



DAWN, Inc. Newsletter

Fall 2004

DAWN, Inc. (Center for Independent Living, Inc.)
Issued: Third Quarter 2004

Dawn is a non-residential center for independent living (CIL) committed to providing the resources to enable people with disabilities to remain independent. Dawn is federally mandated to provide free of charge the following core services:

- Information & Referral
- Advocacy
- Peer Support
- Independent Living Skills
- Recreational activities are also provided at a cost

CILs are membership organizations located throughout the country and each provides services to a specific geographic area. Dawn services Morris, Sussex and Warren counties.

DIABETES & SECONDARY CONDITIONS

People with diabetes know the effects of diabetes on the kidneys and eyes. It is also common knowledge that to prevent eye problems an eye exam should be done once a year even if your vision is okay. But some still do not know that diabetes "can also dramatically increase their risk of heart disease or stroke and many don't inspect their feet or get regular foot exams." Because people with diabetes may not have normal ability to feel pain due to nerve damage a blister or cut may go unnoticed until too late for basic first aid; and many doctors do not routinely check a patients feet. Just like your eyes "Every patient with diabetes needs at least an annual foot exam."

If you would like information regarding heart disease (or stroke) and diabetes visit the American Heart Association Web Site at: www.americanheart.org which offers a thorough explanation of what cholesterol is and recommended levels as well as recommended bp readings.

For more information regarding diabetes visit the National Institutes of Health Web-site at: ndep.nih.gov

NJ FOUNDATION FOR THE BLIND

Founded in 1942 in Newark, the Foundation moved and has been headquartered at the Diamond Spring Lodge Facilities in Denville since 1955.

It has an increasingly visible and important role in the community as recent data reveals that the number of blind or visually impaired adults will grow substantially as the population ages.

The Lodge also holds regularly scheduled social activities-for more information call: (973) 627-0055

From the Executive Director's Desk

Fall is right around the corner and with that comes the end of the lazy days of summer, students get back to school, vacation time is over, and people start planning for the holidays. This year especially is an important time as we all prepare for the Presidential Election. As we have been telling our members, this weekend is the National Disability Convention in Atlantic City. Up until today, there had been hope that the candidates would be in attendance to share their thoughts on the issues affecting individuals with disabilities. I am very disappointed to share that the candidates will not be in attendance. For whatever reasons, they feel there are more important events to attend than the Disability Convention. The work of those individuals who put in countless hours to get this convention organized should not go unnoticed. However, in the future, the disabled community must present a stronger presence so we are not ignored again. Don't let this happen again. Educate yourself on the issues and where the candidates stand and then: Get out, vote, and let your voice be heard. If transportation is an issue, call our office and we will let you know what is available on Election Day. Don't let that be an excuse. If you are interested in doing a site survey of your polling place let us know and we can get you the survey. The only way to make changes is to get involved!

As I said, fall is a busy time for all. For DAWN, it is the beginning of the new fiscal year, elections for our board of directors, a time for membership renewals and the kick-off for our annual raffle. We do have openings on our Board and would love to hear from members who are interested in becoming more involved in the organization. If you have an interest, call the office and we can fill you in on what is involved.

There will be lots of information sent to you over the next month via mail, so please do your best to take some time to review the materials. Membership renewals will be sent out soon. For those who are dues paid members, you will be receiving ballots via mail or you can attend the October membership meeting to vote in person. And last but not least, our annual raffle will be kicking off and all will be receiving tickets to sell. We need your continued support in all of these matters so we can continue to provide services. As always, feel free to contact us if you are in need of our assistance.

DRIVING TICKET FINE INCREASE IN NJ

Starting August 15th, the price of a ticket for violation of NJ Law 39:3-29 (failure to show your driver's license, registration, or insurance card at the time you're stopped) is going from \$44.00 to \$173.00. Please make sure you carry proper documents at all times. Just so you know, the fine for not having all three of these documents is \$519.00

DEAF AWARENESS DAY AT LIBERTY SCIENCE CENTER

Introducing what is hoped to be the first of many, the Deaf Awareness Day at Liberty Science Center in Jersey City will be held on Sunday, October 3, 2004.

HENRY H. KESSLER FOUNDATION'S 3RD ANNUAL 5K STROLL 'N ROLL

9:00 a.m. on Sunday, October 3rd At Verona Park in Verona, NJ
Music • Food • Entertainment • Prizes • Goody Bags • T-Shirts

Join friends, family, neighbors, and co-workers as they walk, roll, or stroll to raise funds for medical rehabilitation research, education, and community programs.

