



DAWN, Inc. Newsletter

Summer 2004

DAWN, Inc. (Center for Independent Living, Inc.)
Issued: Second Quarter 2004

Dawn is a non-residential center for independent living (CIL) committed to providing the resources to enable people with disabilities to remain independent. Dawn is federally mandated to provide free of charge the following core services:

- Information & Referral
- Advocacy
- Peer Support
- Independent Living Skills
- Recreational activities are also provided at a cost

CILs are membership organizations located throughout the country and each provides services to a specific geographic area. Dawn services Morris, Sussex and Warren counties.

THE DISABILITIES ACCESS REHAB LOAN PLUS GRANT

As part of the Fleet \$1.22 billion Community Development Agreement to provide loans, investments and services to New Jersey residents and their communities, Fleet offers the Disabilities Access Rehab Loan Plus Grant. Created in coordination with New Jersey Citizen Action, this program is available to support the modification of existing structures to provide or improve access or tenancy for people with disabilities, and to purchase a wide variety of equipment to help ameliorate the effects of various disabilities.

Who should apply? The program is designed for landlords, tenants (who obtain permission of the landlord to make improvements), and homeowners with incomes at or below 80% of the median income. All applications must be received by the Bank no later than September 30, 2004.

Program Features:

- Discounted Interest Rate
- No application fee
- No closing costs
- Unsecured loans up to \$5,000
- Grants up to \$3,000

To apply for a loan or for more information, call (201) 646-5302.

NON-DRIVER IDENTIFICATION

New Jersey State Motor Vehicle Commission (MVC) issues a non-driver photo identification card. These cards are available at your local MVC agency. This identification is valid for four years and costs \$24.00. To find the nearest MVC agency visit www.njmvc.gov or call 1-888-486-3339. You will need to show proof of identity and address under the 6-point ID verification program.

FROM THE EXECUTIVE DIRECTOR'S DESK

As I speak to people both on a personal level and a professional level, I am always surprised at how many people don't know anything about DAWN and its services as well as how many people think because we are a Center for Independent Living, we are a residential facility. Believe it or not, we also get calls asking us if we are the dishwashing liquid company. So I thought I would give you all a little history lesson about Centers for Independent Living or CIL's for short.

The notion of CIL's came at a time when many other important issues were being addressed at the national level. The legislation that mandated the creation of CIL's came to being as any other critical piece of legislation came about. It was preceded by a group of people fighting for their rights. Back in the late 1960's, there were a group of significantly disabled college students who were tired of being told where to live and what to do. They were unable to live in the college dorms like any other students because the dorms were inaccessible. Because they were sick of the system, they rallied and fought for the creation of a facility that was run by people with disabilities for people with disabilities. Who better than those people living it day after day to help others? And so came the first Independent Living Center in Berkeley, California and the philosophy by which all the CIL's throughout the country live by.

"The Independent Living Philosophy" states that all individuals have the right to choose where they live, go to school, work, play etc. The IL Philosophy is about choice. It is not about creating a system that people have to fit into. It does not mean that we object to group homes or residential placements. It means that the individual has the right to choose what works for them.

The role of each CIL is to educate individuals about their rights and responsibilities, which help them to make educated decisions. It is not to make their decision for them. The role of each CIL is also to educate the communities we serve about the rights of individuals with disabilities and the responsibilities of those communities to be inclusive of people with disabilities.

Obviously, this is an extremely edited version of how CIL's came into existence due to space constraints. If you are interested in reading about the history in detail, call the office and we can send you a copy of the text.

Just a note about what is on the horizon for DAWN. Be sure to take a look at our updated schedule of events for the remainder of the year. There will be several trips planned during the fall, such as a trip to Sight and Sound Theatre in Lancaster PA, and a trip into New York which is currently being planned. You will be receiving flyers on each within the next 2 months.

On another note, we are pleased to announce a new project DAWN, as well as all the other CIL's in the

state, is implementing through a collaborative agreement with the Department of Education. The "Promoting Self-Advocacy Project" is targeted to students ages 14-21 to enhance successful transition outcomes. Look for more details within this newsletter and future newsletters. Please feel free to refer anyone you think may benefit from the program to us. Looking forward to seeing you all at our upcoming events.

PROMOTING SELF-ADVOCACY

Through a partnership with The New Jersey Department of Education, Office of Special Education Programs, DAWN is pleased to announce an exciting new initiative to promote student self-advocacy. The Promoting Self-Advocacy Project is expected to achieve the following:

- Increase the number of students, families, and school personnel that are aware of and use the resources and services of the Centers for Independent Living in New Jersey;
- Increase students' and family's knowledge of rights, responsibilities and resources;
- Increase students' use of self-advocacy, self-determination, and self-help skills in their daily lives; and
- Increase students' participation and decision-making in the transition planning process with specific regard to postsecondary resources, services and linkages.

