



DAWN AWAKENINGS

Awaken to Independence

DAWN AWAKENINGS

Winter 2013

ON OCTOBER 29TH OF LAST YEAR, HURRICANE SANDY MADE LANDFALL IN NEW JERSEY.

Hurricane Sandy's arrival marked one of the most damaging disasters in state history – battering the coastline with greater than 14-foot waves and wind gusts up to 88 mph. A total of 8.51 million homes in 16 states and Washington, D.C. lost power. The storm was blamed for 33 deaths in New Jersey, and 132 deaths in the country as a whole. An estimated 72,000 New Jersey buildings were damaged.

In the aftermath of the storm, the effects of which are still being felt, we are all reminded of the importance of emergency preparedness. The New Jersey Office of Emergency Management says that for New Jersey residents, the basics of preparedness for virtually all hazards are the same. Following these steps and being ready NOW means you will be ready for virtually any disaster or crisis that may affect New Jersey.

- STEP ONE: "GET A KIT" of Emergency Supplies
- STEP TWO: "MAKE A PLAN" for Yourself and/or Your Family
- STEP THREE: "STAY INFORMED" of Possible Threats

More complete information on how to follow these steps is available at <http://www.state.nj.us/njoem/plan/kit-plan.html> .

People with disabilities may need to take further action to ensure their safety. Detailed information is on page 3. We also have an emergency preparedness section on our website at <http://dawnCIL.org/emergency-preparedness/>. A little preparation now will go a long way if disaster strikes. Be prepared and stay safe!

Inside this issue:

- 1 Emergency Preparedness
- 1 Coming Soon...
- 1 Save these dates!
- 2 From the Executive Director's Desk
- 2 Preparedness Links
- 2 DAWN Holiday Closures
- 3 Disability Preparedness Tips
- 3 Transportation News
- 4 SkIL Program
- 4 DAWN Employment Services
- 5 Adaptive Sports
- 5 Shorter Social Security Hours
- 6 Recent Gatherings
- 7 DAWN in the Community
- 7 County Calendars

Save these dates!

Annual Picnic
Sat., June 8th
Hedden Park
Randolph

Holiday Gala
Sat., Dec. 7th
Skylands
Randolph

COMING SOON...

DAWN'S exciting new menu of services for

Youth-to-Adult Life Transition!

Call us, e-mail us, or visit our website for updates!

Emergency Preparedness Links

National:

<http://www.fema.gov/>

Statewide:

<http://www.state.nj.us/njoem/>

Morris County:

<http://www.morrisoem.org/>

Sussex County:

<http://www.sussex.nj.us/Cit-e-Access/webpage.cfm?TID=7&TPID=3659>

Warren County:

<http://www.co.warren.nj.us/publicsafety/wcoem/wcoemtop.html>

Hurricane Sandy Assistance:

<http://www.nj211.org/hurricane.cfm>

Living Well with a Disability

Living Well with a Disability is an 8-week workshop about how to maximize your quality of life with a disability. Topics include goal setting, depression prevention and advocacy. For more information, call Peter Gimbel at 973-625-1940, ext. 219.

From the Executive Director's Desk

It is hard to believe another year has come and gone. 2012 was a time of tremendous change for us here at DAWN and for the individuals and families we serve. Some of our long-standing programs have lost funding or will be in the coming year. Individuals and families will be seeing a change in the way services are delivered in 2013. We have been keeping a very close eye on these changes and are here to support and guide individuals through this time of change. In order to plan for the future in light of these changes, DAWN has spent much of the last year and a half engaging our stakeholders, (including our members, consumers, families and representatives from local and state agencies) to identify key areas of interest, gaps in services and consumer needs. Based on this input, the staff and board of directors have worked diligently to create and implement new programs and services to address those issues. We are pleased to announce 2 new and very exciting programs that were created as a result of this engagement. In this newsletter we introduce these 2 programs, Skills for Independent Living (Skil) and DAWN's Employment Network Services (DENS). We are extremely excited to be able to offer these services to the individuals we serve. I encourage you to contact us to find out more.