Your support helps to improve the quality of life for people with spinal cord and traumatic brain injury, stroke, multiple sclerosis and orthopedic conditions.

For more information call the Foundation office at (973) 324-8362 or visit the website at: www.hhkfdn.org

NJ PROTECTION & ADVOCACY, INC. 210 SOUTH BROAD ST., TRENTON, NJ

NJP&A was established to advocate for and to protect the rights of people with disabilities living in New Jersey. They also provide education, training and technical assistance to persons with disabilities, agencies and individuals that serve the disabled. NJP&A operates the following programs that provide legal and advocacy services Protection and Advocacy for:

- Developmentally Disabled (PADD)
- Individuals with Mental Illness (PAIMI)
- Individual Rights (PAIR)
- Individuals with Traumatic Brain Injury (PATBI)

They assist people seeking or receiving services from federally funded rehabilitation programs with the program called:

- Client Assistance Program (CAP)

Education and training about employment and Social Security Work Incentives are provided through:

- Beneficiaries of Social Security (PABSS) and

They seek to overcome barriers and make assistive technology more accessible through:

The Assistive Technology Advocacy Center (ATAC) of NJP&A

For assistance and information, call NJP&S' a toll-free number: 800-922-7233 or 609-292-9742; 609-777-0187 fax; 609-633-7106 TTY

NJP&A is holding a Casino Night Fundraiser at: 7:00 p.m. on Friday, October 1st at Forest Hill Field Club in Bloomfield, NJ. For more information call: (800) 922-7233

MS TREATMENTS

Dr. Joseph Herbert will be discussing different FDA-approved treatments for MS that are not commonly used, such as IVIG and Pasmapheresis. Wednesday, October 20-7:30 p.m. at Church of the Savior 155 Morris Avenue, Denville

To register call Jennifer Healy at: 800-344-4867 or 201-967-5599 x203 or e-mail at: jhealy@njb.nmss.org

DEALING WITH MS & EMPLOYMENT

A program entitled "Dealing with Employment and Multiple Sclerosis" will be held on: October 12 from 7 - 9 pm, Presbyterian Parish House, 65 South St, Morristown

To register contact Pat Evertz at: 800-344-4867 or e-mail her at: Pat.Evertz@njb.nmss.org

NJ HUMAN SERVICES WEB-SITE TO HELP ACCESS SERVICES

There is no reason why anyone should go hungry, and yet there are too many people who do not have adequate food. Food Stamps is the most underutilized program in the country and especially in New Jersey. Many people do not realize that they are eligible for Food Stamps.

The NJ Dept of Human Services is trying to remedy this, and other questions residents may have, through the NJ Helps Web-site: www.njhelps.org

Because residents may be eligible for benefits they are unaware of or think themselves ineligible for, this site allows residents to anonymously input basic information about their household and finances and in return learn if they are likely to be eligible for eight different programs offered.

The programs are: food stamps, general assistance or GA , Temporary Assistance for Needy Families better known as TANF, Medicaid, NJ Family Care, child care assistance, kinship care and, Low Income Home Energy Assistance also known as LIHEAP.

SHOPRITE FROM HOME

ShopRite now has an on-line shop from home service, although it is limited to six stores at this time. (ShopRite of Clark, Flemington, Lincoln Park, Nutley, Oakland, and Spotswood). You place an order on-line, a shopper hand selects your order, you choose a pick-up time and your order will be waiting for you at the drive-up service.

HOMESCOPE

HomeScope is an environmental control device activated in a number of ways: by voice, switches, remote controls, touch screens, head movements. Compatible with AAC devices it is able to operate doors, cameras, radios, TV's, e-mail / Internet, etc. For information regarding this product call NJP&A at 609-292-9742 or 800-922-7233

SHOULDER GUIDE AVAILABLE

"Shoulder problems are among the most frequent complaints in the post-polio population." It is also a common complaint among older adults, people who are physically active, and for people with long-standing conditions such as arthritis, stroke, spinal cord injury, and MS.

S.O.S. Save Our Shoulders a guide for Polio Survivors is now available for download on their web-site: www.einstein.edu/polioandmobility

The 30-page Guide includes exercises (illustrated) and tips to prevent your shoulder problems from getting worse.

