



DAWN AWAKENINGS

Awaken to Independence

July 2010

TRANSITION 101: FOR PARENTS

By Helen Bradfield

As the transition specialist here at DAWN Center for Independent Living, I work with many students teaching them how to advocate for themselves as well as how to prepare for the future. The classes center on topics such as goal setting, personal strengths and career assessments.

Experience has shown that the period of transition is more difficult on the parent than on the student! Transition can be a very difficult time for parents because it is almost like an ending, rather than a beginning. Their child, their “precious baby” is growing up and this can be an extremely difficult time for parents.

Following are some tips parents can use while helping their child through the transition process:

- Become as informed as possible with all the options and resources available to help your child make the best decision when it comes to their transition.
- Speak to other parents who are going through transition also or ones who have already gone through it. They will most likely have invaluable information for you and can share how they felt through the process.
- Make sure the school your child attends is offering the correct transition services as outlined in their IEP and if not, speak to the Special Education Department to make sure your child’s transition goals are being properly met.
- Encourage your child to ask questions and advocate for themselves. Teach them to speak up and question things that they don’t understand thus they will be well suited to make good decisions.
- Persuade your child to participate in extra – curricular activities and to socialize with others who have gone through transition. This will allow them to be well informed with what they will probably experience during this period of their lives.

If all else fails, ASK QUESTIONS...NO MATTER WHAT IT IS...KNOWLEDGE IS POWER!

The more a parent does beforehand can make a world of difference during and after transition takes place. And remember, this is not the end, this is only the beginning. For more information contact Ms. Helen M. Bradfield, MA, Special Education, Independent Living Transition Specialist, DAWN Center for Independent Living, (973) 625-1940 or by e- mail at: hbradfield@dawncil.org.

FROM THE EXECUTIVE DIRECTOR’S DESK— CARMELA SLIVINSKI

On July 26th, 1990, The Americans with Disabilities Act was signed into law by President George H. Bush. The law was intended “to provide a clear and comprehensive national mandate for the elimination of discrimination against people with disabilities.” The ADA promised “equal opportunity, non-discrimination and a level playing field.

“How have we fared 20 years later?”

To gauge the impact of the ADA on the disability community, Dr. Lex Frieden, at the University of Texas Health Science Center at Houston, created a 24-item non-scientific survey for leaders in the disability community. The survey was completed by 872 people in more than 400 communities in all 50 states.

Based on the results there have been many significant changes and improvements. According to Dr. Frieden, "Two thirds of the survey respondents with disabilities believe the ADA legislation has had more influence on their lives than any other social, cultural or legislative change in the last 20 years," However, according to Dr. Frieden, respondents expressed disappointment with the progress being made by people with disabilities to become financially independent.

According to *Americans with Disabilities*, a 2005 report by the U.S. Census, the employment rate for people with disabilities, ages 21-64, is 46 percent. The employment rate of people without disabilities in the same age group is 84 percent.

While there have been significant changes and improvements, there continues to be much more work to be done. Here in Northern New Jersey, there is not a day that goes by that I am sure each of us encounters an inaccessible store or restaurant or other type of business we need to use. What little mass transportation we have is more often than not, inaccessible. Employment is a major stumbling block for all right now, but for people with disabilities it is at a critical state. While I was surprised to read the results, I thought back to recent trips to major cities across the country where the communities I visited were extremely accessible. Restaurants were accessible, historical sites were accessible in spite of regulations governing those sites and the public transportation systems in those cities offered accessible buses, trains and in one city, even trolleys.

So why is NJ so far behind other cities? Is it that as advocates, we are not doing a good job of standing up for our rights? Have we become a complacent society willing to take whatever is available to us? I don't know the answers to these questions but I do know that each time we encounter a business that is not accessible; we should let the business owner know! Tell them if they are not welcoming to people with disabilities, they are not only losing our business, but also the business of other individuals with disabilities and their families and friends. If each of us does this on a regular basis, we will see change. Losing customers is the only thing that makes a difference to business owners. Let's use our buying power to make a difference in our communities.

