

MILAD

# NEWSLETTER



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About Us

Welcome to the Latest Edition of MILAD's Newsletter!

In this issue, we're excited to bring you updates on the impactful initiatives and community efforts happening at the Malaysia Independent Living Association for Disabled (MILAD). From our successful collaboration with the Lion Club of Selangor TCM to the heartwarming Mid-Autumn Festival fundraising efforts, we continue to work towards improving the lives of individuals with disabilities.

This month, we're also shining a spotlight on an important topic: microaggressions. While these subtle actions or comments may seem harmless, they can have lasting effects on the disabled community. Through education and awareness, we can all work together to create a more inclusive and respectful environment.

We invite you to explore these stories, learn from them, and join us in our ongoing mission to promote independence, inclusion, and dignity for all. Thank you for your continued support in making a difference!



大马残障自立协会  
MALAYSIA INDEPENDENT  
LIVING ASSOCIATION FOR DISABLED  
(PPM-005-10-02112017)

## TCM Free Consultation: Empowers Health and Well-being

In collaboration with the Lion Club of Selangor TCM and the 马华堂女将团 (MCAH wanita), the Malaysia Independent Living Association for Disabled (MILAD) proudly held its 20th session of the \*Love and Care TCM Free Consultation\* (愛心關懷與中醫義診). This initiative continues to serve as a pillar of hope and well-being for our disabled community, offering free Traditional Chinese Medicine (TCM) consultations to those in need.

Led by the compassionate team at the Lion Club of Selangor TCM, the event saw many of our disabled friends benefit from improved health and wellness through expert TCM treatments. The positive impact on their well-being continues to inspire us all.

We extend our heartfelt thanks to the Lion Club of Selangor TCM, whose unwavering dedication has made these events possible. Their commitment, along with the support of the MCAH wanita, has ensured the smooth execution of this meaningful initiative.

A special mention goes out to our incredible volunteers, who provided meals and took the time to listen to and understand the needs of the disabled community. Your kindness truly makes a difference in their lives.

### ✨ Monthly TCM Free Consultations ✨

We are pleased to announce that starting next month, free TCM consultations will continue on the \*\*second Monday of every month\*\* at the MILAD center. We encourage our community to take advantage of this valuable service.

For more information or to book a consultation, please contact Mr. Ng at \*\*013-397 3386\*\*.

Let's continue to come together in support of our disabled community. Your participation, love, and care help create a more inclusive and uplifting environment for all. ❤️

A heartfelt thank you to Sin Chew Daily for covering this event and helping raise awareness about the needs of our community. Your ongoing support plays a crucial role in driving change and bringing hope to those who need it most.

### 雪中醫獅子及馬華堂女將團 中醫義診送暖障友

(八打灵再也17日讯)雪州中医狮子会与马来西亚中华大会堂女将团爱心公益组日前联合举办“第20场爱心关怀与中医义诊”活动。

近日,雪州中医狮子会携手马来西亚中华大会堂女将团爱心公益组,成功举办第20场的爱心关怀与中医义诊活动。

马来西亚中华大会堂女将团慈善组主席丘宝珍表示,感谢雪州中医狮子会创会会长黄保民的精心安排,使此次活动在八打灵大馬路残障自立协会顺利举行。

这次义诊活动,专为弱势群体提供中医服务,并获会长谢慧仪医师、副会长邓燕楣医师及其他成员的大力支持。活动当天,主办方还特别为残障朋友及义工提供16份午餐及凉茶,表达了对他们的关怀。

#### 每月第二个星期一义诊

谢慧仪表示,该会将于每月的第二个周一,在大馬路残障自立协会免费为公众和残障人士提供



中医义诊服务,旨在通过中医调理为他们带来健康与福祉。欲了解更多详情,可联系吴先生(013-397 3386)查询。

大馬路残障自立协会会长谢秀贞呼吁公众效仿雪州中医狮子会,积极参与为残障人士提供定时、定点的服务,从而为他们的生活带来切实的帮助。

雪州中医狮子会创会会长黄保民、符绩如医师、内阁成员黄国亮及刘胜纶等多名嘉宾出席,共同见证这一充满爱心的义举。

丘宝珍(左三)移交午餐给吴炳卫,右起为黄保民、刘胜纶、符绩如、邓燕楣及黄国亮。(大会提供)