If you do not have access to Internet call Roberta Costello at 213-456-4993.

AKTION CLUB OF MORRIS COUNTY

Sponsored by Kiwanis in coordination with DAWN

If you are interested in being part of a group that likes to have fun while actively participating in the community and developing initiative and leadership skills? Then this is for you!

What is an Aktion Club? It is a community service group composed of adults living with disabilities (18 and older). It provides an opportunity for its members to give back to their community.

What does an Aktion Club do? It performs a variety of services for the community and cooperating agency, such as projects to raise money for needs in the community and a variety of community services: environmental projects, food drives, nursing home visits, but we also take time out for fun. All these activities are determined & planned by the membership. If this is a group that interests you, call us: (973) 361-5666.

**JOURNAL OF THE COMMUNITY DEVELOPMENT SOCIETY
CALL FOR PAPERS: SPECIAL ISSUE ON DISABILITY AND COMMUNITY DEVELOPMENT**

Research, Programs, Services, and Policy

People with disability make up a substantial proportion of the population. A community's environment significantly affects their ability to participate in community life. The Journal of the Community Development Society announces a call for manuscripts for a special issue on disability and community development. The purpose of this issue is to highlight how community development strategies can promote participation in community life of people who experience disability, and how disabled people and disability service organizations contribute to community development.

Manuscripts may address Across-disability@ issues, people who experience disability due to any impairment or chronic condition, including disability due to injury and chronic disease, mental illness, sensory impairments, and cognitive impairments. Topics may include housing, environmental design and community accessibility, advocacy, community leadership, transportation, telecommunications, demographics, community health issues such as long-term care or health promotion, employment and economic development citizen involvement, programs and services, or planning and policy. Papers may address adult and children's issues, as well as rural and urban contexts. Manuscripts that report research, program demonstrations, unique service collaborations, and policy studies are encouraged. Book reviews are also welcome.

To be considered, manuscripts should be received by January 3, 2005. To discuss whether your potential submission falls within this topical area, call: Tom Seekins, Guest Editor (406) 243-2460.

Submissions should be sent to:

Tom Seekins, Guest Editor
Journal of Community Development
RTC: Rural
52 Corbin
University of Montana
Missoula, MT 59812

You can learn about relevant issues by visiting the following web sites: Research and Training Center on Disability in Rural Communities: <http://rtc.ruralinstitute.umt.edu/> Community Development Society: www.comm-dev.org

MEDICAID COMMUNITY-BASED ATTENDANT SERVICES AND SUPPORTS ACT OF 2003

MiCASSA (S.971/HR 2032): A SummaryMiCASSA gives people real choice in long term care options by reforming Title XIX of the Social Security Act (Medicaid) by ending the institutional bias. MiCASSA Allows individuals eligible for Nursing Facility Services or Intermediate Care Facility Services for the

Mentally Retarded (ICF-MR) the opportunity to choose instead a new alternative, "Community-based Attendant Services and Supports." The money follows the individual!

In addition, by providing an enhanced match and grants for the transition to Real Choice before October 2007 when the benefit becomes permanent, MiCASSA offers states financial assistance to reform their long term service and support system to provide services in the most integrated setting.

Specifically what does this bill do?

Provides community-based attendant services and supports ranging from assistance with:

- activities of daily living (eating, toileting, grooming, dressing, bathing, transferring)
- instrumental activities of daily living (meal planning and preparation, managing finances, shopping, household chores, phoning, participating in the community)
- and health-related functions.
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Includes hands-on assistance, supervision and/or cueing, as well as help to learn, keep an enhance skills to accomplish such activities.

Requires services be provided in THE MOST INTEGRATED SETTING appropriate to the needs of the individual.

Provides Community-based Attendant Services and Supports that are:

- based on functional need, rather than diagnosis or age;
- provided in home or community settings like-school, work, recreation or religious facility;
- selected, managed and controlled by the consumer of the services;
- supplemented with backup and emergency attendant services;
- furnished according to a service plan agreed to by the consumer;
- and that include voluntary training on selecting, managing and dismissing attendants.

Allows consumers to choose among various service delivery models including vouchers, direct cash payments, fiscal agents and agency providers. All models are required to be consumer controlled.