DAWN will offer self-advocacy, self-determination, and self-help programs and services using the most current and effective materials and resources.

To learn more about how the Promoting Self-Advocacy project can assist you, your family, your class, and/or your school, contact DAWN, Inc at (973) 361-5666 or TTY (973) 361- 6032 or via email at info@dawncil.org

The following article was taken directly from Tuesday, May 25, 2004, Daily Record, Morris County, Morris Life Section

SHARING & CARING

People with disabilities need to stand up for their rights - by Marilyn Lukach

Let me give you something to think about again. As I have stated before, the disabled community is the only community anyone at any age can join at any time.

A public forum on disability issues was held May 18 at the Morris County Library. It was sponsored by DAWN Inc. (Center for Independent Living Inc.) and the Monday Morning Network.

DAWN is a "community-based, consumer-controlled and consumer-run organization." It promotes the highest possible independent living, and its centers help with viable options for work and social activities for everyone.

The Monday Morning Network is a grassroots advocacy that is a part of the New Jersey Developmental

Disabilities Council. It works with all citizens and public officials to promote important policy issues for people with disabilities.

Topics included transportation, accessibility in all public areas, independent living and government money. A surprising point for me was the discussion concerning education in disability laws and civil rights. It was brought to my attention that some people with disabilities are afraid to make waves and are unwilling or unable to accept that the law is the law and they do have rights.

Accessibility is still a hot topic, and it was pointed out that there is no grandfather clause in the Americans with Disabilities Act (ADA). "All businesses, no matter how old, are required to comply with the ADA." There are tax incentives, so business owners, please do some research and explore all options. There are some simple things a business can do, and that doesn't mean just a parking space. Representatives from the Morris County Polio Network and My Community Care Team were present. They brought up the topics of lack of transportation to work; finding vans that are affordable; family restrooms, especially in malls; state funding for institutional care vs. independent living; and the qualifications for government help.

All the speakers were knowledgeable about bureaucratic red tape and all the hoops people with disabilities must go through to even catch anyone's attention.

I was appalled at the lack of support given to families that want to have their members at home. It is easier to find government support to be institutionalized than to be in a family setting. It has been proven over and over that being at home costs far less and is better for the person, but outside help is needed. How can we change ideas and preconceived notions? The Monday Morning Project is supporting a voting program to get people with physical and mental disabilities out to vote. It is targeting polling places to make sure they are attainable for all.

We are a force to be reckoned with, and if we don't stand up for ourselves, who will? One step at a time, one business at a time, one person at a time, that's where change begins.

The information line for Monday Morning Network is (800) 216-1199. To contact DAWN, call (973) 361-5666; TTY is (973) 361-6032.

CHEERS AND JEERS

Cheers

Shop-Rite, Roxbury Mall for adding special handicap carts and attachable baskets that people with wheelchairs can use. They also have four motorized wheelchair carts and have made two of the check-out lanes handicapped accessible. There is plenty of handicapped parking slots in front of the store with the correct signage.

Roxbury Police Department for regularly checking parking lots to be sure people are parked legally.
Sloan Kettering, Denville for keeping patients appointed times and for their extreme courteousness.
Rockaway Diner on Route 46 East for adequate parking facilities and the pleasant assistance given people

with disabilities.

LG4500 Cell-phone because of some of its features. It responds to speech - you can say:

"time" - it will tell you the time.

"dial or redial" - it will call the last number that you dialed.

"voice-mail" - it will dial your cell-phone and you can then access your voice mail messages and It will also give the number of an incoming call.

Jeers

Sussex County Public Library for not enforcing proper usage of their handicapped parking spaces.

PRESCRIPTION SAVINGS PLANS

GSPO Provider Services Corp. (GS-POPS) is now offering its Prescription Saving Cards Program in 15 Counties across NJ providing a 10 to 50% discount on their Rx medications. To find out if your county or town is enrolled in the program, call them at 1-800-633-0037.

Also available to NJ residents - Pharmaceutical Assistance to the Aged & Disabled (PAAD), Lifeline, and Hearing Aid Assistance to the Aged and Disabled (HAAAD) are three programs with similar eligibility guidelines.

Senior Gold is a new prescription discount program for elderly and disabled NJ residents who do not qualify for the PAAD program.

PAAD and Senior Gold are both state funded prescription programs. Cardholders pay \$5 for each covered prescription. If you are eligible for PAAD, you may also be eligible to receive some other benefits, for example, Lifeline which provides assistance for utility bills, HAAAD, reduced motor vehicle fees, and the property tax freeze.

