



D.A.W.N., Inc.

Membership Notice

May - June 2002

Disabled Advocates Working for Northwest, Inc.
Issued: May / June / July 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). Thank you.

The next meeting will be:

May 1st Time - 7:00 - 9:00 p.m. Place - Parsippany Library Presentation- Housing Partnership - Susan Zellman The Housing Partnership: Will present this specialized program which provides affordable loans for people with disabilities or families with a disabled family member.

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.

June 5th Member's Meeting:

A presentation by New Jersey Citizen Action, the state's largest independent citizen watchdog coalition. NJCA is conducting an educational campaign in conjunction with PSE&G to inform energy customers about their rights and responsibilities in the newly restructured energy market. The presentation serves to inform consumers about a host of energy issues, including:

- Preventing fraud
- Getting help from the right source for billing and service concerns
- Understanding electric power service (generation, transmission, and delivery)
- Evaluating energy usage and needs, and
- Learning the language of energy ("price to compare," "green power," etc.)

Substance Abuse Prevention Issues for People with Disabilities:

Programmatic, architectural, communication, and attitudinal barriers cause people who are deaf, blind, physically-disabled, developmentally-disabled and those with cognitive limitations to have limited access to alcohol and drug prevention and treatment programs. In light of the fact that most people with disabilities live and work in the mainstream of our communities and are not immune to the problems associated with

substance abuse merely due to their disability, there is growing evidence that people with disabilities are at equal or perhaps greater risk of experiencing an alcohol or other drug problem than the general population. Research clearly shows that substance abuse directly contributes to the incidence of spinal cord injuries and traumatic brain injuries.

Perhaps one of the most critical problems facing the individual who has a disability and a co-existing substance abuse problem is lack of awareness of the overlapping issues of concern and opportunity for cross-training and exchange of information between the two professional fields. Disability service providers need to become better observers of high-risk behavior and learn how to make early identification and referral. Substance abuse professionals need to diminish attitudinal barriers, comply with the ADA, increase cultural sensitivity and disability awareness, and modify treatment approaches when needed.

Individuals are considered at-risk when a particular circumstance makes them vulnerable to alcohol / drug problems. Clearly, people with disabilities may abuse alcohol or other drugs for all the same reasons as their non-disability which might contribute to the increased risk:

- Prescription drug abuse, and mixing with alcohol
- Inadvertent "enabling" by well-meaning family, friends and professionals
- Adjustment to a new disability
- Social isolation, lack of recreation or social opportunities
- Lack of transportation and employment opportunities
- Insufficient access to appropriate substance abuse prevention / education during school years

Cerebral Palsy of New Jersey is dedicated to improving and increasing access to substance abuse prevention and treatment services and program materials for people with all types of disabilities. For more information on this topic, or for a free presentation, please call Debra Maslansky or Angela Caristo at Cerebral Palsy of New Jersey at (888) 322-1918, TDD (609) 392-7044. Contact us at roads2recovery@cpofnj.org or visit our [web-site at www.roads2recovery.com](http://www.roads2recovery.com)

Roads2Recovery:

Cerebral Palsy of New Jersey has recently produced "Roads2Recovery," a public awareness campaign that deals with individuals with disabilities and coexisting substance abuse. Its purpose is to decrease the number of people with disabilities in New Jersey who are substance abusers. This program includes a ten-minute video "Silent Storm" which explores the problem of substance abuse among people with disabilities. Through personal interviews with people in recovery, drug counselors, and disability advocates, we gain insight into the reasons this problem exists and offer suggestions for obtaining help through substance abuse programs designed to meet the specific needs of people with disabilities. The program also includes brochures, a web-site, and public service announcements.

In addition, Cerebral Palsy of New Jersey staff will add the program to its family of services by initiating public outreach, distributing information, referring consumers to support services, and conducting informational training sessions. For information on the project or any Cerebral Palsy of New Jersey service, please contact [them] at: (888) 322-1918 or (609) 392-4004 or info@cpofnj.org

Miss Deaf New Jersey:

Toronja A. Williams of Ewing won the title of Miss Deaf New Jersey. The first deaf black woman to win the title, she will represent NJ in the national competition for Miss Deaf American in Washington, DC on July 2-8, 2002. Toronja graduated from the American School of the Deaf in 1996. She attended Gallaudet University in DC and Rochester Institute of Technology in NY. She is actively involved in the National Center for Family Literacy, National Mentoring Partnership, United Way and Deaf Women United. Toronja has several goals. One of her goals is to develop family literacy in the Deaf Community and to become spokeswoman in the Deaf community about New Jersey Deaf Rights.

