc.cornell.edu.

Tembi Williams '15

Social Justice Roundtable

The Cornell Union for Disability Awareness (CUDA) and Delta Alpha Pi (DAPI) hosted a Social Justice Roundtable on March 13, 2014, titled "What disability means to you?" The event was sponsored by the Office of Academic and Diversity Initiatives.

A panel of students shared their experiences and thoughts on disability and inclusion. Each student presented a personal story about how disability affected their lives at Cornell. David Tauber, the treasurer of CUDA, remarked, "The event appealed to everyone's empathy. After hearing the panelists' reflections about coming to college with an invisible disability, most would be hard-pressed to not imagine themselves in their shoes."

Following the panel discussion, everyone had the opportunity to participate in a small group discussion led by members of CUDA and DAPI to reflect upon what the panelists shared and other disability related issues facing the campus

community. Thaddeus Talbot explained that at his table participants had the opportunity to brainstorm ways to become more aware, such as studying disability history or attempting to spend an entire day on crutches.

The roundtable also provided an opportunity to celebrate differences. One of the discussion questions encouraged participants to share something that was unique about them. Another question encouraged participants to think about a way in which they have been categorized and the implications of that experience.

The Social Justice Roundtable allowed members of the Cornell community to explore ways in which they can become true allies and actively contribute to making Cornell a caring and inclusive campus.

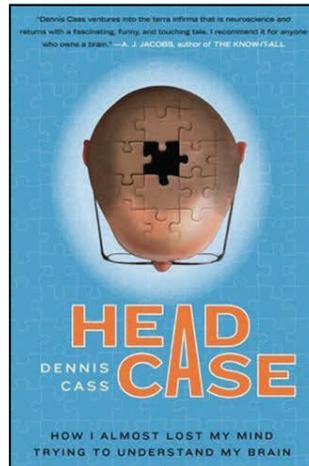
Jordan Berger '17

SDS Lending Library

Thanks to the generosity of Rhonda Carniol and Len Adler '79, Student Disability Services has been able to establish a lending library in the memory of Rhonda's parents, David and Diane Carniol.

The growing collection of over one hundred books features material on disability topics, and the best part is that all of the books are available for you to borrow! Whether you're looking to better organize your life, learn more about a specific disability, or understand living with a disability, these books contain a wealth of information and insight. Many focus on successfully navigating college. You can find a list of the entire collection on the SDS website, or feel free to stop by 420 CCC and peruse the selection in person.

Upon discovering the library, I couldn't help but feel the urge to delve into one of the books. Indecisively scanning the titles, I searched through the collection thoroughly before finally choosing *Head Case: How I Almost Lost My Mind Trying to Understand My Brain* by Dennis Cass.



This autobiographical work begins when the author excitedly decides that he wants to understand his wits.

Despite a lack of scientific, let alone neurobiological, background, Cass is determined to be enlightened on all things brain. Along this journey, he meets with researchers from across the country, turns his office into a personal "lab" to conduct experiments on himself and others, learns about many mental health issues, and gains new perspectives on his past, present, and future. This book is both scientific and emotional. From understanding his complicated upbringing to his newborn son, Cass's life begins to take on new meanings and explanations. The author took me on a journey of discovery into the brain and mental illness, and I, too, felt the apparent vulnerability of my mind.

I highly recommend this and any of its shelf-mates from the SDS Lending Library. A list of books available in the library can be found online at: <http://sds.cornell.edu/library.html>

Jenna Hoots '16

Live Webinar on Premier Text-to-Speech Technology

On Wednesday, September 17th at 4:30pm there will be a free one-hour long live webinar to explore some of the most popular tools in the Premier Literacy Suite. This software can be found in the CU library labs and CIT computing labs. We will give a high-level overview of all of the reading, writing, and studying tools available in the suite. We'll also take a closer look at tools that work with content in a variety of digital formats, including PDF files and web-based content. Since this is a live session, you will be able to ask questions throughout.

The webinar will be held in Mann Library, room 100. For those who cannot attend in person, the webinar will be broadcast live. A link to join the webinar will be provided via email after registering. Please register by September 12th for in-person or for online attendance. Please include any necessary accommodations in your registration request. Light refreshments will be served on site. [Click here to register.](#)

**SODA at Cornell — Continued
from Page 1**

Although a relatively new club on campus, SODA now has the organizational structure, constitution, and bylaws of clubs that have been established for several years. Currently, SODA has 50 members and an executive board of 7 club members. While many members do have one of the two forms of diabetes – Type 1 or Type 2 – others have joined because they have family members affected by the disease, or because of an interest in working in the field of endocrinology. In fact, none of the members of the executive board have diabetes. The group meets twice monthly to discuss issues and current events in the diabetic community and also has a support group called SODA POP (People On the Pump) that holds social events and dinners at least once monthly to raise awareness.

