



# DAWN AWAKENINGS

## Awaken to Independence

DAWN AWAKENINGS

SPRING/SUMMER 2015

### DAWNCIL CELEBRATES THE TWENTY-FIFTH ANNIVERSARY OF THE ADA!

The Americans with Disabilities Act (ADA) will turn twenty-five on July 26, 2015! We are celebrating the event all year with monthly themed activities.

We began in February with a newsletter special edition, the ADA 25th Anniversary Business Informer, which was mailed to local businesses to educate them on the benefits of following ADA regulations. In March, we organized an ADA Transportation forum to allow community members to meet with and hear from officials from Morris, Sussex and Warren Para-transits, NJ Transit/Access Link, and the NJ Travel Instruction Program on accessible transportation. In April, we announced a creative contest for students. We asked them to create a picture, poem or other artistic project on the theme of "What the ADA Means to Me."

In May, several of our DAWN staff members went to the Warren County Disabilities Resource Fair to spread the word about resources available to people with disabilities (and those who care about them) so they can realize the same rights, opportunities, and choices as everyone else in the community. There, we debuted a video montage with clips contributed by our DAWN Independent Living staff members that gained a lot of very positive attention (and raised a lot of awareness).

We look forward to sharing the montage at the upcoming Morris County ADA Celebration at the inclusive, accessible Central Park of Morris County on June 28, 2015, when we also will announce the winners of our student contest. All student entries will be on display at this event.

Upcoming ADA topics for the remainder of the year will include emergency preparedness, education, employment and accessible voting.

We hope to see you at the Morris County ADA Celebration on Sunday, June 28th!

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## Living Well with a Disability

Living Well with a Disability is an 8-week workshop about how to improve quality of life with a disability. The Denville session will begin in September. Limited transportation is available. For more information, contact Carl Brand at 973-625-1940, ext. 230, or [cbrand@dawncil.org](mailto:cbrand@dawncil.org) or Kelly Kryspin at ext. 215 or [kkryspin@dawncil.org](mailto:kkryspin@dawncil.org).

## From the Executive Director's Desk

Hello Friends of DAWN,

July 26, 2015, marks the 25<sup>th</sup> anniversary of the signing of the Americans with Disabilities Act (ADA), a broad-ranging civil rights law prohibiting discrimination on the basis of disability. This historic act was the world's first comprehensive declaration of equality for people with disabilities. The purpose of enactment of the ADA was to remove barriers to all aspects of community living for individuals with all types of disabilities and to ensure that people with disabilities are given the basic guarantees for which they have worked so long and so hard: independence, freedom of choice, control of their lives, the opportunity to participate fully and equally in American society. Effectively, the ADA makes it possible for people with disabilities to better access the same choices, opportunities, and civil rights as people without disabilities.

The role of Centers for Independent Living (CILs) is directly aligned with the spirit of the ADA. The CILs emerged as a result of the Independent Living Movement and the Civil Rights and Disability Rights Movements of the late 1960s/early 1970s under the Rehabilitation Act of 1973. They were established to advance the Independent Living Philosophy by changing attitudes and beliefs which perpetuate dependence. Advocacy has remained an integral part of the work of the CILs with an aim to ensure the legal rights of people with disabilities and to promote full inclusion and equal access on all levels of society. Many of the founding fathers of the Independent Living movement were instrumental in the advocacy efforts to make the ADA a reality. Justin Dart, for one, was at the table on the day of the signing. See note by President Bush below picture.



*To Justin Dart. Without your drive, your 'believing' and your leadership this day would not have been possible. With respect & friendship G. Bush*

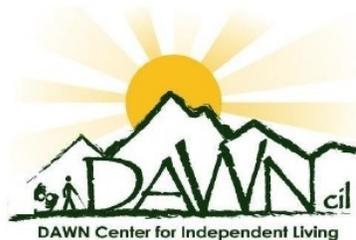
In recognition of the 25<sup>th</sup> anniversary celebration, we hope to bring to light the many accomplishments made as a result of this landmark legislation, but also to highlight the work that must continue. While the ADA attempts to ensure equal access to all aspects of daily living there continue to be barriers to employment, transportation, housing, public accommodations, and more.

Without access to these basic necessities individuals with disabilities will not be fully participatory in the American Dream. According to the U.S. Department of Labor for March 2015, the Labor Force Participation rate for People with disabilities was 19.8% while the rate for people without disabilities was 68.3%. Access to a job opens the door to full inclusion in other aspects of life, it allows for individuals to become self-sufficient, to own or rent their own home, to make a livable wage which in turn affords them the ability to access transportation and much more. It is all interconnected. (continued on page 7)



