



DAWN AWAKENINGS

Awaken to Independence

DAWN AWAKENINGS

SPRING 2016

▪ BE SURE TO REGISTER TO VOTE AND LET
YOUR VOICE BE HEARD LOUD AND CLEAR

As we near the conclusion of the Democratic and Republican primaries, now is a good time to register to vote. To find out if you are registered, visit <http://www.njelections.org/> and click the “Am I Registered” button in the center.

Voter registration is a very important issue for people with disabilities. Sixteen million Americans with disabilities are not registered to vote. Those potential voters could have an enormous impact on policies that affect people with disabilities, including Social Security, Medicare, Medicaid, and accessibility requirements for buildings.

Registering to vote is easy. Just go to <http://www.state.nj.us/state/elections/voting-information.html> for your county’s voter registration form, fill it out and mail it for free. In addition, registration forms are available at Motor Vehicles Commission offices.

You can also register to vote at the same time you are applying for assistance or service at the following agencies:

- ♦ NJ Medical Assistance & Health Services Program
- ♦ WIC (Supplemental Food Program for Women, Infant & Children)
- ♦ Work First NJ Programs
- ♦ Division of Developmental Disabilities
- ♦ Office of Disability Services - Department of Human Services - Public Offices
- ♦ Armed Forces of the United States Recruitment Offices
- ♦ Division of Vocational Rehabilitation Services - Department of Labor
- ♦ Commission of the Blind & Visually Impaired
- ♦ County Welfare Agency or County Board of Social Services

So if you aren’t registered to vote, please register. In order to vote, all you need to do is register, be at least 18 years old, and be a US citizen. You don’t even need to be your own legal guardian.

Voting is your right, and it is one of the most powerful ways to advocate for yourself. Don’t miss out just because you aren’t registered.

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New

Interactive Enhanced Life Skills Program

Utilizing a hands-on approach, this program offers life skills training to adults. Topics are designed to teach individuals the skills necessary to achieve success in all aspects of everyday life.

Topics include strengthening self-reliance, self-assertiveness, self-advocacy, and more.

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From the Executive Director's Desk

Spring is here and that means busy times ahead, especially here at DAWNcil. As you read through this newsletter, please take special note of all of the happenings taking place in the months to come both nationally, with the election primaries, and locally, with the many special events and activities taking place.

As voters we *all* can make a very big difference in what's going on in Washington, D.C. It is every American's responsibility to get out and vote. Only by voting, can we hope to effect the changes that may be necessary to improve our quality of life. Please take note of all of the helpful information we've provided on the front page of this newsletter.

Locally, there are a lot of fun and/or informational events and activities taking place. Be sure to see the enclosed information (page 5) on DAWNcil's "Interactive Enhanced Life Skills" program. You'll also see (page 6) the upcoming schedule of our recreation events. There are several new activities of interest included this year.

Community events are plentiful this time of year, too. The Warren County Disability Resource Fair (page 8) takes place on May 11, 2016. Hosted by the Warren County Advisory Council on Disabilities, this event will offer a wealth of important information. Be sure to look for updates on DAWNcil's annual Family Fun Day (page 9). The date and time have not yet been determined, but it will again be held at Central Park of Morris County in Morris Plains. A wheelchair softball match will take place and should be a lot of fun for everyone. Or, get in touch with your artistic side at DAWNcil's "Paint & Sip" fundraising event on June 18, 2016 at FH Fitness, 205 Route 23, Wantage Cost is \$40/person. RSVP early at PaintedGrapeNJ.com/DAWNIL.

— *Carmela*

The New Accessible Symbol



OLD NEW

A new symbol for accessibility is being introduced. Advocates say the old symbol is out of date and does not reflect the identity of people with disabilities. The old symbol is said to represent a static, passive wheelchair user, whereas the new symbol shows an active wheelchair user in motion. The new symbol can now be seen in New York City and is gaining traction elsewhere.

Not everyone is pleased with the change, however. Some people feel the new symbol does not adequately represent wheelchair users who cannot move their arms. Others say it does not represent people with disabilities who can walk. What do you think of the new symbol?



Local Programs for Youth and Kids with Disabilities

Arc of Morris County - Morris Plains

Ongoing activities, special events and a host of Special Olympic training programs. The program is fee for service: participants beginning at age 6 pay a fee for each event or program they attend. Some participants may access family support funds through the Division of Developmental Disabilities (DDD) to cover fees. All participants must become eligible through the Intake Unit of The Arc/Morris Chapter by calling 973-970-9326, ext. 326.

