

Take Pride in Living with a Disability

Celebrate Disability Pride Month with us!
Tuesday, July 16

Note from the Treasurer

For many, Mia Petersen was known as the model for self-advocacy. An Iowa native, Mia worked hard to promote equal treatment of herself and all individuals living with a disability. Among her achievements, she testified before Congress about the Americans with Disabilities Act (ADA) and gave a personal testimony on proposed legislation for healthcare provider education for counseling families.

When Mia passed in 2021, the loss was felt across the disability community. But it is up to all of us to continue her legacy by advocating for equality, celebrating the ‘ability’ in disability and, as Mia would say, “letting individuals with disabilities speak for themselves, and don’t let others speak for them.”

In this newsletter, we share different ways you can do all of these. From celebrating Disability Pride Month to learning how to use IAble accounts to pursue financial freedom, I hope we can find the Mia in all of us and continue to make the world a more equal place.

Sincerely,

Roby Smith
Iowa State Treasurer

To learn more about Mia Peterson, consider visiting the inspiring tribute to her life in the State Historical Museum of Iowa’s [“Civics in Action”](#) exhibit, or catch a glimpse of Mia’s advocacy in action during her appearance in the [National Down Syndrome Society “Dreams” video](#).

July is Disability Pride Month



JULY IS
**DISABILITY
PRIDE
MONTH**

Honoring the experiences of living with a disability.

Did you know this month marks 34 years of the ADA? It’s also why July is proudly named Disability Pride Month and is celebrated around the country to honor the history, achievements and experiences of living with a disability.

Here are some ideas to celebrate:

1. Iowa City Parks and Recreation is hosting Dazzling Disability Pride, a three-day event in July to celebrate Disability Pride Month. Visit them on July 3, 26 and 27 for FREE fun.

[Dazzling Disability Pride Event Page](#)

2. What are you proud of? What does disability empowerment mean to you? Educating others on what it's like to live with a disability is a great way to celebrate Disability Pride Month, which is why we would love to have you share your answers with us and we will include them in an upcoming newsletter.

Send us an email

Save More with E-Delivery



SAVE MORE WITH **ELECTRONIC DELIVERY**

Don't forget about these two easy ways to save money.

Did you know we offer two discounts for electronic statement delivery? All Account Owners who enroll in e-delivery will receive a reduced Annual Account Maintenance Fee. Account Owners invested in the Checking Account Option will have their monthly service fee waived if they enroll in e-delivery.

Annual Account Maintenance Fee Discount

This fee is withdrawn quarterly in the amount of \$14.50. However, after electing in the e-delivery of statements, this is discounted to \$8.25 – a savings of \$25 per year! Here's how to enroll:

1. [Log in](#) to your account
2. Click Delivery Preferences in the left menu
3. For Quarterly Statements and Plan Disclosure Document updates, change to **Notify by Email**

Checking Account Option Fee Discount

Fifth Third Bank waives the monthly \$2.00 service charge for Account Owners who enroll in e-delivery or who have an average monthly balance over \$250. To enroll in e-delivery online, follow these steps:

1. Log in to your Fifth Third Bank account online: [Go Paperless](#)
2. You will be directly taken to the Paperless Preferences page.
3. Select the documents you want to receive electronically.

To enroll in e-delivery using the Fifth Third Bank mobile app:

1. Log into the app and tap the Profile icon in the top left.
2. Click "Enrollments."
3. Choose "Paperless Statements."
4. Select the documents you want to receive electronically.

 Account Owners enrolled in e-delivery for IABLE and Fifth Third Bank can receive over \$40 in discounts each year!

Listen and Learn



LISTEN AND LEARN **ABLE TODAY PODCAST**

Check out this ABLE podcast.

ABLE Today, led by the National Association of State Treasurers (NAST) Foundation, provides invaluable resources to learn about ABLE plans. Of those resources, the ABLE Today Podcast is hosted by two disability advocates who talk about the latest and greatest when it comes to disability empowerment.

Listen online at abletoday.org/podcast or on [Audible](https://www.audible.com).

ABLE Today

Audible

How to Make a Contribution

HOW TO **MAKE A CONTRIBUTION**



The choice is yours.

Whether you are the Account Owner, Authorized Individual, family member or friend, there are multiple ways to contribute to an IABLE account.

- **Check:** Make the check payable to IABLE and [mail it to us](#) with the [Additional Contribution Form](#).
- **Recurring Contributions:** Make monthly, quarterly or custom frequency contributions from a checking or savings account with recurring contributions. You can set this up through your online account by filling out and mailing the [Account Financial Features Form](#) or by calling IABLE at (888) 609-8910.
- **One-Time Bank Transfer:** If you would like to electronically send money from your financial institution to an IABLE account (known as a wire transfer), please call IABLE at (888) 609-8910 to initiate the contribution.
- **Payroll Direct Deposit:** If your employer offers this benefit, you can transfer money directly from your paycheck to an IABLE account. Follow the directions on our [Payroll Direct Deposit Procedure \(PDF\)](#) to get started.

See a complete list of [contribution methods](#) at IABLE.gov.