



DAWN, Inc. Newsletter

Winter 2003

DAWN, Inc. (Center for Independent Living, Inc.)
Issued: December 2003

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.

THANK YOU !

We would like to take this time to say a special thank you to the following donors for their continued support. Your assistance has helped make our events not only more pleasurable, but in some instances, donations are all that make it possible to hold an event. Your consideration is greatly appreciated.

- A & P
- Balloons by Robbie
- Costco
- Elefante Nurseries
- Grannies Pancake House
- Jefferson House
- Lakeview Deli & Café
- Pathmark
- Roxbury Foreign Car Service
- ShopRite/RoNetco
- Sussex Meat Packing
- Wal-Mart in Newton
- Alexis Diner
- Cambiotti's Tomatoe Pie Café
- Cub Scout Pack #59
- Franks Pizza & Restaurant, Mt. Olive
- Holland American Bakery

- Jimmy's Cookies
- Mimmo's
- Pfizer Co.
- Savioli's Ravioli
- ShopRite/Glass Gardens Inc.
- Wal-Mart in Mt. Olive
- Ralph Bolognese
- Nancy Cortes
- Raj Desai
- Paul Grossman
- Robert Longendyck
- Ann Syrek
- Richard Askoff
- Patricia Brangs
- Ellen Crane
- Dinah Fox
- Cheryl Gubitosa
- Shirley Isel
- Beverly Maline
- Gail Markitto
- Holly Suminski
- Lila Taylor
- Linda Woods

Universal Designed Homes

Charles M. Schwab, Architect AIA has published home plans entitled Universal Design "Smart" Homes for the 21st Century. With 52 plans, description of features & benefits, checklist. For more info call 877-221-1628 or go to www.universaldesignonline.com.

From the Executive Director's Desk

Happy New Year to all ! This is the first newsletter which is being sent only to dues paid members, so on that note, I would like to thank all of you for your continued support of our organization. Without that support, we would not be able to provide many of the recreational activities we do as well as the transportation to and from some of those activities. On behalf of the board, I would like to also thank you for your support of our annual fundraiser. This was our best year yet with our final proceeds totaling \$2190. Those funds also support the many programs we provide.

Within this newsletter, we thought it would be a good idea to remind everyone of the many committees set up throughout each of the three counties to address the needs of persons with disabilities. Within each county, there are Disability advisory committees and transportation advisory committees as well as others depending on where you live. Each of these committees provides input to the freeholders in their county. A strong committee will ensure that the freeholders are aware of the needs of persons with disabilities within the communities they serve and in turn will allocate funds to those programs and services needed. I

encourage all of you to consider attending these meetings and if possible becoming members. Most of these meetings are open to the public. You will find the list of meetings times and locations following this article. It is important for individuals to be involved in these committees to ensure that the needs of the people in the three counties are met. As members of a Center for Independent Living, you are the voice for living independently wherever you want with the appropriate supports in place. Let your voice be heard!

On the subject of voicing your opinion, we had created a section in this newsletter for members to provide input on places of public accommodations or programs and services that were or were not accessible. Unfortunately, we have heard from very few of you. Therefore, there is no input for the Cheers and Jeers section for this newsletter. I am sure all of you have had positive and negative experiences. We want to know about them. Just call the office (973 361-5666), fax (973 361 7086) or email (info@dawncil.org) and we will be sure to include it in the next newsletter. This is an opportunity for members to share their experiences.

I would also like to remind all members that DAWN is actively seeking members who are interested in becoming Board members. Please call the office or the current Board president if you have any questions about roles, responsibilities and eligibility.

I look forward to another productive year for DAWN. In the upcoming newsletters, I will keep you all abreast of the work being done on our strategic plan and any changes made as a result.

County Meetings

Morris County:

Advisory Council on Aging, Disabilities & Veterans
12 Noon 3rd Thursday every other month starting in February
Room 127, Admin. & Records Bldg. 340 W. Hanover Ave., Morristown

Human Services Advisory Council
6:00 p.m. 4th Wednesday of the month
Room 127, Admin. & Records Bldg. 340 W. Hanover Ave., Morristown.

Mental Health Advisory Board
6:30 p.m. 2nd Thursday of the month
Room 127, Admin. & Records Bldg. 340 W. Hanover Ave., Morristown

Senior Citizen & Disabled Residents Transportation
1:30 p.m. 3rd Thursday of each month (except July, August, and December)
30 Schuyler Place, 4th Floor Conference Room, Morristown

Sussex County:

Human Services Advisory Council Meeting
9:00 a.m. 4th Wednesday each month (November held 3rd Wednesday)
at Sussex County Fire Academy

Disability Advisory Council Meeting

7:00 p.m. 1st Monday each month
at Newton Memorial Hospital
Contact Lorraine Hentz (973) 579-9416 for correct time /place of meeting

Transportation Meeting
Date / Time / Place to be announced

Warren County:

The following meetings are held in the Rutgers Coop. Extension Room of the Wayne Dumont, Jr.
Administrative Building

Warren County Disability Advisory Council
11:00 a.m. 2nd Thursday every other month starting in January

Human Service Advisory Council
1:00 p.m. 4th Tues of every other month start in January

Transportation Advisory Council
1:30 p.m. 2nd Thursday every other month starting in January

Local Advisory Committee Alcoholism and Drug Abuse
5:00 p.m. 2nd Tuesday of each month

Mental Health Board
1:30 p.m. 1st Thursday each month

Depression may be interfering with your life.

