



This Month We Invite You to Take a Walk...

Quote of the Month

"The healthy and strong individual is the one who asks for help when he needs it. Whether he's got an abscess on his knee or in his soul."

- Rona Barrett

Media of the Month



Examined Life - Judith Butler & Sunaura Taylor

[Watch the piece here.](#)

This month's Trusted Source is a segment from Astra Taylor's 2008 documentary [Examined Life](#). This is a bit of a departure for Trusted Source. It is longer than usual and brings up some controversial issues. I appreciate your feedback and would like to know the discussion this piece might spark among your staff and colleagues.

Three Reasons Why This is Worth Watching

1. Content aside, this is nicely shot. Supporting footage gives us the subtle message that there is a spectrum of impairment. Everyone from skateboarders to people who use canes need accommodations. The scene in which Sunaura makes a purchase is well covered without being voyeuristic in any way.
2. The theme of taking a walk is powerful. We are asked to think about what it means to be out in our community in many ways.
3. The theme of interdependency allows us to ask provocative questions about our human condition.

We hope you find this Media and Disability information useful. If you know of media that you think should be featured in our newsletter, feel free to let us know!

Alice Elliott,
Director, Welcome Change Productions

There is so much exciting and well produced disability media available today. The challenge comes in knowing where to find it, what to pick and how to use it.

For our valued customers and friends, we are providing a monthly media recommendation that you can use in your trainings, classrooms, and share with your networks.

We appreciate your business and hope you think of us as a trusted source.

Best,
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