Hearing Loss:

How Loud Is Too Loud? This information is from the National Institute on Deafness and Other Communication Disorders (NIDCD).

<u>Decibels</u>	<u>Types of Noise</u>
0	Threshold of normal hearing
20	Whispered voice
40	Refrigerator humming
60	Normal conversation
80	City traffic noise
90	Lawn mower, motorcycle
100	Wood shop
110	Chainsaw
120	Boom box radio, snowmobile
140	Rock concerts, firecrackers

Protect your ears. Know which noises can cause damage. Wear earplugs when you are involved in a loud activity.

110 Decibels: Regular exposure more than one minute risks permanent hearing loss.

100 Decibels: No more than 15 minutes unprotected exposure recommended.

90 Decibels: Prolonged exposure to noise 90+ decibels can cause gradual hearing loss.

For more information about hearing loss, contact the National Institute on Deafness and Other Communication Disorders (NIDCD) Information Clearinghouse, 1 Communication Avenue, Bethesda, MD 20892-3456. 1-800-352-1044 Voice, 1-800-241-1055 TTY or visit the NIDCD's web-site at: <http://www.nih.gov/nidcd/clearing.htm>

Power Wheelchairs are Available:

The Senior Wheels U.S.A. Program makes available power chairs to Senior citizens (65 years and up) and the permanently disabled, at no cost to recipients if they qualify. Also, for those who cannot walk, and cannot self-propel a manual wheelchair and who meet the additional guidelines of the program. For information call 1-800-246-6010.

NJ Statewide Parent to Parent:

Having a child with special needs can make a parent feel very isolated at times. Your frustrations may be high and your patience running low. Parent to Parent is a statewide network of parents supporting families of children with developmental delays, disabilities, or other special health care needs. Support Parents are trained and act as a valuable resource to families. They offer moral support and encourage parents to feel comfortable and optimistic about the future. If you are interested in being matched with a Support Parent or in becoming a Support Parent please call (800) 372-6510.

Family Support Center of NJ:

The Family Support Center of New Jersey, a program of the Epilepsy Foundation of NJ, is a statewide information and referral service. The majority of people [they] assist are people who are family members of people with developmental disabilities. The Center provides families, individuals, and professionals access to comprehensive information on local, state, and national family support resources, programs, and services. Family Support Center of New Jersey, Lions Head Office Park, 35 Beaverson Boulevard, Suite 8A, Brick, NJ 08723 732-262-8020 Tel. Or 732-262-7805 Fax. Their new Web-site is at: www.familysupportnj.com

Center Launched Newsletter:

The John F. Kennedy Center for the Performing Arts Accessibility Program has launched Opening States: a newsletter for people with disabilities pursuing careers in the arts. The new quarterly newsletter contains interviews with people successfully pursuing careers, highlights training programs, and lists extensive useful resources for individuals looking for jobs including on-line job listing services. For more information write to Accessibility Program, The John F. Kennedy Center for the Performing Arts, 2700 F Street NW, Washington, DC 20566-0001. To receive via e-mail send your request with your name mailing address and e-mail address to: access@kennedy-center.org

Lincoln Center for the Performing Arts:

A cultural complex featuring the best in the performing arts today. They have many programs at Lincoln Center, which are readily accessible to the community of deaf and hard of hearing people. Open-captioned films are shown year-round in the Walter Reade Theatre including new international cinema and a rich tradition of American Film Information about film showings and those featuring open-captions is available at www.filmlinc.com Upcoming performances in opera and music theatre will also be shown with superscript. Information about all upcoming Lincoln Center performances is available at www.lincolncenter.com If you would like to be added to their Dept. of Program and Services for People with Disabilities (PSPD) mailing list in order to be made aware of events at the Lincoln center, please respond via e-mail to lgreen@lincolncenter.org

Cookbook for People with Developmental Disabilities:

The cookbook is called "Cooking Made Easy." Every recipe is coded from 1-5 according to level of difficulty. Recipes are written in large print, for easier reading, and are broken down into detailed, easy to understand steps. Dollar sign codes on each recipe signify cost of ingredients. There are 88 recipes, divided into the following categories: Appetizers/Beverages, Soups/Salads, Vegetables, Main Dishes, Breads/Rolls,

Desserts, and Breakfast. The cookbook cost is \$19.95 / plus \$4.95 s/h. Quantity discounts are available for orders of five or more books. For more information go to: <http://www.cookingmadeeasy.org> or if you would like a flyer and order form contact: Eileen Laird (eileen@cookingmadeeasy.org) P O Box 2117, Boone, NJ 28607

Summer Camp:

Summer is but a few months away and your children and grandchildren will soon be ready for summer activities! DAWN has a book "Camps 2002" a directory of camps for children with special need. For information please call (973) 361-5666.

