



# D.A.W.N., Inc. Membership Notice

July - August 2002

Disabled Advocates Working for Northwest, Inc.  
Issued: July August 2002

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If you would like to receive this notice on tape or via e-mail, please call the office (973 361-5666 or TTY 973 361-6032) with your request, or e-mail your request to ([info@dawncil.org](mailto:info@dawncil.org) et).

For Meeting Schedule - See Last Page of This Notice.

Reminder : In order for us to make the necessary arrangements for special accommodation needs (interpreter, personal assistant, Braille, etc.), it is essential that you notify the office (973 361-5666) of your needs at least two weeks prior to an event

Thank you

### **Recycle Medical Equipment:**

The Trenton Materials Exchange collects donations of used durable medical equipment and recycles them to other consumers. It is a non-profit organization, apparently very small and struggling, living in borrowed office space. They are continually receiving donations of all types of equipment even including large items such as porch and van lifts. The consumer might need to pick up the equipment, but sometimes delivery can be arranged. Installation of equipment is the responsibility of the consumer. Geri La Placa of TME can be reached at (609) 278-0033.

Villa Madonna in Allamuchy has equipment, scooters, hospital beds, hoist lifts, etc., available for a small donation. Call for information (908) 852-4551.

### **IntelliShare:**

"...exchanging expertise in learning technology" Are you thinking about attending the 2002 IntelliShare Summer Conferences in Paramus, NJ on July 16-17 or August 1-2? Are you an Intelli-Tools beginner (or need a refresher)? If so, then this event is for you! Because the IntelliShare Conferences assume an intermediate level of knowledge of the IntelliTools Programs, here's a great way to "get up to speed."

### **Inclusive IEP Partners Project**

Attention parent groups and individuals interested in connecting with other parents to support inclusion. NJCIE, in collaboration with SPAN, is offering a unique, intensive four hour training to develop a network of mutual support among New Jersey parents interested in developing inclusive IEPs at their IEP meetings. The regional trainings are offered free to members of parent groups and to other individuals in exchange for the participant's agreement to attend an IEP meeting of another parent during the 2002-2003 school year .The training will consist of: 1) a brief overview of the law on least restrictive environment and the research showing the benefits of inclusive education; 2) an overview of what inclusive education is and its basic concepts (curricular models, adaptations, supports, instructional strategies); 3) what an inclusive IEP looks like and the questions that need to be answered at the IEP meeting to ensure a quality, inclusive program throughout the year; and, 4) discussion of appropriate responses and problem solving techniques for use at IEP meetings.

There is limited availability, so register now!

To register, complete and send the following form to:

NJCIE

P. O. Box 186

East Brunswick, New Jersey 08816

or fax to: (732) 390-3319

or call (732) 613-040 to register.

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Each training will be from 9:30 a.m. to 2:00 p.m. Parking is located next to each facility. A light lunch will be provided.

Please check off the training which you will be attending.

\_\_\_\_\_ East Brunswick Public Library - Wednesday, July 24

\_\_\_\_\_ Learning Resource Center South, Sewell - Monday, July 22

\_\_\_\_\_ Learning Resource Center North, East Orange - Thursday, July 18

Name: \_\_\_\_\_

Address: \_\_\_\_\_

County: \_\_\_\_\_ Telephone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

School district and name of school attended by your child:

\_\_\_\_\_

Assistive Technology (AT) for Students with Disabilities Training Project: The summer 2002 Assistive Technology Institute computer workshops are "100 hours." They are approved by the NJDOE and now offer CEUs. Held at Bergen ETTC/Bergen County Special Services, East 64 Midland Avenue, Paramus, NJ 07652.

If you have a group of six or more teachers, therapists, child study team members or other school professionals working with students struggling with reading or writing, they can bring their workshops to you. If you do not have a computer lab they can provide up to eight workstations, complete with all the necessary hardware and software. You provide the room. For more information, call Adam Krass at (201) 265-6300 extension 6060.

**Arts Access Program:** Presents 'Freedom through Dance' the summer series dance classes for people with all types of disabilities at the Robert Schonhorn Arts Center at the Matheny School and Hospital. Classes are taught by professional dancers of the Roxey Ballet Company. All levels from absolute beginner through advanced accepted. The classes will take place every Monday, from 6-7 p.m. or 7-8 p.m., for six weeks starting July 22nd. The Cost is \$100.00. For more information and course description please contact Elaine Schnoor at (908) 234-0011 or e-mail: [arts\\_access@yahoo.com](mailto:arts_access@yahoo.com)

**113th Annual Deaf Day:** (Not Deaf Awareness Day.) At Dorney Park and Wildwater Kingdom in Allentown, Pennsylvania on Saturday, August 10th. Dorney Park is open 10 a.m. to 11 p.m. and Wildwater Kingdom from 10 a.m. to 7 p.m. Admission price is \$13.00 per deaf person (any ages) with children three and under free. Parking fee is \$6.00. The tickets will be sold at the admission gates; there is an additional charge for Bumper Boats, Indy Cars, etc. and any other additional-fee attractions. Any questions call Dennis Briggs: TTY (610) 437-5939 or fax (610) 437-2540 .