For consumers who are not able to direct their own care independently, MiCASSA allows for "individual's representative" to be authorized by the consumer to assist. A representative might be a friend, family member, guardian, or advocate.

Allows health-related functions or tasks to be assigned to, delegated to, or performed by unlicensed personal attendants, according to state laws.

Covers individuals' transition costs from a nursing facility of ICF-MF to a home setting, for example: rent and utility deposits, bedding, basic kitchen supplies and other necessities required for the transition. Serves individuals with incomes above the current institutional income limitation - if a state chooses to waive this limitation to enhance employment potential.

Provides for quality assurance programs which promote consumer control and satisfaction.
Provides a maintenance of effort requirement so that states can not diminish more enriched programs already being provided.

Allows enhanced match (up to 90% of Federal funding) for individuals whose costs exceed 150% of average nursing home costs.

Between 2003 and 2007, after which the services become permanent, provides enhanced matches (10% more federal funds each) for states which:

- begin planning activities for changing their long term care systems, and/or
- include Community-based Attendant Services and Supports in their Medicaid State Plan.

Provides grants for Systems Change Initiatives to help the states transition from current institutionally dominated service systems to ones more focused on community based services and supports, guided by a Consumer Task Force.

Calls for national 5-10 year demonstration project, in five states, to enhance coordination of services for non-elderly individuals dually eligible for Medicaid AND Medicare.

DAWN PROGRAMS - (TRANSPORTATION PROVIDED)

Members Meetings & Recreation

Members Meetings

Monthly 1st Wednesday 7:00 to 9:00 P.M. Paragon Village, Hackettstown

October 6 - Board Election & Presentation

November 3 - General Member's Meeting - will be held at Knoll Heights after the Sussex County Openhouse

December 1 - Shopping in lieu of meeting from 1 - 4:00 pm at the Rockaway Mall

General Members Recreation

Dinner out 6:30 to 8:30 P.M. For all other events, check with the office.

Saturday, October 30 - Paper Mill Playhouse, Millburn Play is She Loves Me 2:30 P.M.; Cost \$30 - The cost for dues paying members is \$20

Friday, November 19 - Dinner out - Charlie Brown's, Denville

Saturday, December 11 - Holiday Gala at the Sr. Center Mount Olive 12-4:00 pm

Board Meetings

5:00 to 7:00 P.M. Conference Room C, St. Clare's Dover General on the 4th Thursday of the month

Meetings will be held on:

October 28

November 18

December - NO MEETING

Dawn is seeking new board members. If interested please contact the office for details.

Call the office (973) 361-5666 no later than one week prior to an event to sign up for event & to schedule transportation.

If you need a special accommodation (assistant, interpreter, Braille, etc), please inform us at least two weeks prior to an event. Attention Deaf Members: Please call (TTY 973-361-6032) if you need an ASL interpreter. Call your county's transportation department two days prior to an event to establish your pick-up time. To assist the scheduler and to show consideration for your fellow travelers, if you need to cancel pick-up, call transit at least two days in advance, or as soon as possible.

DAWN PROGRAMS - (TRANSPORTATION NOT PROVIDED.)

Young Adult Recreation

2nd Friday of each month from 7:00 to 10:00 P.M. at the Montville Recreation Site (Unless otherwise noted)

Friday, October 8 - Halloween Party at the Sr. Center, Montville

Friday, November 12 - Talent Show at the Sr. Center, Montville

Saturday, December 11 - Holiday Gala 12-4:00 pm at the Sr. Center, Mt. Olive

Deaf Senior Citizens of North West Jersey

Note - the meeting place has changed.

Meetings held the 3rd Wednesday of the month at the Denville Free Public Library on Diamond Spring Road in Denville. www.denvillelibrary.org

Meetings are held from 1:00-4:00 in the cafeteria.

Flyers with topic information mailed prior to meeting. Meeting information also listed in the Communicator.

DAWN's Open House by County

Dawn open houses held in conjunction with state and local disabilities agencies.

Warren County - Oct 12 at Phillipsburg Mall, Route 22, Pohatcong Twsp.; 3:00 - 7:00 P.M.

Morris County - Oct 20 at Police Academy, W. Hanover Ave., Morris Twsp.; 3:00 - 8:00 P.M.

Sussex County - Nov 3 at Knoll Heights Village, Trapasso Dr., Sparta; 3:00 - 7:00 P.M.

(Member's meeting will follow openhouse.)