## A Heartfelt Thank You to Mr. Teng for His Generous Donation



# THANK YOU

MOBILITY RESTORED, LIVES TRANSFORMED



### A Heartfelt Thank You to Mr. Teng for His Generous Donation

We would like to express our deepest gratitude to Mr. Teng for his remarkable generosity in donating detachable wheelchairs to our association. Your thoughtful contribution has made an immediate and profound impact on the lives of our OKU members, Teo Kok Eng and Colin, who are now experiencing greater mobility and independence.

These wheelchairs have brought new possibilities into their daily lives, allowing them to navigate tasks and activities with more comfort and confidence. The freedom they now enjoy is a direct result of your kindness and care.

Your unwavering support not only enhances their quality of life but also serves as a shining example of how compassion within a community can truly change lives. We are deeply grateful for your contribution, Mr. Teng, and for being a beacon of hope and care in our journey to uplift our disabled members.

Thank you for making such a meaningful difference!



## Mid-Autumn Festival Fundraiser: Mooncake Charity Sale



We are excited to share the success of our Mooncake Charity Sale fundraiser, an initiative launched to raise RM150,000 for the purchase of wheelchairs for 47 of our disabled friends. This heartwarming campaign, held during the Mid-Autumn Festival, brought the community together in support of a vital cause.

We extend our deepest gratitude to @thestaronline for featuring our story and helping to raise awareness about our mission. Your coverage plays an invaluable role in spreading the word and bringing us closer to our fundraising goal.

With your continued support, we are confident that we can make a lasting impact in the lives of those who need it most. Thank you for helping us turn this vision into reality!

## Understanding Microaggressions: Building a More Inclusive Society

Microaggressions—those seemingly small and often unintentional comments or behaviors—can have a significant impact, particularly on people with disabilities. Though they may not be overtly hostile, these remarks can dismiss, belittle, or stereotype individuals, contributing to a broader culture of exclusion. By becoming more aware of these microaggressions, we can take active steps toward creating a more inclusive and respectful society.

### Common Microaggressions People with Disabilities Face

Understanding and addressing microaggressions is key to building an environment where people with disabilities feel valued. Here are some common examples, along with explanations of why these remarks can be harmful:

#### 1 “Is your disability real?”

Person with disability: “Yes, it is. Why would I lie?” 😞

Doubting someone's disability, especially when it's not visible, is offensive and dismissive. Disabilities come in many forms, and questioning their legitimacy invalidates the person's lived experience. Everyone deserves respect, regardless of whether their disability is visible or not.

#### 2 “Can you really do that on your own?”

Person with disability: “Yes, I can, and I want to be trusted!” 😞

This kind of remark underestimates the capabilities of people with disabilities. While it may be well-meaning, assuming someone can't do something without help can discourage them from pursuing independence. People with disabilities often have the tools and abilities to accomplish tasks independently—support them by showing trust.

#### 3 “You don't look disabled.”

Person with disability: “Disabilities aren't always visible.” 😞

Disabilities are not always physical or immediately apparent. When someone says, “You don't look disabled,” it minimizes invisible disabilities, such as chronic illness, mental health conditions, or neurological disorders. We need to break the assumption that disability has a specific “look.”

#### 4 “You must be so brave for living with that.”

Person with disability: “I'm just living my life, like everyone else.” 😞

While this may sound like a compliment, it can come off as patronizing. People with disabilities don't want to be pitied or seen as “brave” for simply living their lives. Instead of focusing on their disability, let's work toward genuine inclusivity that treats people as equals, not as exceptions.

# Understanding Microaggressions: Building a More Inclusive Society

5 “I didn’t expect you to be so capable.”

Person with disability: “My disability doesn’t define my skills.” 😞

When someone expresses surprise at a disabled person’s competence, it reinforces the idea that disabilities equate to incompetence. This underestimation can damage self-esteem and perpetuate the notion that disabled individuals can’t excel. People with disabilities have diverse abilities, strengths, and talents that should be recognized without bias.

