



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

Spring 2002

Disabled Advocates Working for Northwest, Inc.
Issued: March 2002

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 et). Thank you.

The next meeting will be:

Date - March 6th Time - 7:00 - 9:00 p.m.

Place - Parsippany Library Presentation- Personal Disaster Preparedness - Am. Red Cross

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 at least two weeks prior to an event.

Thank You Volunteers:

Robbie Furman's group from Jersey Cares, a non-profit that finds volunteer opportunities for interested people, consistently finds people to assist at Dawn's activities. Several of the youths that assist at our young adult group were recognized in a local newspaper article. We greatly appreciate the help that is given by all the dedicated people, especially those that continuously give support at our young adult meetings. These meetings and our larger outings, specifically the picnic and gala, would be impossible to hold were it not for groups such as Jersey Cares, Volunteers of Morris County, and others.

Workbook for Parents:

Designed to help parents understand what learning disabilities and attention deficit disorder are and how parents can help. A Parent's Guide to Differences and Disabilities in Learning includes general information, resources, checklists, worksheets, contact log sheets and blank note pages. Available at no charge from Schwab Learning center, 1650 South Amphlett Boulevard Suite 300, San Mateo, CA 94402 Telephone 1-800-230-0988 or 650-655-2410 e-mail info@schwablearning.org or web-site www.schwablearning.org

SSI for Children:

Many families lose Supplemental Security Income disability benefits for children because they delay filing for them. If you think your child might be eligible apply as soon as possible. Do not assume you know a child's eligibility (or ineligibility) call the Social Security Administration for information and assistance.

Optic Neuritis Treatment Seems to reduce MS Odds: The use of interferon beta-1a in the treatment of a first episode of optic neuritis in patients at high risk for multiple sclerosis reduces the likelihood of developing clinically apparent MS, according to results of the Controlled High Risk Subjects Avonex Multiple Sclerosis Prevention Study (CHAMPS). "Based on the results of this study, we would predict that the probability of long-term moderate or severe neurologic disability will be lower with than without treatment,' the investigators write." They state that many treated patients will still show clinical evidence of MS over time and that the decision to start treatment right away for optic neuritis patients is still "a tough call." The problem -- once treatment starts there is no endpoint to the treatment.

Books Regarding MS:

Multiple Sclerosis: A Guide for the Newly Diagnosed by Nancy J. Holland, RN, T Jock Murray, MD, and Stephen C. Reingold, PhD. An excellent introduction to MS for people who have been recently diagnosed and their families. Discusses what MS is, its causes, its treatment, practical guidelines and coping skills, employment issues, research, new treatments and trials. \$21.95+p/h

Multiple Sclerosis - the Questions You Have, The Answers You E by Rosiland C. Kalb, Phd. Everything from specific disabilities such as swallowing and cognition, to independent living concerns like sexuality, childbirth, parenthood, employment, insurance, and life-planning. \$39.95+p./h. Both books are available from Demos Medical Pub., 386 Park Avenue South Suite 201, New York, NY 10016. Telephone 1-800-532-8663 or 212-683-0072 e-mail orderdept@demospub.com; web-site: www.demosmedpub.com

FM Assistive Listening Equipment Available for Loan:

Do you have trouble hearing everything when attending meetings, at the doctor's office, etc.? ow about trying a FM System to make communication more clear and effective.

The NJ Library for the Blind and Handicapped, through the generosity of the NJ Division of the Deaf and Hard of Hearing and the Deaf and Hard of Hearing Awareness Program, has been able to purchase FM Assistive Listening Equipment. These systems are now available for loan, free of charge, at six library locations. They are for individual and library use, personal and large rooms.

For more information, contact the Library for the Blind and Handicapped's Deaf & Hard of Hearing Awareness Program, P O 501, Trenton, NJ 08625 or call Peggy Klotz, Coordinator at 609-530-3957 (Voice).

NJP&A's Free Bulletins: NJP&A and the New Jersey Technology Assistive Resource Program (TARP) offer free bulletins covering topics important to people with disabilities, families, advocates, and health care and service providers. The publications provide in-depth information on a variety of important topics.

- Obtaining Persuasive Assistive Technology Justification Letters, Part I
- Obtaining Persuasive Assistive Technology Justification Letters, Part II
- Assistive Technology
 - and Special Education, Students' and Families' Rights and Cognitive/Psychiatric Disabilities
 - for People with Developmental Disabilities

- for Older Persons
- and Employment
- The Ticket to Work and Self-sufficiency Program

For copies of any NJP&A or TARP publications, please contact NJP&A's Communication and Outreach office at 609-292-9742 or visit the NJP&A web-site at www.njpanda.org

Claim your Federal and State Earned Income Tax Credit:

The Federal Earned Income Tax Credit (EITC) can help you if you worked full or part-time in 2001 and:

- Were raising one child in your home and your family earned less than \$28,281, you can receive up to \$2,428; or
- Were raising two or more children in your home and your family earned less than \$32,121, you can receive up to \$4,008; or
- You are 25-65 years of age without children who earned less than \$10,710, you can receive up to \$364.

