

# DAWN AWAKENINGS

## Awaken to Independence

October 2008

### **ELECTION TO BOARD OF DIRECTORS ANNOUNCEMENT FOR OCTOBER 2008**

DAWN Center for Independent Living empowers people with disabilities to live independently, to strive for equality, and to take control of their lives. Disabled consumers and their families are provided services and participate in programs enabling this empowerment. Dues paid members have a voice in selecting the events, programs, and activities offered the Membership. Members vote and are eligible to hold office. Responsible active members move DAWNcil beyond being a service provider to being a community of people working together to better the lives of those living with disabilities in the communities of Morris, Sussex and Warren Counties.

We again enter the annual cycle for selection of members for DAWN Center for Independent Living Board of Directors. If you are interested in serving as a member of our board of directors, please, contact me so we can discuss opportunities for service and leadership within our center for independent living. I look forward to hearing from you.

Bob Panzer,  
Board Chairperson  
[rrpanzer@gmail.com](mailto:rrpanzer@gmail.com)  
Phone: 973.670-1600

### **Annual Membership Meeting & Thanksgiving Dinner**

At this time, Wednesday, November 19, 2008 is the date set aside for our Annual General Membership Meeting & Thanksgiving Dinner. The hosting restaurant is being researched as we anticipate attendance to be anywhere from 75 to 90 people. We need to find a facility, which is large enough to hold everyone comfortably, meal cost reasonable, and is accessible.

If anyone has suggestion for location, we would greatly appreciate your input. Feel free to call Marc Molde at the office (973) 625-1940.

### **FROM THE EXECUTIVE DIRECTOR'S DESK - Carmela Slivinski**

Election Day is November 4th, 2008. Voting is a privilege and a right that each and every one of us should exercise. You owe it to yourself to vote and to be educated when you do so. It is always important to exercise your right to vote but this upcoming election is extremely important as we elect the next President of the United States of America. In New Jersey, voters will also be choosing representatives to Congress and the Senate.

In order to qualify to Vote; you must be register by October 14th, 2008. You can register by mail or in person. Registration forms are available through the municipal clerk's office, the superintendent of elections

or online at the NJ Division of Elections website at <http://www.state.nj.us/state/elections/voter-registration-application.html>. Below are the contacts for Morris, Sussex and Warren County.

*Morris County*

Hon. Joan Bramhall, County Clerk  
P.O. Box 315 - Court Street  
Morristown, NJ 07963-0315  
Phone: 973-285-6059  
Fax: 973-285-5233

Ms. Roseanne Travaglia, Superintendent of Elections  
PO Box 900  
Morristown, NJ 07963-0900  
Phone: 973-285-6715  
Fax: 973-285-5208

Board of Elections  
PO Box 900  
Morristown, NJ 07963-0900  
Phone: 973-285-8350  
Fax: 973-285-8412  
(for deliveries other than USPS, use Hall of Records Building, Court Street, 2nd Floor)  
[morriselections.org](http://morriselections.org)

*Sussex County*

Hon. Erma Gormley, County Clerk  
83 Spring Street - Suite 304  
Newton, NJ 07860-2080  
Phone: 973-579-0900  
Fax: 973-383-7493

Ms. Linda Fountain, Commissioner of Registration  
83 Spring Street - Suite 304  
Newton, NJ 07860-2080  
Phone: 973-579-0950  
Fax: 973-579-0955

Board of Elections  
83 Spring Street - Suite 305  
Newton, NJ 07860-2080  
Phone: 973-579-0950  
Fax: 973-579-0955  
[www.sussexcountyclerk.com](http://www.sussexcountyclerk.com)

Warren County

Hon. Patricia J. Kolb, County Clerk  
Court House  
413 Second Street  
Belvidere, NJ 07823-1500  
Phone: 908-475-6211  
Fax: 908-475-6208

Ms. Mary Meyers, Commissioner of Registration  
413 Second Street  
Belvidere, NJ 07823  
Phone: 908-475-6313  
Fax: 908-475-6221

Board of Elections  
Court House  
413 Second Street  
Belvidere, NJ 07823  
Phone: 908-475-6313  
Fax: 908-475-6221

[www.co.warren.nj.us/election.html](http://www.co.warren.nj.us/election.html)

Please be aware that there is a new election law requirement. Identification must be provided when registering by mail, either on the registration form or in person the first time you vote. Either your driver's license number, last four digits of your Social Security # or a copy of a listed document showing your name and address satisfy the identification requirement.