For the complete results of the survey; go to
<http://www.southwestada.org/html/publications/general/ImpactoftheADA.pdf>

EXPERIENCES AT THE NEW YORK/NEW JERSEY ABILITIES EXPO

By Alan Levine

The 2010 New York/New Jersey Abilities Expo. was held at the New Jersey Convention and Exposition Center on May 21, 22 and 23, 2010. There were plenty of exhibits for people to visit, including exhibits on various kinds of adaptive vans, cars, motorcycles, beds for people with disabilities, equipment to pick up items, wheelchair reflectors, Sports Wheelchairs, scooters and other items. There were also plenty of tables set up for people with disabilities to get information on specific disabilities such as the New Jersey Council for Developmental Disabilities, New Jersey Statewide Independent Living Council and New Jersey Division on Disability Services. There was also a whole array of workshops and demonstrations that one can go to so they can learn more about issues of importance to people with disabilities. Most of the vendors who I spoke to were pleased with the exposition and thought that it was better than last year's exposition. All thought it was a very good show that provided much needed information to people with disabilities.

I was able to get an interview with one of the organizers of the exposition, Mr. Lewis Shomer. Mr. Shomer

gave me a brief history of this event which I learned is 31 years old, 27 years in the New York/New Jersey Area, and began in Los Angeles and San Diego, CA. It was originated by a man, Rick Wooten, who acquired a disability due to polio and created the event because he could not find places to go for services.

Since it's beginning in 1979 the show has grown to 5 cities, New York, Chicago, Houston, Los Angeles and Atlanta. There were 171 exhibits at the New York/New Jersey Show alone. Mr. Shomer estimated that 4,500 – 5,000 people with disabilities would attend the show this year.

NEW JERSEY DIVISION OF THE DEAF AND HARD OF HEARING

The New Jersey Division of the Deaf and Hard of Hearing was established in 1977 by state statute. Operated by the Department of Human Services, the Division offers the following services:

- Advocacy for people with hearing impairments.
- Assistive Device Demonstration Centers.
- Assistive Listening Device Loan Program
- Deaf and Hard of Hearing Awareness Day
- Equipment Distribution Program
- Information and Referral
- Interpreter/Captioning Referral Service
- Interpreter Screening
- Monthly Newsletter
- Workshops on Hearing Loss/Communications Access

For more information on the services provided by DDHH please contact them at (800) 792 - 8839 or go to their webpage at www.state.nj.us/human_services/ddhh.

DISABILITY MEDIA SURVEY

A new survey has just been created by Towson University regarding the role that the media has in developing positive images of people with disabilities. The survey asks people questions pertaining to their perceptions of recent news events, television shows and films in terms of their portrayal of people with disabilities. The survey can be obtained by either writing to Beth Haller, Professor, Journalism, Towson University, 8000 York Road, Towson, MD 21252 or look at their website at: <http://www.surveymonkey.com/CQ88FLG>

WARNING: 2010 CENSUS – CAUTIONS FROM THE BETTER BUSINESS BUREAU – BE CAUTIOUS ABOUT GIVING INFORMATION TO CENSUS WORKERS

With the U.S. Census Process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as to not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun to verify the addresses of households across the country. Eventually, more than 140,000 U.S. Census Workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The BIG question is – how do you tell the difference between a U.S. Census worker and a con artist?

BBB offers the following advice:

If the census worker knocks on your door, they will have a badge, a handheld device, a census bureau canvas bag and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your social security number, credit card number or banking information to anyone. Even if they claim to need it for the U.S. Census.

REMEMBER, no matter what they ask, you **REALLY** only need to tell them how many people live at your address.

While the Census Bureau might ask for basic financial information, such as your salary range, you **DON'T** have to answer anything about your financial situation. The Census Bureau will not ask for Social Security, bank account or credit card numbers, nor will employees solicit donations. Any one asking for that information is not with the Census Bureau.