For more information on EITC or VITA call 1-800-829-1040 or visit www.irs.gov

The New Jersey Earned Income Tax Credit (NJ EITC) can help you if you worked full or part-time in 2001 and:

- Were raising one child in your home and your family earned less than \$20,000, you can receive up to \$364; or
- Were raising two or more children in your home and your family earned less than \$20,000, you can receive up to \$601.

For more information call 1-888-895-9179 or visit www.state.nj.us/treasury/taxation

Stronger Bones:

Everyone has heard about weight bearing exercises and of course the first thing that comes to mind is weight lifting. Well you do not have to pump iron or become a Mr. (or Mrs.) America. Recent studies found that "walking 30 minutes, three times a week, increases a woman's bone density by 2 percent." Walking is a weight bearing exercise -- "builds bones by making them bear your body's weight."

Glaucoma:

It is caused by fluid pressure within the eye either by overproduction of fluid or if the drainage of fluid is blocked. Glaucoma can result in blindness unless this pressure is lowered. Because there may be few symptoms to indicate a problem with glaucoma, it is important to have a yearly eye exam.

Free 411 Service:

The information 411 call is free to people who are legally blind. Requests must go through your local telephone company's business office. There is an application that needs to be completed by you, your doctor, and the telephone company.

Pessimist vs. Optimist:

How you view everyday situations has been shown to have an effect upon your resistance to illness. (Based on a study done at University of Michigan, Ann Arbor) Pessimists end up being sick more days in any given month and going to the doctor more frequently than optimists. "What is clear is that the worse you feel about yourself and the worse your outlook on life, the worse your health may be" So "fine-tune your attitude" Try these suggestions to help improve your mood and, "in the process boost your immunity."

1) Just do it. Even if you don't feel like getting off the couch and going out, do it anyway. Behaving in a way that's out of sync with how you actually feel, causes your brain / attitude to come into accord with your behavior. 2) Dump the doubters. Minimize time spent with complainers, doubters, and other pessimists. Pessimism is a psychologically contagious disease. 3) Focus on the positive. Not the negative that you have no control over. 4) Use negative moods as alarm clocks. Then do something about them immediately. Don't let them change from states to traits. 5) Vent. This is crucial. Vent your repressed, emotionally charged feelings -- at least once a week. 6) Grin--it helps you bear it. Whether or not you have reason to do so, smile frequently. Signal to your brain that you're happy. Nerves connected to the face's smile muscles project right into parts of the brain that help determine mood. 7) Be humorous and quick to laugh. Humor benefits more than just your immune system. 8) Take control. You can control much of your life if you think about it. Even if a situation is bad, exert some control. 9) Plan to prolong pleasure. Plan a future activity. Anticipation will brighten your mood and attitude for days. 10) Get on a winning streak. Nothing succeeds like success, so set yourself up for a string of victories. Put yourself in situations that can have only positive outcomes. As you experience success, you'll begin to perceive yourself as successful, and your perception of yourself then dictates your behavior. 11) Give yourself a round of applause. If something good happens, give yourself the credit you deserve. Make a big deal out of it. Excerpt from Prevention Magazine, Hey You! Lighten Up!

October 2001; Pages 136-137

Association of Late-Deafened Adults-Garden State (ALDA-GS): Announced the availability of scholarships to a deaf or hard of hearing student or adult in New Jersey. The maximum award is \$1,500.00 if you have been accepted at an accredited college, university, or trade school for the year 2002. If you would like to receive an application contact our office (973) 361-5666. The final date for The Scholarship Chair to receive the completed application is April 15, 2002.

Use of Medical Information for Evacuation: The U.S. Equal Employment Opportunity Commission has on its web-site questions & answers to assist employers developing or re-evaluating emergency evacuation procedures. The document is available at www.eeoc.gov It explains how employers may identify individuals who may require assistance, how much medical information they may obtain, and with whom they may share information regarding employee's medical condition / needs.