**Deaf Club Open House:** The Lehigh Association of the Deaf will host an open house at the deaf club on 121 South 8th Street in Allentown. For information check out LeHAD's web-page: [www.lehad.com](http://www.lehad.com)

**Project Cope:** A national clearinghouse that offers resources for populations vulnerable to stress has three guides that can be downloaded from its web-site: 1) Helping children cope with disaster and specific strategies for children with special needs. 2) Coping with disaster: a second guide for parents and other caregivers of children with cognitive disabilities. 3) Coping with disaster: a guide for families and others who support adults with cognitive disabilities. To contact Project Cope call (914) 493-5202 fax: (914) 493-1973 E-mail: [projectcope@nymc.edu](mailto:projectcope@nymc.edu) web-site: [www.projectcope.net](http://www.projectcope.net)

**Internet Link:** The web-site called JustCan provides Internet links to on-line disability resources, products, services and support groups. [www.justcan.com](http://www.justcan.com)

**Healthcare Summit Results:** The Women with Disabilities Steering Committee held a Healthcare Summit in June of last year. They invited women with disabilities to attend the summit and discuss problems with healthcare as well as coming up with solutions to those problems. We have a copy, as part of our library, of the Healthcare Summit Report if anyone is interested in reading the report, please call us at (973) 361-5666.

**Monday Morning Project – Morris Chapter:** The Monday Morning Project for Morris County has changed their meeting schedule. They will now meet every third Monday of the month from 7:00-9:00 p.m. The meetings will still be held at the St. Elizabeth College in Convent Station. If you have any

questions call Sonya at (973) 316-0341.

**Recipes for Success:**

When you have an ostomy, selecting the right foods that agree with you can be a challenge. That is why the United Ostomy Association (UOA) compiled its own cookbook of hundreds of recipes submitted by members from the U.S. and Canada. If you would like to order a copy for just \$6.00 + s/h, simply call 1-800-826-0826, or you can order online at [www.uoa.org](http://www.uoa.org)

**Job-Hunting for the So-Called Handicapped or People Who Have Disabilities:**

Provides an upbeat picture of the Americans with Disabilities Act, job hunting, job-hunter fears, and the future job market for people with disabilities. Creative strategies for finding a job, negotiating accommodations, and avoiding self-sabotage are combined with a wealth of organizational and written resources. \$12.95+\$4.50 p/h from Ten Speed Press, PO Box 7123, Berkeley, CA 94707 Tel. 800-841-2665 or web [www.tenspeed.com](http://www.tenspeed.com)

**Colleges & Career Programs for Deaf Students:**

State-by-state directory of over 100 post-secondary programs that offer special services for students who are deaf or hard-of-hearing. \$12.95+p/h from Dissemination Office, Gallaudet Research Institute, Gallaudet University, 800 Florida Avenue NE, Washington, DC 20002 Tel v/TTY 202-651-5575 web [www.gri.gallaudet.edu](http://www.gri.gallaudet.edu). The free online edition can be searched by school, state, and major at [www.gri.gallaudet.edu/cgi-bin/schools.cgi](http://www.gri.gallaudet.edu/cgi-bin/schools.cgi)

**Disability Museum:** There is a searchable, theme-based digital collection that offers documents and images related to the disability history in the United States. It is drawn from public and private collections around the country. [www.disabilitymuseum.org](http://www.disabilitymuseum.org)

**Hotel Consolidator:**

According to David Pauplis, "when booking a hotel room in any large U.S. city always compare the rate you're offered with the prices available at the hotel consolidator called Quikbook. Rates are cheaper and they do not charge you a cancellation fee. Great for travelers whose plans constantly change." [www.quikbook.com](http://www.quikbook.com)

**Trip Planning Site:** This site supposedly has "Travel tools to plan the most important trip in the world. Yours. It contains a Trip Coach, FlightTracker, Driving Directions, Street Maps, etc. [www.trip.com](http://www.trip.com)

**Identity Protection:**

Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will then know, with certainty, what you had in your wallet and all of the account numbers and telephone numbers to call to cancel. Keep the photocopy in a safe place. As everyone always advises, be

sure to cancel your credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them easily. File a police report immediately in the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation. (If there ever is one.)