Eventually, Census workers may contact you by telephone, mail or in person at home. However, the Census Bureau will not contact you by E-mail, so be on the lookout for E-mail scams impersonating the Census. **Never** click on a link or open any attachments in an E-mail that are supposedly from the U.S. Census Bureau.

For more advice on how to avoid identity theft and fraud visit www.BBB.org.

MOSAIC CENTER FOR DISABILITY EMPLOYMENT

The goal of the MOSAIC Center for Disability Employment is to serve as a single point of contact supporting the employment of job seekers with disabilities and to assist employers seeking qualified employees in Northern New Jersey. It strives to strengthen and expand job opportunities for people with disabilities. All services are free of cost.

For more information on MOSAIC and its programs contact Jackie Lue Raia, Project Director or Neil Grandstrand at (201) 460 - 1219.

MOSAIC Center for Disability Employment is located at Bergen Community College at the Meadowlands, 1280 Wall Street West, Lyndhurst, NJ, 07071

BRAIN INJURY CONFERENCE

On Friday, November 5, 2010, Kessler Institute for Rehabilitation will be holding a conference on Traumatic Brain Injuries called *Brain Injury: Strengthening Connections through Health and Wellness*. The event will take place at Kessler Institute located on 1199 Pleasant Valley Way, West Orange, NJ, 07052. The conference is sponsored by the Northern New Jersey Traumatic Brain Injury System. For more information call Kessler Institute of Rehabilitation at (973) 731- 3600.

For more information, visit the conference's website at info@kesslerfoundation.org or call (973) 243 – 6812.

SPECIAL NEEDS REGISTRY

Do you need assistance when a disaster strikes? Well, there is a place you can go. The New Jersey Special Needs Registry allows residents with special needs and their families, friends and associates an opportunity to provide information to emergency response agencies, so emergency responders can better plan to serve them in a disaster or other emergency.

The information collected by the registry will be made confidential and will not be available to the public. The information will be held securely and only used for emergency response and planning. In order to register go to the NJ Office of Emergency Management's website at www.ready.NJ.Gov.

All citizens with disabilities should register so they can be notified by local officials when an evacuation has been ordered. It may also help save your life!

To register go to the registry's website at www13.state.nj.us/SpecialNeeds or call 211 for assistance

STATE ORGANIZATION ON ARTS AND DISABILITY ANNOUNCES WRITING CONTEST.

The New Jersey State Organization on the Arts and Disability has just announced that it will be holding its 17th annual Joyce Indik New Jersey Wordsmith Competition for writers with disabilities in the areas of: Poetry, Essay, Short story, and Play. The contest is open to anyone with a disability who is not a member of VSA/NJ (The State Organization on Arts and Disability) or a resident of Middlesex County. There is no entry fee for this competition. In lieu of a fee, a donation of any amount is welcomed to cover the cost of the competition. The submissions will be juried by a panel of professionals in the fields of theater and/or literature. Works selected will be presented publicly in the New Jersey Readers Theater to be held in late fall, 2010 (date to be announced). The writers of works selected will be notified of their acceptance in writing. All decisions of the judges are final.

The Deadline for entries is September 9, 2010. Applications for entry are also available in large print and Braille. For more information on eligibility requirements please contact VSA at NJ Wordsmith Competition/VSA New Jersey, 703 Jersey Avenue, New Brunswick, N.J. or call (732) 745 – 3885 (Voice) or (732) 745 – 3913 (TTY). For more information our may also visit their website at www.vsanj.org. or e-mail them at info@vsanj.org.