Depression consists of a wide range of symptoms. Following is a quick check list of symptoms, if you experience any of these symptoms on a regular basis talk to your doctor.

- Trouble concentrating
- Unexplained pain, frequent headaches
- Feelings of isolation, not as involved with family and friends
- Crying, feelings of sadness
- Feeling worthless or guilty for no reason
- Low energy, fatigue
- Lack of motivation
- Trouble sleeping
- Loss of interest in favorite activities
- Constant worry

Many patients find that by relieving their symptoms of depression, they feel more like themselves again.

Seasonal Depression / Bipolar Sufferers:

There are support groups for depression and bipolar that meet in Newton and Morristown and now a group meets in Succasunna. It is the Depression and Bipolar Support Alliance of Succasunna and it meets at 7:15 p.m. on the first and third Thursdays of the month at Temple Shalom in Roxbury. For information, call (973) 361-5456.

Additional Resources:

The following organizations and Web sites are helpful sources of information about depression, related disorders, and their treatment:

Am. Foundation for Suicide Prevention: www.afsp.org

Am. Psychiatric Association: www.psych.org

Anxiety Disorders Assoc. of America: www.adaa.org

Depression & Bipolar Support Alliance: www.ndmda.org

Families for Depression Awareness: www.familyaware.org

Go On And Live: www.GoOnAndLive.com

National Alliance for the Mentally Ill: www.nami.org

National Mental Health Assoc: www.nmha.org

New SAMHSA Technical Assistance Center Available to Aid in Treatment of Co-occurring Substance Abuse and Mental Health Disorders

The Substance Abuse and Mental Health Services Administration (SAMHSA) announced a new technical assistance center and help line designed to support state efforts to provide effective treatment services for persons with co-occurring substance abuse and mental disorders.

Assistance will be available to all states, and to substance abuse, mental health, criminal justice, education, and other social and public health systems seeking to enhance their ability to serve individuals with co-occurring disorders. SAMHSA is a public health agency within the U.S. Department of Health and Human Services. Its mission is to improve the quality and availability of substance abuse prevention, addiction treatment and mental health services in the United States. For the full press release, visit: www.samhsa.gov or www.njparentscaucus.org

Prostate Cancer

The prostate is part of the male reproductive system, a muscular, walnut-sized gland that surrounds part of the urethra, the tube that transports urine and sperm out of the body. The prostate is located directly beneath the bladder and in front of the rectum. Because the upper part of the urethra passes through the prostate, if the gland becomes enlarged it can obstruct the passage of urine or semen through the urethra.

Prostate cancer is a malignant tumor that usually begins in the outer part of the prostate. In most men, the cancer grows very slowly. In fact, many men with the disease will never know they had the condition. The cause of prostate cancer is unknown, but is more common in African-American men and men with a family history of the disease.

More than 180,000 men in the U.S. will be diagnosed this year and more than 30,000 will die of the disease. Eighty percent of men who reach age 80 have prostate cancer.

There are three different types of prostate disease: benign prostatic hyperplasia (a non-cancerous enlargement) prostatitis (an inflammation of the prostate that can be caused by bacterial infection), and

prostate cancer (early stages may not cause any symptoms). Although these diseases have different causes, they have similar symptoms.

Benign Prostatic Hyperplasia: Difficulty urinating. An urge to urinate even when bladder is empty. Frequent urination, especially at night. A weak or intermittent stream of urine and a sense of incomplete emptying when urinating.

Prostatitis: Difficulty urinating. Frequent urination, especially at night. Pain or burning during urination. Chills & fever accompany urinating problems.

Prostate Cancer: A need to urinate frequently, esp. at night. Difficulty starting urination. Inability to urinate. Weak or interrupted flow of urine (dribbling). Painful or burning urination. Painful ejaculation. Blood in urine or semen. Frequent pain or stiffness in the back, hips, or upper thighs. Two initial tests are commonly used to look for prostate cancer in the absence of any symptoms. One is the digital rectal exam, in which a doctor feels the prostate through the rectum to find hard or lumpy areas known as nodules. The other is a blood test used to detect a substance made by the prostate called PSA (prostate-specific antigens). When used together, these tests can detect abnormalities that might suggest prostate cancer.

Neither of these initial tests for prostate cancer is perfect. (Can give a false positive or negative result) The diagnosis can only be confirmed by examining prostate cells under a microscope. This is done by performing a biopsy in a urologist's office. A small sample of tissue is taken from the prostate for testing and evaluation under a microscope.