Casey's Club (Youth with Disabilities Group) - Reformed Church in Kinnelon

Meets on the third Sunday of each month, October thru June, 6 to 8 p.m. Participants have dinner, do crafts, practice plays, go bowling, play games. There is a devotional time, of which participants can opt out. For information, contact Pastor Beverly Sullivant at 973-838-3113.

Morris County Challenger League - Various Locations

Features baseball, soccer, bowling, basketball, and cheerleading programs for youth with disabilities. Email RockawayTwpPAL@yahoo.com or visit <http://mccll.org/>.

Randolph YMCA - Randolph

Provides special needs fitness and aquatic programs. Contact Brian Cron at (973) 366-1120 , ext. 19, or Kathy Fisher at kathy@randolphymca.org or (973) 366-1120, ext. 14.

Equine Tranquility Wellness Center (Horseback Riding) - Andover

Equine Assisted Activities and Therapies for all, including those with disabilities. Call (201) 970-3400 or email colleengodea@aol.com .

Pathways - Mountain Lakes

Provides sports and recreation programs for children of all abilities, ages 3 to 21. Visit <http://www.pathwayskids.org/>.

Roxbury Parents of Exceptional Children - Roxbury

Hosts social/ recreational and fitness programs for youth and young adults ages 12 to 30. For more information contact Jodi Cullen at 973-598-0848.

TOPSoccer - Various Locations

US Youth Soccer TOPSoccer (The Outreach Program for Soccer) is a community-based training and team placement program for young athletes with disabilities, organized by youth soccer association volunteers. The program brings the opportunity of learning and playing soccer to children with disabilities Visit <http://www.wvrecsoccer.org/top-soccer/>.

Monarchs (Special Needs Skating Program) - Skylands Ice World (Stockholm)

Learn to skate sessions for special needs run from Feb. 29 to May 16. \$100 for 10 sessions. Option to try once for free. Join any time during the months of the program. Contact monarchexec@gmail.com or register at <https://www.surveymonkey.com/r/G7XTW2D> .

***Note:** Many communities offer recreational opportunities for their residents. Check out your town's recreation department to see what is available.



Adaptive Sports Program at Mountain Creek

The Adaptive Sports Program at Mountain Creek is located in Vernon. It provides Alpine ski and snowboard lessons to individuals with physical and/or developmental disabilities guided by a qualified instructor.

The focus of ASPMC is to offer an individualized instructional program that is safe and fun dedicated to teaching athletes with all types of disabilities including cognitive impairments, traumatic brain injury, Down Syndrome, and Autism, as well as physical conditions such as blindness, hearing impairments, amputation, spinal cord injury, Cerebral Palsy, and Multiple Sclerosis. The ASPMC program is also geared towards those living with critical illness such as cancer and Aids.

For information and to sign up, visit <http://adaptivesportsatmountaincreek.com/>, email buffy.whiting@adaptivesportsatmountaincreek.com or call 973-827-2000.

How to Use Accessible Parking when Out of State

Here's a helpful travel tip for people with disabilities. How can you use accessible parking in another state, where your New Jersey placard might not be recognized?

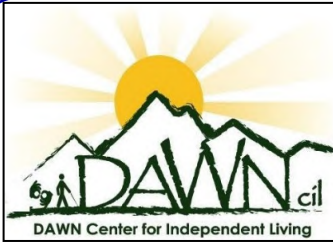
Joseph Amoroso, Director of the New Jersey Department of Disability Services, gives this answer: "[T]he driver can visit the local police at the destination and get a temporary placard for the duration of the trip. My suggestion would be to send the local police advanced notice with a copy of the NJ placard and explain the...situation. In some places they will mail one in advance of the vacation [so as] not to take time away from the vacation."

Upcoming Event: The Abilities Expo

On April 29 to May 1, the Abilities Expo for the New York Metro region will take place at the New Jersey Convention and Expo Center in Edison. As described on their website at abilitiesexpo.com: "Imagine everything you need, all under one roof! For more than 30 years, Abilities Expo has been the go-to source for the community of people with disabilities, their families, seniors, veterans, and healthcare professionals. Every event opens your eyes to new technologies, new possibilities, new solutions, and new opportunities to change your life. Where else can you discover ability-enhancing products and services, play a few adaptive sports, learn new dance moves, attend informative workshops, and only scratch the surface of what Abilities Expo has to offer? Register for free today."