Assisted Recreation & Vacation Travel Services: The recreation/vacation program of D.D.A.N.J., Inc., a Private Not-for Profit Corporation providing services to the developmentally disabled population for the past 23 years in the State of New Jersey is expanding their recreation and travel service programs to all

people needing assistance in making vacation travel and day excursions a reality. Their vacation packages are all-inclusive within their transportation catchment area. Travel packages are limited to small groups with a close to staff ratio. The Assisted Recreation & Vacation Travel Services are located at 40 Woodbridge Avenue, Woodbridge Township in Sewaren NJ 07077-1337. Telephone (732) 636-6710 Fax. (732) 636-5936 and their e-mail is ddanj@aol.com.

Annual All Media Art Shows: Volunteers for Morris County in cooperation with the Morris County Division on Aging, Disabilities and Veterans is proud to sponsor the 2002 annual shows. This is for Morris County Residents who are: senior artists, age 60 or over; artists with disabilities under age 60; professional or non-professional.

You may four (4) entries total with a maximum of two (2) entries each for the categories of juried and non-juried competition. Any artwork previously submitted is not eligible. All submissions must be show ready. Maximum size: artwork is 36" including frame; sculptures width, height, & depth is 14"; and photos 16"x20" including matting and frame. Artwork must follow specific guidelines or it cannot be accepted. Applications and submissions to drop off sites start on March 27th. Dates and drop-off times depends upon site. For additional information call the Art Show Coordinator at Volunteers for Morris County (973) 538-7200.

Conferences: The Arc of New Jersey is offering a variety of conferences and workshops throughout the course of the year .

The 3rd Annual Statewide Conference "A Family Affair" is being held at the Princeton Marriott on Saturday, March 16th from 9:00 a.m. -- 4:00 p.m.

Developmentally Disabled Offenders Program 2nd Annual Conference on Criminal Justice Issues will be held Thursday, April 18th at the New Jersey Law Center, New Brunswick.

Mainstreaming Medical Care Program 13th Annual Conference on Medical Care for Persons with Developmental Disabilities will be held Friday, May 17 at the Princeton Marriott from 8:00 a.m. - 4:00 p.m.

New Jersey Self-advocacy Project Annual Conference will be held Saturday, June 8th at the Doubletree Hotel in Somerset from 8:00 a.m. - 4:00 p.m. For information regarding these events, call (732) 246-2525 info@arcnj.org

Challenger League Baseball:

A baseball league for children with disabilities is being formed. If you are interested in signing up your son / daughter for the challenger league baseball season contact: Ruben Fuentes, 132 Jackson Avenue, Rockaway Borough, NJ 07866 Phone: (973) 586-3497.

Teleconference:

Housing Resources: Making Section 8 Work for You. Section 8 vouchers are one of the most significant resources for people with disabilities who want community-based living. The teleconference is an opportunity to learn the basics of dealing with Section 8 and local housing authorities. Teleconference is being held on March 20, 2002 from 3:00 - approximately 5:00 p.m. at the Dawn office. Transportation is

not provided, but you are welcome to attend. Call (973) 361-5666.

Reminder:

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. Recommendations must go through an agency. If you would like to have work done be sure to call the office (973) 361-5666. Last date for a request is April 24, 2002.

Here are some web-sites that may be of interest to you.

- www.adriancloset.com A non-profit group making customized clothing for wheelchair users and those with fine motor deficits. Clothing arrives hemmed and washable. For free newsletter: 800-831-2577 or for information. Prices are moderate.
- www.aarp.org/nj Check out and learn more about AARP action in NJ.
- www.blindness.org Foundation Fighting Blindness -- provides information.
- www.go-today.com Last minute travel, low air fares, specials, & discount hotels.
- www.hotelcoupons.com and www.interstatetravelbuddy.com Sources for downloadable hotel discount coupons you can print up on your computer.
- www.iflyswa.com South West Air (supposedly) America's cheapest airfares.
- www.ivillage.com The Women's Network - sharing solutions & advice.

The following have info on emergency preparedness for employees with disabilities: www.eeoc.gov and <http://www.disabilities.gov/category/6/51> the comprehensive Federal website of disability-related government resources

Calendar of Events (Transportation Provided)

March :

Wed. 6th - Members Meeting Personal Disaster Preparedness - Am. Red Cross

Wed. 20th - Perkins Family Restaurant Route 46 Mount Olive:

April :

Wed. 3rd - Members Meeting Presentation Function of the Office of the Disabled

Thurs. 18th - Andover Diner Route 206 Andover:

May :

Wed. 1st - Members Meeting - Presentation Susan Zellman, Housing Partnership For Morris County

Wed. 22nd - Chevys Fresh Mex Route 202 & Route 10 Parsippany

Monthly:

Dawn's Board Meeting (Anyone may attend.) is held on 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.