



D.A.W.N., Inc.

Membershid Notice

February 2001

Living with Diabetes

Four "Must-Have" Books - and more. Diabetes is a disease that requires the individual to manage it effectively. This requires a lot of information. Following is a list of four new self-help resources:
12 Things You Must Know About Diabetes Care Right Now! By Irl B. Hirsch (# 4811.02, 2000) 180-page soft-cover - covering such areas as self-empowerment, pregnancy, eye disease, hypertension, and other complications, this book also has handy drug and Internet guides. Selling for \$14.95+\$4.99 p/h, it can be ordered from Order Fulfillment Services, American Diabetes Association, P O Box 930850, Atlanta, GA 31193-0850; Telephone 1-800-232-5733; web store.diabetes.org

Women & Diabetes: Staying Healthy In Body, Mind And Spirit (# 4907.02, 2nd ed., 2000) by Laurinda M. Poirier and Katharine M. Coburn

Dinner Out

Ming Court Buffet in Wharton.

This year the Chinese New Year begins on January 24th. The coming year is the year of the Golden Snake, although I have also seen it listed as the year of the White Snake (which relates this year to an ancient mythology or prophesy) and the year of the Snake Sleeping in Winter. No matter what you call it, it is considered a year for preparation, for difficulties to be overcome, and a year in which it is considered especially important to be faithful to friends and family. If you want to know more about the Chinese New Year's, your local library may have books on Chinese Astrology (there is a book called Chinese Astrology by Man-Ho Kwok), or a good web-site is: <http://www.chinatown-online.co.uk/>

Vitamin Intake

The Institute of Medicine has just updated its national guidelines for the recommended dietary allowances (RDA) for vitamins and minerals Americans should consume daily. Age and sex are both factors when considering taking supplements. Today's labels are based on standards set in 1968 and you probably will not see new labeling any time soon. Some of the findings: "More than 1000 mg / day (1500 IUs) of vitamin E could cause uncontrolled bleeding. [Because] people over 50 have trouble absorbing B12 from food, they should eat fortified foods or take a daily supplement to get 1.2 micrograms a day. The amount of vitamin needed by older people for strong bones has doubled to 400 IUs. Women need 75 mg / day, men 90 and smokers should add another 35 mg of vitamin C. But more than 2,000 mgs / day can cause diarrhea." Star Ledger/Daily Record, 01/16/01

Attention Parents!

U.S. Congressional Committee wants IDEA stories The House Committee on Government Reform has begun to gather stories and statements from parents of children with disabilities regarding their experiences with their school systems in carrying out the Individuals With Disabilities Education Act (IDEA) This is a chance for parents to tell the policymakers in our country what is happening regarding the

education of their children with special needs. The Committee is particularly looking for stories and statements that answer the following questions:

- What challenges do you face in trying to obtain an education for your child?
- Do you have to fight for services?
- Do you believe your school is following the requirements of IDEA?
- What kinds of problems have you experienced?
- How much have you had to spend out-of-pocket because your school will not provide proper services?
- What lessons have you learned?
- Do you have suggestions for Congress about IDEA or about school systems?
- What good things can you tell us about your school system?

Parents can submit stories and statements by the end of this month to Ms Beth Clay, House Committee on Government Reform, at the following e-mail address: Beth.Clay@mail.house.gov or by fax, (202) 226-1274. For further information, please call the Committee office: (202) 226-5738.

Monday Morning
Late December 2000
Volume 6, Number 21

Copy of Letter from Heather to Dawn's Members

December 20, 2000

Dear Colleagues,

I would like to take a moment to wish you Happy Holidays and a Happy and Healthy New Year. It is with great regret that I inform you that, as of December 31, 2000 I will no longer be the Executive Director of Dawn, Inc. I have decided to stay home with my children and enjoy being a full-time Mom. Carmela Slivinski will be the Acting Executive Director until a new director is hired. It has been a pleasure to work with you these past several years. I know you will show Carmela the same kindness you have shown me. I wish you the best of luck in the future.