According to Maisie, there is significant potential for the club to expand further to achieve its goal of raising awareness and increasing the comfort of diabetics. SODA is collaborating with the Syracuse Juvenile Diabetes Research Fund (JDRF) branch to make Ithaca a regular location for an annual walk for diabetes. With this partnership, SODA would be able to hold JDRF walks in the city of Ithaca, rather than in the location in recent years at the Cornell Plantations, making it accessible for a greater number of people. In addition, a JDRF affiliation would offer the club better access to sponsors in the regional community to expand on the nearly \$10,000 the club raised in last year’s Walk for Diabetes at the Cornell Plantations.



SODA E-Board at the Fall 2013 JDRF Walk for Diabetes at the Cornell Plantations

SODA’s strategy for expansion has been supported by its use of social media apps including Twitter and Facebook. SODA uses Twitter as a platform to access younger people with diabetes, tweeting current events and recent articles about Type 1 Diabetes using its Twitter name [@SODACornell](https://twitter.com/SODACornell). Additionally, the social media platforms provide broad advertisement of the club’s various events like bake sales and walks to raise money for diabetes research. Moving forward, the club hopes to continue holding a lecture series, which started in February 2014 with a local Ithaca doctor, Dr. Adam Law. His first presentation gave an overview of the modern perspective of diabetes in the context of today’s healthcare industry. SODA also held a Zumba event on Balch Lawn in April to raise awareness of health and wellness with diabetes.

You can contact SODA at: studentsofdiabetesawareness@gmail.com.



T-shirt design for 2013 fundraiser

Their Facebook page is : www.facebook.com/StudentsOfDiabetesAwarenesssoda.

5 Day Challenge

Members of Cornell Dining's management, chefs, and staff participated in a five day challenge during February 2014. The purpose of this challenge was for members of the Cornell Dining staff to explore the challenges of eating with food restrictions at Cornell.

The groups was divided into six different teams. Each of the teams followed a different food-restriction diet. The diets were vegetarian, vegan, kosher, dairy-free, gluten-free, and dairy-free/gluten-free.

The participants kept a blog about their food lifestyle for the week. Many common problems that people with dietary restrictions face on campus were encountered by members of Cornell Dining. The gluten-free team quickly learned that label reading is extremely important. The gluten-free team explained that gluten "is an ingredient in everything from salad dressings to chicken stock to ground meat products."

Members of each of the teams were expected to wear their bright colored t-shirts displaying their eating restrictions on the first and last day of the challenge.



One of the participants compared her discomfort with wearing her bright colored food-restriction shirt to a child with a dietary restriction

wanting to fit in. In the blog she explained, "While quite content with eating a dairy-free/gluten-free diet I was very uncomfortable being singled out or feeling as though personal information was being broadcast to the public."

Although the kosher team ate a majority of their meals at 104 West, one problem that they encountered was that it is not open for breakfast! Members of the kosher team were able to find miscellaneous kosher breakfast items across campus such as Malt-O-Meal cereal and Chobani yogurt.

Throughout the week many teams had delicious and surprising discoveries. The dairy-free team raved about their soy latte with a shot of almond from Carol's Café in Balch! The dairy-free/gluten-free team discovered cookies and brownies that were safe for them to eat. The vegetarian team enjoyed their custom stir fry at Risley.

This challenge allowed members of the Cornell Dining staff to learn what it is like to be a person at Cornell with an eating restriction. Although this challenge only lasted a short period of time and all of the members of Cornell Dining went back to their pre-challenge eating, it created a heightened awareness of dietary needs on Cornell's campus.

If you would like to learn more about *5 Days*, visit their blog at blogs.cornell.edu/5days.

Jordan Berger '17

Photo credits:

SODA photos, pg 1, 5: courtesy of SODA's [Facebook page](#)
Flower photo, pg 2: Tembi Williams '15

Head Case cover photo, pg 4: courtesy of [Harper Collins](#)
Cornell Dining photo, pg 6: courtesy of [5 Days Blog](#)

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