Representatives from the State Independent Living Council, DAWNcil, and other Centers for Independent Living will be there to talk about services. The Abilities Expo is a great place to see some of what the world of disability has to offer. Especially if you have never been there before, this is a free event you may want to check out. To register, visit:

<http://www.abilities.com/newyork/>



*"Tell me and I forget. Teach me
and I remember.
Involve me and I learn."*

-- Benjamin Franklin

Interactive Enhanced Life Skills

For Individuals who wish to continue to grow

Hosted by DAWN Center for Independent Living

66 Ford Road, Suite 121, Denville, NJ 07834

(Reserve your spot today by calling 973-625-1940)

Held on the 4th Tuesday of the month

6-7:30 P.M.



Topics:

Ticket to Work-March 22, 2016

Understanding Budgets/Online Banking

May 24, 2016

Self Assertiveness-June 21, 2016

Self-Advocacy-July 26, 2016

Healthy Relations-August 23, 2016

Strengthening Self-Reliance-September 27, 2016



Computer Lab (limited seating—call now!)

3rd Wednesday of the Month

1-2:30 p.m.

Basic online employment searches, résumé writing

Special Event: Understanding Emotion

Saturday April 16, 2016

2-5:30 p.m.



Recreation Events

If interested in attending any event, please contact Marc Moldé at 973-625-1940 ext. 211. Check dawncil.org for info on additional events and/or changes to the current schedule.

<u>TIME</u>	<u>EVENT</u>	<u>PLACE</u>	<u>COST</u>	<u>TRANSPORT PROVIDED?</u>
April 25th 6 – 9 pm	Game Night & Pizza	DAWN, 66 Ford Rd. Suite 121, Denville	FREE	NO
May 19th 6:30 – 8:30 pm	Dinner Out	TGI Friday's, Parsippany	Cost of meal + tip	NO
June 26th 4 – 8 pm	Miners vs. Quebec Capitales	Skylands Stadium, Augusta	\$ 10 per ticket	NO
July 30th 12 – 5 pm	Lunch -n- Movie	Denville Train Station to Madison and back	Approx. \$35 for train ride, meal & movie	NO
August 12th 7 – 10 pm	Bowling Fundraiser	Rockaway Lanes, Rockaway	Minimum donation - \$ 20.00	NO
August 20th 10:30 – 2:30 pm	Day Cruise/ Miniature Golf	37 Nolans Point Park Rd. Lake Hopatcong	\$ 50 per person	NO
Sept. 10th Noon – 4 pm	Annual Picnic	Hedden Park, Dover	Dues paid - \$25 Non-dues paid - \$35	YES
Sept. 20th 6:30 – 8:30 pm	Dinner Out/ Shopping	Rockaway Townsquare Mall – Outside Entrance to Red Robin	Cost of meal + spending money	NO
October 14th 7 – 10 pm	Halloween Dance	St. Mary's Prep School, Denville	\$ 20.00	NO
October ?? TBD	Theater Event	BergenPAC	TBD	YES
November 7th 6 – 9 pm	Game Night & Pizza	DAWN, 66 Ford Rd. Suite 121, Denville	FREE	NO
December 10th Noon – 4 pm	Holiday Gala	TBD	TBD	YES

Fundraiser

June 18th Doors open 7 pm	"Paint & Sip"	FH Fitness Wantage, NJ	\$40 per person	NO
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DAWN in the Community

FDU Volunteer/Intern Fair by Janine Mellini

Dedicated volunteers and interns are invaluable to the daily operation of a non-profit. DAWNcil is no exception. We rely heavily on the work these individuals provide and appreciate the time, effort, and expertise they bring to our agency. However, finding such dependable assistance is not always easy – the very nature of volunteering means finding those individuals who will consistently devote their time on a recurring basis with no compensation other than helping DAWNcil to achieve its goal of helping people with disabilities. Thankfully, a recent boost to our recruitment efforts came from Fairleigh Dickinson University in Madison. The university held its 2016 Community Service and Volunteer/Intern Fair on Thursday, Feb. 4. Dawn Duffy, DAWNcil's program director, and Janine Mellini, program assistant/volunteer coordinator, joined representatives from several other area non-profit agencies to interact with FDU students. The event gave us an opportunity to talk about the work DAWNcil does and discuss the types of volunteer and intern assistance we require. Many students were interested and we intend to follow up with the most promising candidates.