Applications at: pharmacies, Senior Citizen Centers, Offices on Aging.

For PAAD/HAAAD: the toll-free hotline is 1-800-792-9745 or you can write to PAAD, PO Box 715, Trenton, NJ 08625-0715.

For The Senior Gold: the website is at <http://www.state.nj.us/health/seniorbenefits/seniorgolddiscount.htm>, or by writing to Senior Gold, PO Box 724, Trenton, NJ 08625

TUNE INTO TINA BY "MAKING THE MOST OF LIFE"

Anyone who received the Renaissance magazine is already familiar with the articles written by Tina Patterson. But did you know that Tina Patterson, CSW, has recently started a radio program called "Making the Most of Life." Its first airing was scheduled for Wednesday, June 16.

You can hear her program on WRNJ from 11:00-noon each Wednesday. The radio station can be found at

1510 AM and covers Warren / Western Morris and some of Sussex and Hunterdon Counties. If you can-tune in. You'll enjoy Tina's wealth of knowledge. She has an extensive background in social work and conveys her information in an easy going sometimes humorous manner.

SELF-ADVOCATES MESSAGE BOARD

The Need: Self-advocates and other people with developmental disabilities, need a place where they can talk to each other, exchange tips, learn more about self-advocacy, and talk freely without parents and staff.

The Message Board: So this mailing list and message board and message board for self advocates and other people with mental, learning, neurological, and developmental disabilities was created. Although the message board focuses on people with developmental disabilities, it is open to all consumers with disabilities. In three months with no publicity, the message board has over seventy members from twelve states and one foreign country.

How to Subscribe: e-mail: SelfAdvocates-subscribe@yahoogroups.com or visit: <http://groups.yahoo.com/group/SelfAdvocates>

If you need help you can contact Richard Hudson at his e-mail: rhudson765@yahoo.com

OFFICE OF TEMPORARY ASSISTANCE - 8 SOUTH MORRIS ST. IN DOVER

Because many people who may be in need of some type of assistance are unable to get to their offices during normal daytime hours, the office hours have been extended to 6:30 on Tuesdays.

Extended hours are at the Dover office only. They are open late to serve you. If you need: food stamps, Medicaid, cash assistance, nursing home assistance, disabilities information, Veterans' Services, rental assistance, senior citizen information, or homelessness assistance.

For info call: 1-877-589-2556

PEOPLE WITH PHYSICAL DISABILITIES & PREVENTIVE HEALTH CARE SERVICES

People with physical disabilities may not receive the same preventive health care services that are recommended for the general population. This issue is being addressed by Project SHIELD. They would like to learn from you if you have received services such as "routine physical exam, cholesterol checks, blood pressure checks, pneumonia shots, breast exams, mammograms," etc. Also, they would like to hear about your experiences with these services. Please complete this very short (under five minutes) poll at:

www.disabilityguide.org under NEW click on the link for the poll.

ENVIRONMENTAL / CHEMICAL SENSITIVITIES

Because of the safety and comfort of people with chemical and environmental sensitivities, DAWN employees have been asked to refrain from using any perfumed grooming products such as scented soaps, deodorants, perfumes/colognes, or heavily scented fabric softeners. We are asking our members to help

make the environment as comfortable as possible for their associates who suffer with chemical sensitivities by also trying to refrain from using these products.

MODULAR RAMP PROGRAM □ WARREN COUNTY □ DIVISION OF SENIOR SERVICES

Senior Services of Warren County has created this program to construct accessibility ramps at the place of residence of functionally-disabled older adults and eligible disabled-only individuals.

The ramps are assembled in pieces and are customized to the home of each ramp recipient. The ramp is permanently placed at the residence of the individual for as long as that individual needs it. When no longer needed, the ramp is dismantled, and the components are reconfigured and reassembled at another residence. All ramps must be authorized by the Division of Senior Services. Client eligibility includes:

- 60 years of age or older

- Functionally-disabled

- Lacking easy access in/out of a person's home.

- Individual must meet clinical criteria for the Dept of Health & Sr. Services ECO programs.

- Individuals under sixty years of age must meet Medicaid waiver clinical eligibility criteria.

The ramp is "loaned" and recipients must sign a "Modular Ramp Loan Contract" which outlines regulations and requirements of the project.

DAWN AS ADVOCATE

This month we had a great success story regarding a deaf client. We had to hire an interpreter to help a woman who is deaf and also doesn't speak English. She had a doctor's appointment to prepare her for surgery. Some advocating occurred before this appointment, as it wasn't easy to convince the Doctor's office they were required to pay the cost of an interpreter. The actual appointment lasted two full hours and the Doctor was very cooperative and greatly appreciated the help of the interpreter. The interpreter later wrote to the DAWN staff member and thanked her for the advocacy.