Here are some important dates to remember:

- September 26--First Presidential Debate
- October 2-Vice-Presidential Debate, St. Louis, MO
- October 7-Second Presidential Debate, Nashville, TN
- October 14-Last day in NJ to register for general election
- October 15-Third Presidential Debate
- October 28 (noon) – mail-in deadline for voting via absentee ballot
- November 3 (3 p.m.) in-person deadline for voting via absentee ballot
- November 4-General Election
- January 20, 2009-Inauguration Day

Watching the debates is a great way to become educated about the issues and the candidates but there are also many sources on the internet that are keeping track of the candidates' positions on issues and in particular how those issues impact persons with disabilities. Following are a list of some of the sites you can check out if you want to find out more.

<http://www.johnmccain.com>

<http://www.barackobama.com/issues/disabilities>

<http://www.njvoterinfo.org/>

<http://elections.nytimes.com/2008/president/issues/party-platforms/index.html>

On July 26 the 18<sup>th</sup> Anniversary of the Americans with Disabilities Act, advocates across the nation gathered to participate in a National Forum on Disability Issues. The event which was supported by more than 80 national and local disability organizations, including the National Council on Independent Living, provided a forum for candidates or their representatives to present their positions and thoughts on the future of disability policies for the US. The full transcript and archived web cast can be viewed by logging on to <http://www.aapd-dc.org>.

I encourage everyone to become educated on the issues and the candidates and make sure to vote on November 4<sup>th</sup>. If you do not have access to the internet and would like information on the candidates, you are welcome to utilize our computers in our resource room.

Finally, remember that if you have difficulty accessing the polling place or getting transportation to the polling place, New Jersey Protection and Advocacy will have a hotline available on Election Day to take your complaints.

### **THE “DIVA” OF MOBILITY DEVICES - By Kathy Galletly**

Mobility devices! You want to talk mobility devices? I am a polio survivor, and I can tell you about mobility devices before the word “technology” existed. I remember the cumbersome steel braces, the wooden crutches, and those rickety wheel chairs. The only time a polio survivor had a “power” wheelchair is if the neighborhood kids decided to have some fun and pushed you down a hill at warped speed. Oh the thrill of it all; the wind in your hair, the bumps in the sidewalk, your mother screaming at the kids pushing you. Those were the days! After they got you at the bottom of the hill watching them run like the dickens so they wouldn’t be in big trouble. Who knows? Maybe that’s how the Para-olympics began.

Some of us polio’s were able to leave the mobility devices behind us and go on with our lives. Old rickety wheelchairs, braces and crutches were something of the past, hidden in the dark corners of our memories. Little did we know that after discarding those mobility devices polio was going to come back and haunt us in the form of post polio syndrome, causing fatigue and weakness and pain in parts of our body that were affected by polio, and even in parts we thought that polio didn’t affect.

When I was first diagnosed with PPS, my first reaction was “I’m not using any mobility device! I don’t need a lousy brace; I am not using a cane or crutches. And I’m sure as hell not using a wheelchair!” I refused to “give” in to mobility devices. So, I kept falling. And as long as I was able to get back up by myself I wasn’t going to give in. I was not going to be a disabled kid again, being pushed down the hill by the neighborhood bullies, wondering if the blurs of the trees and houses as I whizzed by in my mobility device would be the last thing I would ever see.

In time, it became harder to keep up with everyone else. Then I started to need help in getting up. What was even worse, I found myself yelling at my family for helping me. To say I was not a pleasant person to be around was an understatement. By this point I realized I needed help in dealing with the dreaded mechanical enemy. So off I limped, tripped and fell over my own feet to look for help to accept the devices

I needed. It took much therapy, and I offered a lot of diva resistance until I finally came to the conclusion that it wasn't the mobility devices that were the enemy. My thinking was the enemy. I had to accept what I am, that I am disabled, and that was not going to "get better" and yes even that a mobility device-- power wheelchair-- was going to help me live a full, happy and fall-free life.

