



D.A.W.N., Inc.

Membershid Notice

April 2001

FYI

Job Hunters - Did you know? The Social Security Administration has published final regulations implementing changes to increase two key income thresholds in its disability programs that limit outside earnings for beneficiaries: Substantial Gainful Activity (SGA) limit on outside earnings increased to \$740.00 a month as of January 1, 2001. Trial Work Period (TWP) is a mechanism for beneficiaries to test their ability to return to work for a nine (9) month period without affecting their disability status. The new rules increase the amount of earnings that qualify as a TWP month from \$200 to \$530 a month. There are online resume discussion groups sponsored by the Job Accommodation Network (www.jan.wvu.edu), which can offer guidance on this difficult issue.

Wheelchair Race

The 2nd annual Beachwheels.Inc Wheelchair Race will be held on June 16, 2001 at Long Beach Island New Jersey. Although the starting time is 9:00 a.m., the sign-in starts at 8:00 a.m. Anyone is welcome to walk or roll the course in support of Accessible Recreation. Park at Sunset Park Harvey Cedars (water tank) or Barnegate Light State Park - there is a shuttle bus for parking and following the race. There are prizes of \$100, \$75 or \$50 for each category: Adult - male, female; Junior under 21- male, female; hand-cycle; Quad - manual, electric. To pre-register or for information call 1-609-296-1043, e-mail Richard W. West at rwest51034@aol.com or go to their web site at www.beachwheels.com

Books for Children

One of our members has books for children five and under who are blind. If you are interested please call the office (973) 361-5666.

Public Hearing Notice

A public hearing will be held by the County of Sussex on April 19, 2001 at 1:00 p.m. in the Freeholders Meeting Room at the County Administration Building in Newton. (This is an accessible facility). The purpose of the hearing is to consider the continued development and provision of additional or expanded accessible transportation services to senior citizens and persons with disabilities for which state assistance is being sought.

All interested persons or agencies will have the opportunity to be heard with respect to the planning, administration, and operation of these programs. Interested parties may submit oral or written evidence and recommendations on or before April 19, 2001. Written comments should be addressed to the County of Sussex, Transportation Public Hearing, Administration Building, Plotts Road, Newton, NJ 07860. Transportation to the hearing for eligible county residents is available by calling the Transit Office no later than 12 noon, April 18, 2001 at (973) 579-0483.

PASP

Personal Assistance Services Program: Assistance for People with Physical Disabilities. The Personal Assistance Services Program (PASP) makes it possible for adults with physical disabilities to work, attend school or vocational training and live independently in the community. The New Jersey Department of Human Services, State Office on Disability Services, administers the program through provider agencies in each county in New Jersey.

Services Available - Personal assistants help individuals with tasks such as light housekeeping, bathing, dressing, meal preparation, shopping, correspondence, mobility, driving and / or use of public transportation. Although you may be receiving services from other government programs or have insurance coverage, you may still qualify for the Personal Assistance Services Program. You may be eligible for PASP if you are: A New Jersey resident, Physically disabled , Between the ages of 18 and 65 , Living in the community (private home, apartment, boarding or group home), and Capable of directing and supervising your own services Services are available to individuals who are employed, preparing for employment, attending an educational or training program or to support active participation in community based activities, such as volunteer service or parenting. Individuals may receive up to 40 hours of services per week depending on need.

Paying for Services - Depending on family income, some individuals pay no fee. Others pay a portion of the cost of the service on a sliding fee scale, based on their family income. The remaining cost is covered by the Department of Human Services. For more information: You can contact the State Office on Disability Services at: 1-888-285-3036 (toll free) or (609) 292-7800 or your local county provider: Morris County (973) 285-6865 , Sussex County (908) 813-8292 , Warren County (908) 475-6591

Arthritis

The word means joint (arth) inflammation (itis) and nearly 43 million Americans have some form of it. Unfortunately, causes and cures for arthritis are largely unknown, but correct medical, lifestyle, and nutritional approaches may help prevent and slow the progress of arthritis and minimize the disability and pain associated with the disease. This isn't an older person's disease. It takes many forms, several are common in young children. Although there are over 100 different forms of the disease, the most widely known are osteo-arthritis, a wearing away of the cushioning cartilage in the joints, and rheumatoid arthritis, an auto-immune disease that causes joint inflammation.

Arthritis can present frustrating challenges every day. Ordinary activities become difficult, exhausting, and even risky to perform. Mobility, dexterity, balance, and energy levels are impacted with arthritis pain and can cause feelings of loss of personal independence, self-esteem, quality of life, and zest for living. But through managing your environment you may be regaining a sense of control. Make small adjustments in your daily activities such as using appropriate tools and modifying the way an activity is done. Also healthy eating can help maintain a healthy weight and possibly help reduce painful flare-ups and symptoms. Be aware of the risk factors that seem to play important roles in the development of certain types of arthritis such as genetic makeup, physical events that occurred during your lifetime, and the lifestyle you follow. Studies do show that excess weight, repetitive physical injury, and poor nutritional habits are contributing factors. These factors appear to affect the different forms of arthritis in varying degrees.