Perhaps the most important thing to do is to call the three national credit reporting organizations immediately to place a fraud alert on your name and Social Security Number. The alert means any company that checks your credit knows your information was stolen and they have to contact you by telephone to authorize new credit. The numbers for these organizations are: Equifax 1-800-525-6285 Experian (formerly TRW) 1-888-397-3742 Trans Union 1-800-680-7289 Social Security Administration's Fraud Line 1-800-269-0271

### **Help from Federal Government:**

The U.S. General Services Administration operates a toll-free National Call Center, part of the federal consumer information center. It's a place where anybody can get answers about everything federal, from buying a treasury note to filing for Social Security. Call center operators try to provide telephone numbers, web-sites, publications, and other resources to guide people on where to go to get their questions answered. The call center can be reached at 1-800-333-4636, Monday - Friday, from 8 a.m. - 8 p.m. Eastern time. [www.pueblo.gsa.gov/call](http://www.pueblo.gsa.gov/call) offers additional help.

### **Unclaimed Property:**

The National Association of Unclaimed Property Owners ([www.unclaimed.org](http://www.unclaimed.org)) estimates that states collectively hold \$10 billion worth of unclaimed property. Escheat can be a number of things, including uncashed payroll or cashier's checks, stock certificates, utility deposits, credit balances, checking and savings accounts, gift certificates or traveler's checks. Instead of being turned over for good to the government, individual states act as government, individual states act as custodians until the rightful owner can claim the property. Unclaimed property is held indefinitely in the state's general fund. Looking for unclaimed money is easy. There is a state-sponsored database at [www.missingmoney.com](http://www.missingmoney.com) that lets users conduct easy and free searches. Or if you feel you have unclaimed property somewhere, write to the individual state in addition to conducting an online search. It is recommended you search under common misspellings of your name. Unclaimed property can show up in any state where you or your relatives have ever lived or done business. Conduct your own search. It is not necessary to allow any other individual or business to do a search for you for a fee, because everyone has access to the same information.

### **Did You Know:**

That a Golden Eagle Passport is free for the traveler with disabilities. It is a lifetime pass allowing free entrance to all government national parks, monuments, and recreation areas. It also gets you a 50% discount on camping, boat launching, and parking fees. For more information call (202) 619-7222.

### **Free Air Travel for Medical Needs:**

Mercy Medical Airlift, a non-profit organization founded 20 years ago, helps to provide and make referrals for free air transportation for people who cannot afford to get to distant medical centers and disease specific

clinical centers. Eligibility is determined by a number of factors, including income, medical necessity, and normal cost of transportation. If you would like to find out more about Mercy Medical Airlift, the Angel Flight Program, or other potential sources of charitable medical air travel, contact Mercy's National Patient Travel Center 1-800-296-1217, or go to their web-site: [www.mercymedical.org](http://www.mercymedical.org)

**International Exchange...as part of employment preparation:**

If you receive Supplemental Security Income or Vocational Rehabilitation benefits, learn more about your options to include international exchange as part of your employment preparation. The Social Security Administration and Mobility International USA have joined together to ensure that people with disabilities and the professionals who work with people with disabilities understand the importance of international exchange and options for including it as part of employment preparation.

**The Social Security Handbook states:**

"A student of any age may be eligible for Supplementary Security Income (SSI) benefits while temporarily outside the U.S. for the purpose of conducting studies that are not available in the U.S., are sponsored by an educational institution in the U.S, and are designed to enhance the student's ability to engage in gainful employment. Such a student must have been eligible to receive an SSI benefit for the month preceding the first full month outside the U.S."

The National Clearinghouse on Disability and Exchange offers free information and resources related to the numerous international exchange options available to people with disabilities NCDE is managed by Mobility international USA and sponsored by the United States Department of State. For more information contact:

Mobility International USA &  
The National Clearinghouse on Disability and Exchange  
P O Box 10767, Eugene, OR 97440  
Telephone / TTY (541) 343-1284  
Fax. (541) 343-6812  
e-mail: [clearinghouse@miusa.org](mailto:clearinghouse@miusa.org)  
web-site: [www.miusa.org](http://www.miusa.org)

Georgia Thrower  
Social Security Administration  
6401 Security Blvd. -- 112 Altmeyer Bldg.  
Baltimore, MD 21235  
Telephone (410) 965-3987  
Fax. (410) 965-9063  
E-mail: [georgia.thrower@ssa.gov](mailto:georgia.thrower@ssa.gov)  
web-site: [www.ssa.gov](http://www.ssa.gov)

### **Disabled and Alone Life Services for the Handicapped, Inc. (Life Services):**

The primary objective of "Life Services" is to help families do sensible planning for and with their disabled sons and daughters, anticipating the time when families will no longer be here to help them. To join the program, families pay a one-time membership fee and begin the planning process, assisted by a "local" Client Advocate selected by the family and the organization. Parents who wish to do long term planning for their disabled family member(s) and who have assets to leave them, are encouraged to contact "Life Services" for more details. "Disabled and Alone" Life Services for the Handicapped, Inc., 352 Park Avenue South, 11th Floor, New York, NY 10010.