## The Hidden Impact of Microaggressions

While microaggressions may seem harmless to some, their cumulative effect can be emotionally and psychologically draining for people with disabilities. Experiencing subtle discrimination on a daily basis can lead to feelings of isolation, frustration, and a sense of being misunderstood or underestimated. Over time, these experiences can contribute to anxiety, stress, and diminished mental health.

When people with disabilities repeatedly encounter these microaggressions, it serves as a reminder that society may still see them through a narrow and limiting lens. Microaggressions perpetuate stereotypes that hinder progress toward true equality and inclusivity.



# Understanding Microaggressions: Building a More Inclusive Society

## How Can We Be More Mindful?

Addressing microaggressions begins with awareness and a willingness to change the way we communicate. Here are some strategies for fostering more respectful and inclusive interactions:

- Reflect on Your Words and Actions
- Before making comments or offering help, consider whether your actions might come across as dismissive or patronizing. Ask yourself: “Am I assuming something about this person’s abilities based on their disability?”
- Educate Yourself
- Learn more about the experiences of people with disabilities, especially those with invisible disabilities. Understanding the diversity of disabilities can help you become more empathetic and aware of unintentional biases.
- Ask, Don’t Assume
- If you are unsure about someone’s needs or abilities, it’s okay to ask respectfully rather than make assumptions. Offer help only if it’s welcomed, and be mindful that many people with disabilities prefer to maintain their independence.
- Challenge Your Own Perceptions
- Society often sets narrow expectations for what people with disabilities can or can’t do. Challenge these outdated perceptions and encourage others to do the same. Be an advocate for inclusion in your workplace, school, or community.
- Foster Inclusion and Equality
- Instead of focusing on a person’s disability, shift your attention to their strengths, talents, and individuality. True inclusivity comes when we see beyond labels and focus on creating environments where everyone is valued equally.

## Breaking the Cycle of Microaggressions

Creating a more inclusive society means addressing and dismantling microaggressions. Whether intentional or not, these subtle behaviors serve as barriers to equality and respect. By becoming more mindful of our words and actions, we can ensure that people with disabilities are seen and treated as equals—capable, valuable members of society who deserve respect and understanding.

The journey toward an inclusive world requires active participation from all of us. Together, let’s break the cycle of microaggressions, challenge stereotypes, and build communities where everyone feels accepted and supported.



# DONATION PLEDGE FORM

**I (WE) WOULD LIKE TO PLEDGE TO MILAD**

**NAME(S) MAKING PLEDGE:** .....

**TOTAL AMOUNT OF PLEDGE:** .....

**ADDRESS:** .....  
.....  
.....

**PHONE:** .....

**EMAIL:** .....

**MALAYSIA INDEPENDENT LIVING  
ASSOCIATION FOR DISABLED**

**MAYBANK  
5122 3141 0368  
SWIFT CODE: MBBEMYKL**

EMAIL: [INFO@MILADMALAYSIA.ORG](mailto:INFO@MILADMALAYSIA.ORG)  
[MILADMALAYSIA@GMAIL.COM](mailto:MILADMALAYSIA@GMAIL.COM)

TEL: 013-397 3386

ADDRESS: NO. 33, JALAN SS3/14, TAMAN  
UNIVERSITI, 47300 PETALING JAYA, SELANGOR





Malaysia Independent Living Association for Disabled (“MILAD”) is a non-governmental and non-profit organisation run by a group of people with disabilities, to help people with disabilities toward Independent Living, regardless of their background, race and religion.

## OUR VISION

It is our vision to establish a society that embraces the concept of Independent Living which promotes the disabled peoples full inclusion and participation in the community, wherein the disabled people are given the same life opportunities and the same choices in everyday life that the non-disabled people take for granted.



## OUR GOAL

Our goal is to train, equip and empower the people with disabilities to live independently, and at the same time advocating for equal rights and opportunities for them. We strive toward creating awareness so that the general public will have the right perspective toward disability and people with disabilities, and hence able to help transform the society to allow full inclusion and participation at every possible level by the disabled people.