Once I discovered the technical advances of these new mobility devices, and that I was the one who was going to decide what hill I was going down and at what speed, I was off and rolling. When I finally made my way into the world of power chairs, I decided I was going to do it in style; and I was going to be the "Diva of Mobility Devices". My first wheelchair, which I recently had to retire after one-too-many high-speed shopping trips, was Pink Panther pink. I also bought a matching pink crutch and a cane decorated with absolutely lovely little pink roses. When I had to retire my chair I had a ceremony for it and mourned its loss and moved onto a spiffy new chair. Alas, the new chariot is not pink, but a lovely cobalt blue. Since I'm just a little older now, the need for speed has left me and I took the high-comfort route. Its seat rises so I can reach my cabinets; its arm swings away so I can get in closer to the table. And when I'm not in my chair in the evenings my cats enjoy the newest addition to our lives, and curl up on the cushion, sleeping in high-tech contentment. As I look over at them and hear the sweet sounds of their purring, one thought runs through my mind: Mobility devices: "aren't they grand?"

## **RIDEPROVIDE NOW ACCEPTING MEMBERSHIP APPLICATIONS**

RIDEPROVIDE, is a non-profit transportation service offering personalized, low-cost, door-to-door transportation with current memberships to residents of Roxbury, Parsippany, Madison and the Chathams and are accepting applicationf from Florham Park, E.ast Hanover and Hanover Township.

RIDEPROVIDE is a personalized, low cost, transportation option for residents who are seniors age 60 and above, and people with physical disabilities who are capable of getting in and out of a car with minimal assistance. Drivers cannot do heavy lifting of people or objects.

Drivers will take you, in sedans, to activities of your choice, such as, medical appointments, visits with friends and family, attendance at community events, religious activities, personal and grocery shopping, hair dresser or barber appointments, seeing a movie or going to the gym.

To participate, members complete an application and pay a \$25 annual membership fee.

Reasonably priced, zone-based fares will be charged for rides up to a 15 mile radius from passenger's home (we are able to cross county lines).

Rides will be available Monday through Friday 8:00 a.m. until 6:00pm.

Please call our information line at (973) 349-1044 for questions about the service or a membership application packet.

Our information line is available Monday through Friday 8:00 a.m. until 4:00 p.m. You can also e-mail Cathy Boccard, Rideprovide Services Coordinator at [cboccard@transoptions.org](mailto:cboccard@transoptions.org)

Excerpt from the TransOptions web-site

## **NEW JERSEY FOUNDATION FOR THE BLIND**

New Jersey Foundation for the Blind (NJFFB) has opened its store to the public on Tuesdays and Thursdays from 12:30—1:30 p.m. Store offers solutions for people with low vision with easy to use products. Staff can also show an array of products and technologies that can help people, who have had vision loss, read. The store can also order products and equipment that not typically in stock. Store is located at 230 Diamond Spring Road in Denville. Anyone unable to visit during store hours should call (973) 625-0055 ext. 340 or 339 to arrange a convenient time to shop.

## **NJ WORKABILITY**

NJ WorkAbility is designed to help working people with permanent disabilities take advantage of job and career opportunities. With the WorkAbility Program you can earn up to \$49,020 annually and still be eligible to receive Medicaid health benefits.

In order to enroll you must:

- Be a New Jersey resident
- Have a permanent disability
- Have proof that you are working full or part-time or are self-employed
- Be between the ages of 16 and 64

To learn more about the program call 1-888-285-3036, option 2 or visit <http://www.state.nj.us/humanservices/dds>

## **NEW WEBSITES**

[AccessibleEmployment.org](http://AccessibleEmployment.org) is a new web site working to help disabled job seekers in the U.S. find jobs. If you prefer an interview opportunity with a disability workforce expert, contact Stacy Harris at 908-963-0760

[familyconnect.org](http://familyconnect.org) offers support for parents and caregivers of children with visual impairments. Has message boards, videos, parenting articles, a blog, glossary of eye conditions, links to local resources, latest technology and educational information.