It is very important for deaf and hard of hearing persons to have advocates; especially in the case of asking providers, such as attorneys and medical providers, to pay for interpreter services. Physicians and lawyers are often unaware of this requirement which come out of the ADA.

Deaf and hard of hearing clients need to call those of who can advocate for them as well as advocate for themselves. They can cite the New Jersey statute that supports this matter. It is NJSA 34:I-69.7 et.seq. We, at DAWN, are committed to help our clients obtain reasonable accommodations. This includes the provision of interpreters' services.

DEAF IMMIGRATION FORUM HOSTED BY CATHOLIC COMMUNITY SERVICES MINISTRY WITH THE DEAF

The forum will be held on Saturday, July 17, 2004 from 12 noon to 4:00 P.M.

This forum is for deaf people from other countries who have questions, concerns, or worries about immigration issues, legal requirements, green card applications work permits, legal status, etc. and will help you understand your rights and responsibilities about living in America

The forum will be held in the 10th floor conference room of the CCS building on 1160 Raymond Boulevard in Newark, NJ.

Contacts: Deacon Thomas Smith V: 973-266-7961, TTY: 973-676-1317 or Bob Queenan TTY: 973-226-8512; e-mail BLQueenan@aol.com

SECOND ANNUAL NJ DEAF EXPOSITION

Saturday, July 3, 2004 the Exhibits are open from 10:00 to 8:00 p.m. Professional entertainments starts at 2:00 p.m. and run until 4:00 p.m. Expo is at New Jersey Convention & Exposition Center, Raritan Center, 97 Sunfield Avenue, Edison, NJ.

For directions and information: www.newjerseydeafexposition.com or www.njexpoctr.com □ E-mail: allepre@aol.com □ For info on this or other Deaf Expos: www.americandeafexposition.com

AMERICANS WITH DISABILITIES 2004 CONVENTION

Sponsored by NJ Council on Developmental Disabilities, the convention will be held at the Atlantic City Convention center in Atlantic City on September 18, 2004.

Thousands of people with disabilities, their families and friends from the east coast and beyond will gather at the convention to listen to candidates in the upcoming election and to make their voices heard. The more people who attend the more impact we'll have. So, be a part of history.

To find out more go to the Council's web-site at: www.njddc.org and click on Americans with Disabilities Convention 2004 or call the Council at (609) 292-3745.

DAWN PROGRAMS - (TRANSPORTATION PROVIDED)

Members Meetings & Recreation

Members Meetings

Monthly 1st Wednesday 7:00 to 9:00 P.M. Paragon Village, Hackettstown

July 7 - Summer Break - No Meeting

August 4 - Summer Break - No Meeting

September 1 - Nutrition Basics

General Members Recreation

Dinner out 6:30 to 8:30 P.M. For all other events, check with the office.

Saturday, June 26 - Baseball Game - Skylands Park, Augusta

Saturday, July 17 - Picnic - Hedden Park – Dover

Friday, August 13 - State Fair/Sussex Cty Farm & Horse Show in Augusta

Board Meetings

5:00 to 7:00 P.M. Conference Room C, St. Clare's Dover General on the 4th Thursday of the month

Meetings will be held on:

June 24

July 22

August 26

Dawn is seeking new board members. If interested please contact the office for details.

Call the office (973) 361-5666 no later than one week prior to an event to sign up for event & to schedule transportation. If you need a special accommodation (assistant, interpreter, Braille, etc), please inform us at least two weeks prior to an event. Attention Deaf Members: Please call (TTY 973-361-6032) if you need an ASL interpreter.

Call your county's transportation department two days prior to an event to establish your pick-up time. 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.

DAWN PROGRAMS -(TRANSPORTATION NOT PROVIDED.)

Young Adult Recreation

2nd Friday of each month from 7:00 to 10:00 P.M. at the Montville Recreation Site (Unless otherwise noted)

Friday, July 9 - Bowling at Rockaway Lanes.

Friday, Aug 13 - Picnic & Ice Cream Sundaes - Montville Recreation Center

Friday, Sept 10 - 'Chill Nite' Movie & Games - Montville Recreation Center.

Deaf Senior Citizens of North West Jersey

3rd Wednesday of each month 1:00 to 4:00 P.M. at St. Clare's Dover Campus cafeteria

Wednesday, July 21 - Dental Care - How your teeth affect your health.

Wednesday, August 18 - No meeting scheduled.

Wednesday, September 15 - To be announced.