# GET YOUR TICKETS NOW!

August 2015						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
2	3 \$25	4 \$25	5 \$25	6 \$20	7 \$25	8
9	10 \$30	11 \$25	12 \$25	13 \$25	14 \$75	15
16	17 \$25	18 \$40	19 \$25	20 \$20	21 \$25	22
23	24 \$20	25 \$20	26 \$50	27 \$20	28 \$25	29
September 2015						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
30	31 \$25	1 \$50	2 \$25	3 \$25	4 \$25	5
6	7 \$25	8 \$35	9 \$25	10 \$25	11 \$25	12
13	14 \$25	15 \$25	16 \$50	17 \$25	18 \$25	19
20	21 \$25	22 \$25	23 \$25	24 \$20	25 \$50	26
27	28 \$20	29 \$25	30 \$25			
October 2015						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 \$25	2 \$25	3
4	5 \$25	6 \$25	7 \$25	8 \$20	9 \$25	10
11	12 \$25	13 \$25	14 \$25	15 \$20	16 \$50	17
18	19 \$25	20 \$25	21 \$25	22 \$25	23 \$25	24
25	26 \$25	27 \$40	28 \$25	29 \$50	30 \$200	



## DAWN CENTER FOR INDEPENDENT LIVING'S ANNUAL 3-MONTH CALENDAR RAFFLE DRAWING BEGINS AUGUST 3, 2015

**\$2,000 IN CASH PRIZES  
65 CHANCES TO WIN!**

\$\$\$

ALL TICKETS CAN WIN MORE THAN ONCE!

\$\$\$

CHANCES TO WIN EACH WEEKDAY OF EVERY MONTH FROM AUGUST THROUGH OCTOBER

\$\$\$

PRIZES RANGING FROM \$20 TO \$200

\$\$\$

**DONATION: \$20 PER TICKET**

ID#: 104-4-34573/RL#: 1679-15

**ALL PROCEEDS BENEFIT PROGRAMS SERVING PEOPLE WITH DISABILITIES IN WARREN, SUSSEX, AND MORRIS COUNTIES**

All drawings are held on or prior to the dates for which prizes are to be awarded. Drawings are held each Monday at 4 p.m. in the DAWNcil office in Denville. No substitutions of the offered prizes will be made.

Winners need not be present. Winners will be notified by mail and winning ticket numbers and names will be posted on [www.dawncil.org](http://www.dawncil.org), which will be updated weekly on Tuesdays by 10 a.m.

If gambling is a problem for you or someone in your family,  
Dial 1-800-GAMBLER.



## Our Life Skills Groups

*By Pamela Whiteman*

Thanks to support from the United Way of Northern New Jersey and Caring Partners of Morris and Sussex Counties, DAWN Center for Independent Living is running two concurrent life skills program cycles at this time. Both groups have amazing participants ranging from ages 13 to 21. Relationships between peers, families, and DAWN are being formed, creating friendships and support networks that can last even after the program ends. Both groups will be joined together at an Old Fashioned Family Picnic at Schooley's Mountain on June 20, 2015. The event will include a family whiffle ball game, kick ball, bocce ball, 3-legged race, potato sack race, and other activities. (Activities planned for DAWN-hosted events always take into account accommodations for the different abilities of all participants.) There will be a catered BBQ with plenty of food and refreshments. Having the families come together during the event will be the highlight of the day as they share activities that will create family moments which will become cherished memories for all who attend.

## Technologies in the Works to Improve Quality of Life

*Excerpted from the Disability.gov Blog at <http://usodep.blogs.govdelivery.com/>*

### **A Communication Device for ALS**

Lama Nachman, director of Intel's Anticipatory Computing Lab in Santa Clara, Calif., is leading the team that is upgrading Stephen Hawking's communication system and making it open source. This will eventually help others living with amyotrophic lateral sclerosis – better known as ALS, a neurodegenerative disease that causes muscle twitching, weakness and speech impairment – to better communicate.

### **A Wheelchair That Adjusts to its Environment**

Mahesh Krishnamurthy, a professor of electrical and computer engineering at the Illinois Institute of Technology in Chicago, created a low-cost, power-assisted wheelchair that could sense its surroundings and would be simple to operate. Krishnamurthy began with a widely used conventional manual chair and added an electric power boost. Krishnamurthy's chair will be able to sense moderate changes in a sidewalk's center-to-street grade, making adjustments accordingly.

### **A Robot Helper for the Home**

The National Science Foundation Engineering Research Center develops quality-of-life technologies such as robots that perform household chores. For example, the Home Exploring Robot Butler, affectionately known as HERB, is a two-armed silver robot on wheels that stands 54 inches tall and weighs 400 lbs. It assists with household tasks such as picking up objects, opening and closing refrigerator doors, and microwaving meals.

## Upcoming Recreation and Socialization Events

If interested in attending any event, please contact Marc Moldé at 973-625-1940, ext. 211.

<b>DATE/TIME</b>	<b>EVENT</b>	<b>PLACE</b>	<b>COST</b>	<b>TRANSPORT OFFERED?</b>
6/28 - 12:00-4:00	ADA Anniversary Celebration	Central Park, Morris Plains	FREE	NO
7/9 - 6:00-9:00	Game Night	DAWN, 66 Ford Rd., Suite 121, Denville	FREE	NO
7/18 - 12:00-5:00	Lunch & Movie	Denville Train Station/ Madison	Approx. \$35 (includes train ride)	YES
8/14 - 7:00-10:00	Bowling Fundraiser	Rockaway Lanes, Rockaway	\$20 min. donation	NO
8/25 - 6:00-9:00	Game Night	DAWN, 66 Ford Rd., Suite 121, Denville	FREE	NO
9/12 - 12:00-4:00	Annual Picnic	Hedden Park, Dover	Dues-paid: \$25, non-dues-paid: \$35	YES

### PLEASE NOTE:

Requests for transportation and/or disability accommodations (including sign-language interpreters) must be made at least **TWO WEEKS** in advance.