MOPD Offers Books:

Universal Design New York, a guide book developed to encourage design of environments usable by everyone, and Access New York, a guide to accessible travel in NYC, have been prepared by the Mayor's Office for People with Disabilities. These books are available by calling MOPD at (212) 788 - 2830 or (212) 788 - 2858 TTY.

Books that Promote Independence:

The Mental Health Resource Guide (ISBN 0-929718-27-5) -- is designed to help individuals who are mentally ill, family members, and health professionals understand the issues surrounding mental illness and find services. \$39.95

Making Wise Medical Decisions How to Get the Information You Need (ISBN 0-929718-29-1) This book includes a wealth of information about where to go and what to read in order to make wise medical decisions. \$42.95

Living with Low Vision a Resource Guide for People with Sight Loss (ISBN 0-929718-28-3) The only LARGE PRINT comprehensive guide to services and products that help individuals with vision loss. \$46.95

A Woman's Guide to Coping with Disability (ISBN 0-929718-26-7) Written for women in all age categories, has chapters on the disabilities that are most prevalent in women or likely to affect the roles and physical functions unique to women. \$44.95

A Man's Guide to Coping with Disability (ISBN 0-929718-23-2) is applicable to men with any type of disability or chronic condition that are most prevalent in men or that affect men's special roles in society are included. \$44.95

Resources for Elders with Disabilities (ISBN 0-929718-24-0) This LARGE PRINT book provides information that enables elders, family members and other caregivers, and service providers to locate appropriate services. \$49.95

Low-priced Drugs:

The April issue of AARP's Bulletin states the National Conference of State Legislatures' web-site at www.ncsl.org/programs/health/drugaid.htm offers information on state drug assistance programs for older people.

www.needymeds.com gives tips on how to get free or discounted medications directly from drug companies and

The Pharmaceutical Research and Manufacturers of America has information on drug assistance programs. Call (800) 762-4636.

Web-Sites:

To learn more about breast cancer and mammograms:

www.natlbcc.org National Breast cancer Coalition

www.womenshealthnetwork.org National Women's Health Network

www.cancer.gov National Cancer Institute

www.cancer.org American Cancer Society

Need Information about Spinal Cord Injury?

The Spinalcord Injury Information Network is a valuable resource developed at UAB that will benefit anyone interested in SCI. Access a vast collection of information and resources on Spinal Cord Injury: www.spinalcord.uab.edu or Fax (205) 975-8376 This fax on demand system offers 24 hour access to SCI material. Call on a combination phone-fax machine, follow the voice menu options, and receive documents directly to your fax machine.

E-mail list. Receive notices of new and updated information. To join, e-mail rtc@uab.edu and type "subscribe to SCI email distribution list" in subject or body. For additional information on resources and research projects contact: UAB Spinal Rehabilitation Center, Research Services Dept of Physical Medicine and Rehabilitation (205) 934-3283 Fax (205) 975-4691

Nursing Homes: A checklist (Source: AARP)

What to look for

- Visit a facility on different days and at various times, including mealtimes, taking note of nursing staff levels.
- Talk to members of the nursing staff about how long they and others have worked there.
- Ask the nursing home administrators about staff-to-resident ratios.
- Get a copy of the most recent state survey of the facility to learn if it has been cited for deficiencies.
- Ask if a facility has a plan of care for each resident and if it is revised continually.

For a free copy of AARP's "Solving Nursing Home Problems: A Guide for Families" (stock #D17065) send a request to AARP Fulfillment EE01522, 601 E Street NW, Washington DC 20049 Include the title, stock number and your mailing address or visit their web-site at www.aarp.org/indexes/health.html

For the telephone number of your state or local long-term care ombudsman program, visit www.aoa.dhhs.gov/elderpage/locator.html or call (800) 677-1116

The National Citizens' coalition for Nursing Home Reform www.nccnhr.org also has information on advocacy groups and publications at their web-site.