January 14, 2004

<http://content.health.msn.com/home/404>

Health Topics Men's Conditions/Prostate Health

Prostate Cancer / Get the Facts

Prostate Cancer Basics

Diabetes Risk

As the populace increases in size and age more are now affected by diabetes than ever before and many more go undiagnosed. You can find out what your risk factors are by going on the American Diabetes web site. There is also a risk test you can take at the home page of www.diabetes.org scroll down and you will see "Take the Diabetes Risk Test" on the right hand side.

An Essay Contest

The Workplace Technology Foundation is launching an essay contest beginning January 15th. and ending on April 10, 2004. The topic is "Is Assistive Technology Important?" Prizes start at \$50 and go to \$750 for the Grand Prize. Go to www.workplacefoundation.org for official rules application and deadlines. If you do not have access to the internet call our office (973) 361-5666 and request a copy of the rules and application form. The Foundation has various corporate sponsors that are jointly offering the prizes and a celebration for the winners on Thursday, May 27 at the Pyramid Club in Philadelphia.

Morris Brain Injury Support Group

To allow persons with brain injury and their family members to meet others in similar situations. Held the 1st Wednesday evening of each month at 6:00 p.m. The meetings are located at the Kessler Institute for Rehabilitation, Welkind Facility on Pleasant Hill Road in Chester. There isn't any cost for registration or any fee required..... No obligation....Just Come!!!

Meetings are for: Discussion, Encouragement, Friendship, Information, Socializing and Support. For more information about the meeting contact: Dr. Tom Bundick, Group Leader & Neuropsychologist at (973) 252-6300 ext. 2660 Visit the website at: <http://www.bianj.org>

Home Modification Grant Money Available

We have received funding from the Henry H. Kessler Foundation to provide home modifications for individuals with disabilities living in Morris, Sussex and Warren counties.

We have also received funds from the County of Sussex for individuals with disabilities and the frail elderly living in Sussex County.

Home modifications are structural changes to an individual's home to make the home more accessible as a person gets older or becomes disabled. Ramps and widening of doorways are the most common types of modification individuals need to make their home more accessible.

Interested parties must complete an application and provide two estimates. Applications are available upon request. If you or someone you know is interested in the Home Modification Program or other Dawn, Inc. services, please call the office at (973) 361-5666 or (973) 361-6032 TTY.

House for Sale in Sussex County

Enjoy freedom in this spacious 3-bedroom 3- bath bi-level. Fully equipped for wheelchair users. Elevator, huge master bath with roll-in-shower, power doors, exercise room, solar hot tub room, two fireplaces, park like level property. \$289,900 call (973) 875-2661 ask for Robert Aitchison,Realtor.

Rascal for Sale

Relatively new Rascal Deluxe power wheelchair. One battery. Good to excellent running condition. Disassembles for transportation in trunk of vehicle. New it cost \$4,500 the asking price is \$800-1,000. Call (908) 689-6244.

In memory of

We note the recent passing of Sal Inglima of Sussex County. Sal was a member of Dawn, he was also involved with Viable a support group for people with vision impairment and with the statewide accessibility campaign of the Monday Morning Project. Our deepest sympathy goes out to his family members.

DAWN Programs – (Transportation provided)

Members Meetings & Recreation

Members Meetings

1st Wednesday of each month starts Feb. at Paragon Village, Hackettstown from 7:00 - 9:00 p.m.

January - NO Events are scheduled for the month.

February - Thursday 19th Movie at the Clearview Cinema 14 in Mansfield

March - Tuesday, March 16th Red Lobster in Ledgewood from 6:30-8:30 p.m.

Board Meetings

Board meetings are held the fourth Thursday of the month from 4:00 to 7:00 p.m. at the Dawn offices.

Board meetings are open to members.

There is no meeting in January. Meetings will resume in February

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

Meetings - 2nd Friday of each month To be held at the Montville Rec. Site unless otherwise noted – from 7:00 - 10:00 p.m.

Friday, February 13 - Valentine's Day Dance at Montville Sr. House 7:00-10:00 p.m.

Friday, March 12 - Bingo at Montville Recreation Site 7:00 - 10:00 p.m.

Deaf Sr. Citizens of No. W Jersey

Meetings are held the 3rd Wednesday of the month in the St. Clare's Dover Campus cafeteria from 1:00 to 4:00 p.m. There will be no meeting held in : January, February, or March

Meetings will resume in April

Lila Taylor will not be in the office thru April, anyone in need of assistance must contact Roberta Schwartz to make an appointment. Interpreters will be made available if needed.

Other events

Greater No. Jersey Chapter of National Multiple Sclerosis Society's Client Program is holding a "Health Insurance Issues and MS" teleconference on February 24, 2004 from 7:00 to 8:30 p.m.. Focus is on insurance language, understanding various insurance options, how to maximize coverage and state regulations. To register, call 1-800-344-4867 or 201-967-5599 ext. 206 or e-mail: chapter@njb.nmss.org