Toll free telephone number is 1-800-995-0066

E-mail: [disabledandalone@aol.com](mailto:disabledandalone@aol.com) Web: [www.disabledandalone.org](http://www.disabledandalone.org)

### **Stroke Alert:**

You are never too young. Six in ten stroke victims are women and a surprising number of them are in their 20s and 30s. Here is what you need to know to protect yourself from this deadly condition. 911 should be called immediately if you have any of these symptoms

- Sudden numbness or paralysis of face, arm, leg, usually on one side of body.
- Sudden confusion or disorientation.
- Sudden loss of speech or trouble speaking or understanding speech.
- Sudden loss of balance and coordination; trouble walking and abrupt onset of dizziness (i.e. vertigo – the sensation of spinning).
- Sudden problems with vision (e.g., loss of vision, blurred vision, or double vision).
- Sudden unexplained onset of severe headache.

Reduce your risk of stroke:

- Don't smoke. A pack of cigarettes a day increases a woman's risk of stroke 600 percent above the national average for her age.
- Get moving. Regular exercise helps keep your weight down and reduces other risk factors.
- Lower your blood pressure. Lower it with diet and exercise or, if necessary, medication.
- Monitor your cholesterol. If it is high, statin drugs can lower it.
- Limit alcohol to one drink a day. Excess drinking can contribute to high blood pressure, increasing the risk of stroke.
- If you have suffered several miscarriages, talk to your doctor about getting tested for blood-clotting disorders.

For more information:

The American Stroke Association (888) 478-7653 or [www.StrokeAssociation.org](http://www.StrokeAssociation.org)

The Goddess Fund, a non-profit organization that focuses on strokes in women (212) 734-8067 or [www.thegoddessfund.org](http://www.thegoddessfund.org)

National Institute of Neurological Disorders and Stroke: For a basic fact sheet on strokes, click on [www.ninds.nih.gov/healthd](http://www.ninds.nih.gov/healthd) and [medical/disorders/stroke.htm](http://www.ninds.nih.gov/healthd/medical/disorders/stroke.htm)

### **Monthly:**

Dawn's Board Meeting (Anyone may attend.) Held the last Thursday of the month 4:00 p.m. - 7:00 p.m., at the Dawn office. Call to confirm the date, time and location of meeting. Phone (973) 361-5666, TTY (973) 361-6032, Fax (973) 361-7086

REMINDER(S): (1) Call the office (973 361-5666) no later than one week prior to an event to schedule transportation; and (2) If you need a special accommodation (assistant, interpreter, Braille, etc.), please inform us at least two weeks prior to an event. (3) Call your county's transportation department two days prior to an event to establish your pick-up time. (4) 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.

### **Calendar of Events (Transportation Provided)**

Member's Meetings: 7:00–8:45 p.m. 1st Wednesday of the month at the Parsippany Library.

Outing/Event: 6:30–8:30 p.m. dinner-out as listed below / other events time & place listed below

#### Member's Meeting events

Saturday, July 27<sup>th</sup> Picnic at Hedden Park Pavilion Dover / Randolph 11:00 a.m. - 4:00 p.m.

Member's Meeting August Wednesday 7<sup>th</sup> NOWESCAP – Brief overview of their Weatherization & Heating, \$ to Dreams, Debt Reduction and GPU Programs

Thursday 1<sup>st</sup> –Warren County Farmers' Fair 6:00–10:00 p.m. Warren Cty Members Only

Thursday 8<sup>th</sup> Sussex Cty Farm & Horse Show 6:00–10:00 p.m. Morris/Sussex Members Only

Member's Meeting September Wednesday 4<sup>th</sup> Breast Health Awareness Seminar offered by Project Self-Sufficiency and the Susan G. Komen Breast Cancer Foundation

Friday 13<sup>th</sup> Fall Festival (street fair) North Beverwyck Road Lake Hiawatha 2:00–6:00 p.m.

Sunday 22<sup>nd</sup> Doo Wop at Waterloo Village To reserve your seat - send a check for \$12.50 payable to DAWN. Inc. (# tickets limited)

Member's Meeting Wednesday, 3<sup>rd</sup> Consumer's Rights / Product Liability by NJ State Bar Foundation's Speakers' Bureau

Date forthcoming - Planning to attend a play at the Shakespeare Theatre

Date forthcoming - We are planning a luncheon or a light dinner for discussion of next year's activities and input regarding past activities.

Date forthcoming - Thanksgiving Dinner to be Catered by Rose House Café at the ELK's Lodge, Mt.

Arlington. Cost will be approx. \$15.00

Saturday 14<sup>th</sup> Holiday Gala at Notre Dame of Mt. Carmel Church in Cedar Knolls from 3:00-7:00 p.m.