The forms of arthritis vary and are present in three subgroups. The inflammatory arthritic syndromes are related diseases that are called syndromes because a multitude of symptoms usually present themselves

simultaneously. Characterized by varying combinations of painful inflammation of joints, muscles, or soft body tissues these arthritic disorders could consist of any of the following: rheumatoid arthritis, polymyalgia rheumatica, polymyositis and dermatomyositis, fibromyalgia, infectious arthritis, Lyme disease, psoriatic arthritis, reactive arthritis (Reiter's syndrome) and ankylosing spondylitis. While systemic rheumatic diseases affect the entire body, rheumatic disease is characterized by inflammation and destruction of specific connective tissue especially the joints. There are a variety of symptoms from skin lesions to joint pain to malfunction of the body's glands and organs. The common systemic rheumatic diseases are: scleroderma, Sjögren's syndrome, and systemic lupus erythematosus (SLE).

The third category is metabolic bone and joint diseases. This group is made up of localized conditions, meaning the arthritic disease usually affects a specific area or part of the body, rather than the body as a whole. Falling into this category are: osteoarthritis, Paget's disease, gout, and pseudo-gout. There are related disorders as well such as carpal tunnel syndrome, repetitive stress injury, and chronic back injury that may require similar management and treatment of symptoms. Although dietary factors are known to play a direct role in gout and medication can ease symptoms of other arthritic diseases, a healthy diet and lifestyle will also help by assisting in maintaining an ideal body weight. Joint Care: Understanding Arthritis
<http://www.cyberdiet.com/modules/ar/>

Freedom to Hear

The 16th International SHHH Convention will be held at the Hilton at Cherry Hill - Philadelphia Area, Cherry Hill, New Jersey from June 22 through June 25, 2001. For information contact Self Help for Hard of Hearing People, 7910 Woodmont Avenue, Suite 1200, Bethesda, MD 20814, 301-657-2248 voice; 301-657-2249 TTY; 301-913-9413 fax; www.shhh.org.

Sussex County Home Modification Grant

DAWN has received a grant, from the County of Sussex, to provide home modifications (e.g. ramps, widening doorways) to people with disabilities and the frail elderly living within the county. To qualify for the program: you must be at risk of institutionalization if modifications are not done to your home and must show a medical and financial need for the modification. The maximum grant is \$600 per project and you must provide three cost estimates of the work to be done. If you or someone you know would like more information, contact Roberta Schwartz (973) 361-5666 or (973) 361-6032 TTY.

Words of Wisdom for this month

To be a champ you have to believe in yourself when nobody else will - Sugar Ray Robinson

Gout, and What to do About It

April 1, 1999

American Family Physician PUBLISHED BY THE AMERICAN ACADEMY OF FAMILY PHYSICIANS

What is gout? Gout is a kind of arthritis caused by too much uric acid in the joints. The acid causes joint pain. Who can get gout? If you eat a lot of foods that are rich in purines, you may get gout. Some of these foods are salmon, sardines, liver and herring. You may get gout if you're overweight, drink alcohol or have high cholesterol. Men have gout more often than women. Some medicines may cause gout, such as certain diuretics ("water pills"), niacin (a B-complex vitamin), aspirin (taken in low doses), cyclosporine and some drugs used to treat cancer.

What is a gout attack like? It may be sudden. It usually starts at night, often in the big toe. The joint becomes red, feels hot and hurts. The joint hurts more when you touch it. Other joints may also be affected. What should I do if I have a gout attack? The sooner you get treatment, the sooner the pain will go away. Your doctor can prescribe medicine to stop the joint swelling and pain. You should rest in bed. Putting a hot pad or an ice pack on the joint may ease the pain. Keeping the weight of clothes or bed covers off the joint can also help. With treatment, your gout attack should go away in a few days. You may never have another attack. What if I don't get treatment? If you don't get treatment, a gout attack can last for days or even weeks. If you keep having more attacks, more joints will be affected, and the attacks will last longer. If you have gout attacks for many years, you may develop tophi (say: toe-fee). These are soft tissue swellings caused by uric acid crystals. Tophi usually form on the toes, fingers, hands and elbows. You may also get kidney disease or kidney stones. Over time, the bone around a joint may be destroyed.

What can I do to avoid gout attacks? Your doctor can prescribe medicines to prevent future gout attacks. These medicines wash the uric acid from your joints, reduce the swelling or keep uric acid from forming. You should lose weight if you need to. If you have high blood pressure or high cholesterol, get treatment and follow a low-salt, low-fat diet. Stay away from alcohol and foods that are high in purines. Drinking lots of water can help flush uric acid from your body.

This information provides a general overview and may not apply to everyone. Talk to your family doctor to find out if this information applies to you and to get more information on this subject. Copyright © 1999 American Academy of Family Physicians. Permission is granted to reproduce this material for nonprofit educational uses. Written permission is required for all other uses, including electronic uses. This handout is provided to you by your family doctor and the American Academy of Family Physicians. Other health-related information is available from the AAFP on the World Wide Web (<http://www.aafp.org/healthinfo>). W/99

Picnic

We've contacted the Morris County Park Commission and have scheduled July 28th for a picnic. Our picnic will be held at Hedden Park. More detail will be forthcoming, but the day of the event is set. So, mark your calendar and keep that date open .