Project Homelessness/Community Connect by Kelly Kryspin

This event was held at Saints Philip & James Church in Phillipsburg on January 27th and primarily served individuals and families that are considered homeless, disabled or are at risk of becoming homeless. Upon arriving to this event there were an overwhelming number of vendors, service providers and volunteers preparing for the day. The main goal of this event was to connect residents to services in the hopes of stabilizing their current situations. In addition, they provided residents with food and clothing handouts, a hot meal, flu shots, dental/medical screenings, and haircuts. Upon entering the event, residents were asked to participate in a survey to get an accurate snapshot of the homeless population for the county so that more funding can be requested to provide services in the future. Overall, this event was very beneficial to all parties that participated. There were a lot of referrals made and you could tell that when the residents were leaving they had a more positive outlook on their current situation and some hope for the future.

Game of Life by Penelope Ream

On March 9th, 2016, from 7 a.m. to 2:30 p.m., Sussex Tech High School in Sparta, NJ, held the 8th annual "Game of Life," in which staff members Penelope Ream and Pamela Whiteman attended. The "Game of Life" is a school-based youth services event, which is put together by the Sussex Tech Student Center. Nearly, 40 different service providers lined the huge hall ranging in services for pregnant teens to individuals with a disability.

The "Game of Life" was played by over 750 Tech students throughout eight periods of the school day. The students had to choose different life scenarios in which they would need to seek the assistance of one or multiple service providers. This "game" provided the students a chance to familiarize themselves with the many different social services available in their community as well as promotes effective communication between people.



**Building
Connections
... Enhancing
Access**



WARREN COUNTY DISABILITY RESOURCE FAIR

Hosted by The Warren County Advisory Council on Disabilities

When:
May 11, 2016
2:00 to 6:00 pm
Where:
Abilities of NWJ
264 Route 31 N.
Washington, NJ
Contact:
908-689-1118 or
info@abilitiesnw.com

SPONSORED BY:



GUEST SPEAKER:

Jennifer Joyce

Division of Developmental Disabilities

“Navigating the Supports Program for Families”

From 5:00pm– 6:00pm

Refreshments provided by United Way of Northern NJ Caregivers Coalition

RSVP Requested by May 4th

Contact Robin Ennis at 973-993-1160 x 305 or robin.ennis@unitedwaynnj.org



Family Fun Day

Sponsored by

DAWN Center for Independent Living

**Resource
Fair**

Fun

DATE AND TIME

TO BE DETERMINED

Central Park of Morris County

91 Central Avenue

Morris Plains, NJ 07950

**Wheelchair
Softball Game**
Challenger Field

- Experience Morris County's Fully Accessible Playground and Ball Field
- Get Information on Disability Services and Resources



DAWN Center for Independent Living

66 Ford Road, Suite 121

Denville, NJ 07834

For more information, call 973-625-1940 or email to: info@dawncil.org

66 Ford Rd.
 Suite 121
 Denville, NJ 07834




Phone: 973-625-1940
 Fax: 973-625-1942
 TTY: 973-625-1932
 VRS: 973-453-4689
 Email: info@dawncil.org

We are on the web!
www.dawncil.org
Follow us on Twitter:
twitter.com/dawncil

DAWN MISSION STATEMENT

DAWN Center for Independent Living empowers people with disabilities to strive for equality and to take control of their own lives by:

- Providing the tools that encourage independence and self-advocacy.
- Promoting public awareness of the needs, desires and rights of individuals living with disabilities.
- Offering community activities that create new experiences and opportunities.
- Creating informed communities that advance the Independent Living Philosophy.

DAWN PROVIDES THE FOLLOWING SERVICES AND MORE:

- | | |
|---|----------------------------|
| - Independent Living Skills Training | - Advocacy |
| - DDD Support Coordination | - Peer Support |
| - Living Well with a Disability | - Recreation |
| - Skills for Independent Living (SkIL) | - Information and Referral |
| - Early Intervention Service Coordination | - Next Chapter Book Club |
| - Aktion Club (Morris County only) | - Care Management |
| - Brain Injury Alliance Support Group | - It's All About Work |
| - Working Well with a Disability | - Employment/EN Services |

For questions or comments about the newsletter, contact the Newsletter Coordinator Peter Gimbel at pgimbel@dawncil.org or 973-625-1940, ext. 219.