Etiquette for Guide Dogs:

There are several guidelines to follow when in the presence of a guide dog to allow for the safety of the dog and its handler.

- Don't touch, pet, give commands, speak to, or feed a guide dog while it is wearing its working harness. Allow the handler to do so.
- Don't use the dog's name. For safety reasons, some blind or visually-impaired people will not reveal their guide dog's name to a stranger.
- Don't try to take control in situations unfamiliar to the dog or its handler. Assist only when the handler requests, and always ask before you attempt to help.
- Don't walk on the dog's left-side as it may become distracted or confused. Walk on the handler's right side, several paces behind him or her.
- Don't attempt to assist without asking. Do ask if the handler needs your assistance and, if so, offer your left arm or offer to walk ahead for the dog to follow.
- Don't allow children to tease or abuse the dog.
- Don't allow pets or other dogs to challenge or intimidate a guide dog.

Vitamins for the Eyes:

The result of recent studies of people at risk of getting age-related macular degeneration found that the use of certain vitamin supplements helped alleviate "their odds by 25 percent. This was done with "a daily supplement of 500 mg vitamin C, 400 IU vitamin E, 15 mg beta carotene, and 80 mg zinc." Because these levels are much higher, "5 to 15 times," than suggested minimum daily requirements, please consult your family doctor before taking them.

Warren County Transportation Policy:

Regarding seatbelts. The policy states "All clients are required to be secured in a seatbelt or car seat." This policy must be followed, effective immediately. ATC drivers will offer assistance to all clients in securing their seatbelts. If a client refuses, the client will be asked to leave the vehicle the driver will then contact the dispatcher who will note that the trip was denied because the client refused to use the seatbelt. In cases where a medical condition would prevent the use of a seatbelt, the condition must be documented and in the client's file prior to the scheduled trip.

Morris - MAPS Policy:

Anyone attending DAWN's functions using MAPS for transportation must do the following: 1) You must call the office at least one week prior to the event to sign-up. We need to notify presenters / restaurants, etc. of the number of people to expect. 2) If you are using MAPS for your transportation, you **MUST** call them two days prior to the event to confirm your intention to attend an event. If MAPS does not hear from you two days prior to an event they will assume you will not be attending and your name will be removed from the list for pick-ups.

Public Hearing for Counties of Morris, Sussex, and Warren Transit:

Each of the counties is holding a public hearing regarding funding for transportation. The purpose is to consider the continued and or development and provision of additional or expanded accessible transportation services to senior citizens and persons with disabilities.

Morris

Thursday, May 16th 1-3 p.m. in the DOTM offices at 30 Schuyler Place, 4th Floor, Morristown. Call (973) 366-9378 by May 9th for transportation. For further information, or for special accommodation (interp. etc.) call Amy Wexler (973) 829-8101 by May 7th.

Sussex

Tuesday, May 21st at 1:00 p.m. Freeholders Meeting Room, County Administration Building, Plotts Road, Newton, NJ. Transportation is available for eligible county residents by calling (973) 579-0483 by 12 noon May 20th for transportation. If you have any questions, you may contact the Transit office at (973) 579-0480.

Warren

Thursday, May 16th at 1:30 p.m. in the Cooperative Extension Meeting Room, Wayne Dumont Jr. Administration Building, 165 Route 519 South, Belvidere. Members of the public in need of transportation can call (908) 475-6332 at least two (2) full working days in advance. For more information call (908) 475-6331.

Calendar of Events (Transportation Provided)

May

Wed. 1st Members Meeting Presentation by the Housing Partnership 7:00 – 9:00 p.m.

Wed. 22nd Dinner Out (6:30 p.m.) Fund Raiser @ Chevy's Routes 202 and 10 Parsippany

June

Wed. 5th Members Meeting & Birthday Celebration New Jersey Citizen Action Presentation 7:00 – 9:00

Sat. 22nd Swim (2:30 p.m.) and Pizza (3:30 p.m.) Lakeland Hills Family YMCA 100 Fanny Road Mountain Lakes

July

NO Members Meeting

Sat. 27th Picnic Hedden Park Dover / Randolph 11:00 a.m. - 4:00 p.m.

Monthly:

Dawn's Board Meeting (Anyone may attend.) is held the last Thursday of each 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: (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.