## DAWN in the Community

### **Navigating Your Future** by Carolee Marano, Independent Living Program Coordinator



The 2015 annual Navigating Your Future event was well-attended by parents, educators, and service providers not only from the northwestern NJ region, but also various other areas throughout the state. The event provides an opportunity for parents, educators, and others to ask questions and make connections to empower them in planning the transition from school-to-adult life with their children with disabilities. Service provider organizations were present at numerous outreach tables, and their representatives provided attendees with valuable information about available service options. Speakers included representatives from the NJ Children's System of Care (CSOC), the State of New Jersey Department of Human

Services — Division of Developmental Disabilities (DDD), and the State of New Jersey Department of Labor and Workforce Development — Division of Vocational Rehabilitation Services (DVRS). Topics included statewide systems reformation that has transferred services for children (up to age 18) with developmental disabilities and their families from DDD to COSC and is implementing the new DDD Supports Program, as well as new initiatives under DVRS benefitting transitioning students and post-high school adults with disabilities.

### **Game of Life** By Brienne Lermond

On Thursday, April 23, 2015, Dawn Center for Independent Living was represented by Brienne Lermond and Marc Moldé as Sussex County Technical High School, hosted its annual Game of Life for the seventh year. Staff from many social services agencies serving various populations throughout the area came together for the day to help educate the students about the assortment of resources that are available to them and their families in Sussex County. In preparation for the event, agencies were asked to submit a variety of relevant example case scenarios. The many scenarios that were submitted illustrated the various focal points of a diverse service delivery system.

The day was designed to be interactive as the students and service providers engaged in conversations with one another based on a variety of example scenarios that the different agencies typical assist individuals and/or families with. The students were responsible for identifying and approaching the various agencies who they felt would be the most suitable and fitting to assist with their presenting scenario. After the student presented their scenario to the service provider. The service provider then would explain the type of assistance that the student and/or family member would receive if they were to call Dawn Center for Independent Living with a similar situation. If the student correctly identified the correct service providing agency, the service providers would stamp the student's passport.

## DAWN in the Community

### **Abilities Expo** by Lindsay Tuman

Throughout the year in different parts of the country, the Abilities Expo hosts a weekend long event that is for all individuals with any type of disabilities. The New York Metro Expo is hosted around the beginning of May each year in Edison, New Jersey at the Convention and Expo Center. This year the event was held May 1-3. The weekend featured various different resources including companies for wheelchair products and medical equipment, as well as organizations that have programs and services for individuals with disabilities. The New Jersey Statewide Independent Living Council (SILC) had information about the various Centers for Independent Living throughout the state.

Another part of the weekend event were workshops based on topics such as accessible travel, accessibility features of smartphones/tablets, assistive technology, and nutrition. There were also interactive demonstrations of adaptive sports that individuals could participate in. This year the sports included Quad Rugby and Hand Cycling. Manual wheelchair skills were also demonstrated.

In addition, this year's expo included two different inclusive dance schools; Dancing Wheels Company from Cleveland and Roll Call Wheelchair Dance (which has a studio in Pearl River, NY). The dance schools performed throughout the weekend and showcased different types of dancing styles, such as ballet, modern dance and social/partnering dancing. Roll Call demonstrated beginner and intermediate steps for the Waltz and Swing along with individual numbers from students performing different styles.

On Saturday, there was the first ever flash mob completed by Roll Call Wheelchair Dance where up to 150 individuals could participate. In case you weren't aware, a flash mob is a large gathering (usually organized via the internet) that appears suddenly in a public space, and often features music and dancing. Choreography was designed for standing partners, manual and electric chairs to the song "Happy" by Pharrell Williams. Everyone who signed up prior to the event participated. Approximately 75 people were a part of the flash mob.

### **From the Executive Director's Desk, cont'd.**

As the entities charged with changing attitudes and beliefs that perpetuate dependence, the NJ Centers for Independent Living are taking this opportunity to bring this issue to the forefront. There will be activities across the state hosted by local CILs to acknowledge and promote the anniversary not only on the day itself but throughout the year. Please join us on June 28th at the event being held in Morris County.

As President Bush stated at the signing of the ADA on July 26<sup>th</sup>, 1990, "Let the shameful wall of exclusion finally come tumbling down." We will not accept, excuse or tolerate discrimination in America. Unfortunately we still do.

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**We are on the web!**  
[www.dawncil.org](http://www.dawncil.org)

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[twitter.com/dawncil](https://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](mailto:pgimbel@dawncil.org) or 973-625-1940, ext. 219.*