CAN'T SEE TO READ? ENJOY FREE TALKING BOOKS DELIVERED TO YOUR HOME

If your ability to read has been affected by vision loss, a physical handicap such as a stroke, or a learning disability, the New Jersey State Talking Book and Braille Center (TBBC), located in Trenton, NJ, can help. You don't need to be person who is legally blind to use these free statewide services, just unable to read standard print with corrective lenses. TBBC will provide free personalized service for your specific needs and will connect you with the technologies to help you read at work and home through the delivery of audio books and magazines. Audio books are available either on cassette, digitally on cartridge or through download.

You may still stay current with local, regional and national news through two audio newspaper services. NFB-NEWSLINE offers access to over 300 audio newspapers and magazines, including Spanish language and titles such as *The New York Times* and *AARP The Magazine*. TBBC's own Audiovision newspaper reading service offers seven New Jersey Newspapers. Audiovision is available in your home by tuning your TV to NJN's designated sub-channel on your cable carrier. You may also enjoy listening to TBBC's *The Get Together*, a virtual book club for people who enjoy good conversation about good books.

For more information call (800) 792 – 8322 (English), (877) 882 – 5593 (TTY/VP), or e-mail us at njlhb@njstatelib.org or visit the library website at www.njlhb@statelib.org.



Sponsored by DAWN Center for Independent Living, Inc.

"The mission of the Franki's Fund is to offer young adults with special needs ages 14 to 25 an opportunity to explore artistic and vocational pursuits that would enrich their lives and expand their horizons."

SAVE THE DATE

Sunday, November 7th, 2010 12:30 – 4:30 pm Zeri's Inn Mountain Lakes, NJ

Show your support by:

Attending the event- Ticket price is \$75/person. Donating a gift basket. Purchasing space in the ad journal: (\$200 for a whole page, \$100 for a half page, \$50 for a quarter page, \$25 for a business card sized ad.)

Please forward any donations to: 30 Broad Street, Suite 5, Denville, NJ 07834. Make all checks for donations or ad journal purchases payable to DAWNcil.

Glass Works or Music Works

Participant will learn how to paint glass vases for candleholders or how to make instruments and the basics of music. Session 1: Sept. 25th, Oct. 2nd & 9th.
Session 2: Oct. 16th, 23rd & 30th.

Sessions to be held at: Thomas Jefferson Middle School Cafeteria from 10am – 12pm

95 East Main Street, Rockaway Borough, NJ

Parents are requested to remain for the entire session.

Call 973-625-1940 for further information.

CHANGES IN PHARMACEUTICAL ASSISTANCE TO THE AGED AND DISABLED (PAAD)

The New Jersey State budget this year has maintained and enhanced the Pharmaceutical Assistance to the Aged and Disabled (PAAD) Program. The new enhancements or changes may assist consumers using PAAD to save money.

Effective July 1, 2010, the PAAD co-payment for generic drugs will decrease from \$ 6.00 to \$ 5.00. A PAAD participant may pay less for generic drugs if his/her Medicare prescription drug plan changes per prescription less than the new PAAD co-payment for generics.

In most cases, the cost of brand name drugs is significantly higher than the price of generic drugs. PAAD beneficiaries can save money if they are able to use generic drugs. The state suggests to PAAD

participants that they may want to talk to their physicians, pharmacist, and Medicare prescription drug plan (or whoever is the primary payer of their prescriptions) to see if there are other similar, but less expensive, drugs that they can take in place of their higher cost drugs.

DAWN CENTER FOR INDEPENDENT LIVING OFFERS HOME MODIFICATION PROGRAM FOR INDIVIDUALS WITH SPINAL CORD INJURIES

DAWN Center for Independent Living is pleased to announce the availability of funds made possible through a grant from the Craig H. Neilsen Foundation. The grant will provide home modifications to people with spinal cord injuries living in Morris, Sussex and Warren Counties. Priority will be given to persons at risk of institutionalization, if modifications are not made to their home. Medical and financial need must be demonstrated. Types of modifications may include but not limited to ramps, widening of doorways, raising countertops, grab bars, floor level showers and stair glides. Applicants must provide two cost estimates of the work to be done as well as before and after photos. The amount available per recipient will average \$2,000 - \$4,000 on a first come, first serve basis.