[www.gimpgirl.com](http://www.gimpgirl.com) a site for women with disabilities. Holds weekly on-line meetings to discuss a set theme, tell their stories, network, share opinions, myths, and facts.

[www.disaboom.com](http://www.disaboom.com) brings together content and tools ranging from specialized health information to social networking to daily living resources in a single interactive site.

## **GAME NIGHT AT DAWNCIL, 6:00—9:00 P.M. ON THURSDAY, OCTOBER 23**

Our hosts for the evening are DAWN Members Craig Gutzwiller and Jeff Gray. Sponsors for the evening come from Game Crazy, Byrum, and these game-masters will coach us in tactics and techniques of Wii Bowling. We also hope to have the new Play Station 2 set up for your enjoyment.

Do you want to play Scrabble, Backgammon, Chutes & Ladders? Bring your favorite board game and challenge your friends.

Water, soft drinks and chips will be available. Your contribution to the snack fund will be appreciated.

We need a TV set for the games. Do you have an extra TV? If you have one you do not plan to convert to HD next February; would you donate that extra TV to DAWN for the game room?

Volunteers are needed to set up, help with the games, and clean up. Can you be at DAWN by 5:15 to set up? Can you stay until 9:45 to clean up?

If you plan to attend, please, call the office. Let us know if you will be able to help-out. Neither special accommodations nor attendants will be available for game night. Transportation is not available for this event.

## **UP-COMING DAWN EVENTS**

### General Membership Activities-

General Membership: Transportation is available, unless otherwise noted, for anyone over the age of 18. Due to regulations transportation for events may not be provided for any person under 18 years of age

Saturday September 27— 12:00—3:00 pm  
Meadowlands Environmental Center in Lyndhurst

Thursday, date to be announced —  
6:30—9:00 pm Members Mtg, Subject Becoming Employed & Staying Employed

Saturday, October 18 — 12:30- 2:30 pm  
IHOP in Hackettstown (Cost of meal)

Thursday, October 23—5:00—9:00 pm  
Game Night at DAWN office Transport is not provided for this event

Wednesday, November 19—6:60—9:30 pm  
Annual Meeting/Thanksgiving Dinner Location to be announced

Sunday, November 23—6:60—9:30 pm  
Evening of Giving this is a fund raiser for DAWN. Tickets are \$10.00 each. for Rockaway Townsquare Mall. Open to all—members, friends and family are invited to participate. Stores offer discounts (some

substantial), there is entertainment and door prizes.

Saturday, December 13—12:00—4:00 pm

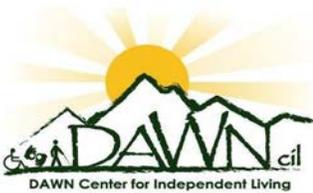
Holiday Gala. Location to be announced All are invited—general membership, young adults and deaf seniors

Young Adult Activities

Yount Adults: Transportation Not Provided

Friday, October 10—7:00—10:00

Halloween Dance, Christ Episcopal Church in Budd Lake



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Fax: 973-625-1942

TTY: 973-625-1932

Email: [info@dawncil.org](mailto:info@dawncil.org)

**We are on the web!**

[www.dawncil.org](http://www.dawncil.org)

**Follow us on**

**Twitter@DAWncil**

**DAWN MISSION STATEMENT**

DAWN Center for Independent Living empowers people with disabilities to strive for equality and to take control of their own lives by:

- Providing the tools that encourage independence and self-advocacy.
- Promoting public awareness of the needs, desires and rights of individuals living with disabilities.
- Offering community activities that create new experiences and opportunities.
- Creating informed communities that advance the Independent Living Philosophy.

**DAWN PROVIDES THE FOLLOWING SERVICES:**

- Information and Referral
- Living Well with a Disability
- Next Chapter Book Club
- Aktion Club (Morris County only)
- Nursing Facility Transition
- Independent Living Skills Training
- School to Adult Life (*STEP-UP* Program)
- Advocacy
- Peer Support
- Recreation
- SAIL
- Care Management