Sincerely,
Heather L. Schweizer Executive Director

Thank you - from Harry Russell

I want to thank all of the members for voting and placing me on Dawn's Board of Directors. As a board member I will be in Dawn's office every Wednesday and most Fridays from noon until 3:00 p.m. During this time, if you have any questions or comments that you would like me to respond to, please call the office at (973) 361-5666.

Thanks again,

Notice Summary

We have received Notice of Certification and Appointment of Class Counsel in a Class Action on Behalf of Persons with Physical Handicaps - a civil action. The plaintiff is hip (Heightened Independence and

Progress), Inc. a New Jersey Not-for-Profit Corporation, on its own behalf and on behalf of the Class vs. the defendants River Club Associates, Inc., a New Jersey Corporation, et al. This is to ALL residents of the state of New Jersey with physical handicaps.

You are a member of the proposed class if you are a resident of the State of New Jersey and also are a person with a "physical handicap."

Plaintiff alleges that The River Club apartment complex on South River Road in Edgewater, NJ, was designed and build in violation of federal and state architectural barriers laws, and therefore is less accessible to persons with physical disabilities than these laws require. Plaintiff has sued 1) the current owner of the apartment complex, River Club Associates, LLC; 2) A managing member of the former owner of the apartment complex, Bellemead Development Corporation; 3) the architect who designed it, Nadasky Kopelson; and 4) the Construction Official of the Borough of Edgewater.

Defendants have denied any wrongdoing. This notice and the following "Request for Exclusion" are to advise you of the pendency of the action and the rights, which you have with respect to it.

If you do not want to be a member of the Class: the court will exclude any member of the class on written request for such exclusion on the attached Request for Exclusion form, postmarked on or before January 31, 2001. Persons who request this exclusion will not be entitled to share in the benefits of the judgement if it is favorable to the plaintiffs, and will not be bound by the judgment if it is adverse to the plaintiffs.

Counsel for the plaintiff and for the members of the class is David J. Popiel, Esq., of the Community Health Law Project, 185 Valley St., S. Orange, NJ 07079 (973) 275-1175.

Request for Exclusion

Read the legal notice above before filling out this form.

The undersigned has read the notice of class action, and does NOT wish to remain a member of the plaintiff class certified in the case of hip vs. River Club, Docket No. L-8405-98, in the Superior Court of New Jersey,

Law Division.

Date _____

Your Name _____

Street Address _____

Municipality _____ and Zip Code _____

If you want to exclude yourself from the class, you must complete and return this form postmarked on or before January 31,2000, to:

The Honorable Jonathan N. Harris, Judge
Superior Court Bergen County Justice Center, Room 301
10 Main Street Hackensack, NJ 07601

A separate request for exclusion should be completed and timely mailed for each person or entity electing to be excluded from the class.

The Christian Outreach Project

Now in its nineteenth year, Christian Outreach Project will again be offering no-cost home repair / improvement services for elderly, disabled and low-income homeowners in Sussex, northern Warren, and western Morris counties. The two workweeks for 2001 are: June 24th to 30th and July 1s to 7th

If you would like to participate in this Project, please call the DAWN office (973) 361-5666. The last day to sign up with DAWN, Inc. for this Outreach Project is Tuesday, April 17th.

SIBSTUFF A WORKSHOP FOR SIBLINGS OF KIDS WITH DISABILITIES AGES 8 – 13

Join the Fun, Make New Friends

Our sibling support sessions will resume on January 24, 2001 At the D.A.W.N. Office 400 South Main Street, Wharton, NJ 6:60 - 8:00 p.m. Session dates are as follows:

January 24
February 7
February 21
March 7
March 21
April 11
April 25

The fee will be \$10.00 per quarter. For more information, contact Roberta Schwartz @ (973) 361-5666.