Established in 2002, the Craig H. Neilsen Foundation is a private foundation dedicated to supporting cutting-edge research to find a cure for paralysis due to spinal cord injury (SCI) and innovative rehabilitation programs to improve the quality of life for those living with SCI. Mr. Neilsen himself a quadriplegic for 21 years until his death in 2006, recruited experts in the SCI community to peer review all grant requests for scientific and clinical research, post -doctoral fellowships, and quality of life program grants.

If you someone you know is interested in the Home Modification Program or other DAWN services, please contact Mark Molde at (973) 625 - 1940 or TDD (973) 625 - 1940.

UPCOMING DAWN EVENTS

An annual registration fee of \$50.00 is due prior to attending your first event. If you have not already paid this fee, please do so. If you have any questions, call Marc Molde at (973) 625 - 1940.

A request for an accommodation must be made two weeks prior to an event. Without proper notification the accommodation may not be possible. Upcoming events are as follows:

September 25 - Medieval Times

(Tentative - requires minimum 20 attendees) - 4:00 Show

October 16 - Lunch at IHOP in Boonton

12:30 - 2:00 Cost - Price of Meal.

November 7 - Franki's Fund Fundraiser at Zeri's Inn, Mountain Lakes

12:30 - 4:30 Cost - \$70.00

December 11 - Holiday Gala at Place to be Announced

12:00 - 4:00 Cost - To Be Determined

LEGAL PRIMER NOW AVAILABLE FOR PEOPLE WITH DISABILITIES

The New Jersey Bar Association has just published it's fifth edition of "Disability Law - A Legal Primer". The publication includes information on the legal rights of people with disabilities. Included in the publication are topics related to an overview of legal rights for persons with disabilities, education law on both the secondary and post - secondary level, housing, social security, Medicaid, transportation and workplace. The primer can be acquired by either writing to the New Jersey State Bar Association at One Constitution

Square, New Brunswick, NJ, 08901 or go to the internet site at:
www.njbsf.org/images/content/1/1/11088/disability.pdf .

COME INTO THE DAWN CHATROOM

Are you interested in meeting new people? Discussing issues regarding people with disabilities with other members of DAWN? If you are, then come into the DAWN chatroom. It is easy to do! Just go to our website at: www.dawncil.org Click on our Members Forums page where you will be asked to give your name, County of residence, E-mail address, username and password. Once you have done that, you can talk to other members and see what is on their mind.

DAWN ANNOUNCES BOARD ELECTIONS

The DAWN Center for Independent Living Board of Directors is requesting nominations for the board. Following are details regarding responsibilities, experience and time requirements:

Board Member Responsibilities and Background

The Board of Directors of DAWN Center for Independent Living Inc., is responsible for determining the agency goals, policies, and approving the annual budget. As a group and individually, members of the Board are legally and morally responsible for all activities of DAWN.

Knowledge and Experience:

No minimum education is required. The candidate must demonstrate an interest in and knowledge of persons with disabilities, the issues affecting the lives of person's with disabilities and DAWN, Inc. service goals. Experience and/or knowledge in at least one of the following elements are desirable, but not required: administration, management, finance, personnel, program development, legal skills, public relations, or communications.

Other:

Must be able to regularly attend monthly board meetings, participate on board committees, and familiarize self with agenda and attachments prior to each board meeting.

Note:

The Board of Directors composition should reflect the population of the communities being served in terms of geographical area, ethnicity, gender and disability.

Estimated Time Requirements

Active Board Participation:

Four to eight hours monthly. This includes attending board and committee meetings, reviewing agenda packet prior to meetings, and making essential telephone calls.

If you or someone you know is interested in running for a seat on the board, please contact Carmela Slivinski at cslivinski@dawncil.org for an application. Elections will be held in the fall of 2010.