We are living in a time of tremendous change in light of a very difficult economy and we must be prepared to change with the times. However, one thing will not change and that is the fact that as a Center for Independent Living; a consumer-controlled organization; we are here to provide services to the individuals and families in the communities we serve and we will continue to do so. More importantly we will continue to ask for your input to ensure we are meeting the needs of the community we serve. We welcome your input and look forward to working together to create an improved organization equipped to shift with changing the times.

Best Regards

Carmela



Disability Emergency Preparedness Tips

Here are some emergency preparedness tips for people with disabilities from the New Jersey Office of Emergency Management:

- Create a Personal Support Network of friends, family and neighbors who can assist in disaster preparation and getting you to a safe place.
- Consider using Register Ready – New Jersey’s access and functional needs Registry for Disasters. (www.registerready.nj.gov).
- If you are electric-dependent, register with your Utility Company.
- Don't forget to create your Emergency Kit. For a complete list of what this kit should include, see our website at <http://dawncil.org/emergency-preparedness/>.
- Create a list of your Emergency Health Information including medication doses. Post a copy on your refrigerator, and keep a copy with you at all times.
- If you have a Personal Care Attendant, decide how you will communicate with each other, such as by cell phone, if you are separated during an emergency.
- A medical alert tag or bracelet to identify your disability may be useful.
- Keep a flashlight, whistle or bell handy to signal your whereabouts to others.

Transportation News

Morris County:

On Tuesday, October 16, 2012, the United Way Caregivers Coalition and Morris County Department of Human Services held a public forum asking people to express their transportation needs and share their suggestions for how to build on the services available.

A presentation was given on current transportation options in the county. The comments and suggestions will be influential in the development of a Morris County transportation plan, and help United Way Caregivers Coalition develop an advocacy agenda to focus on transportation for people with disabilities in Morris County.

Sussex County:

Some exciting news for Sussex County residents who are registered users of Skylands Rides (Sussex County Transit). The Sussex County Department of Human Services, Division of Social Services has announced that Skylands Connect Off-peak Transportation Services will begin operating on Saturdays, between the hours of 8:20 a.m. and 3:40 p.m., starting December 15, 2012.

New Skills for Independent Living (SkIL) Program

Thanks to support from the United Way of Northern New Jersey, DAWN is offering a new life skills program for teens and young adults with disabilities in Morris and Sussex counties. The Skills for Independent Living (SkIL) program builds critical skills needed to live a rewarding, independent life in the community. The four curriculum components are (1) SkIL for Daily Living, (2) SkIL in the Community, (3) SkIL for Employment, and (4) SkIL for Self-Expression. Starting in February 2013, SkIL will take place during after-school hours twice a week for 4-5 months. Dates for a summer session will be announced in the near future. Space is limited, so please contact us right away to inquire about reserving a spot.

DAWN's Independent Living Transition Specialist, Helen Bradfield, will be our SkIL teacher. She holds a master's degree and is an experienced State of New Jersey certified Teacher of the Handicapped. Field trips into the community, visits from guest speakers, web-based interactive games, learning videos, and more will reinforce curriculum topics and provide a fun, hands-on learning experience. A teaching assistant will help provide the SkIL participants with opportunities both for group interaction and one-on-one attention. For more information, call DAWN at 973-625-1940 and ask for Helen Bradfield (extension 214) or her supervisor, Carolee Marano (extension 217). They will be pleased to address any questions you have.

Introducing DAWN's Employment Services

DAWN has received a Kessler Foundation Community Employment Grant, and will be applying to the Social Security Administration (SSA) to become an Employment Network under SSA's Ticket to Work program. DAWN has been preparing to launch services to Ticket Beneficiaries under DAWN Employment Network Services (DENS). In the meantime, DAWN now provides specialized services to consumers interested in pursuing employment.

Lindsay Tuman will be DAWN's Independent Living Employment Specialist. Lindsay has her master's in Social Work and is a Licensed Social Worker (L.S.W.) for New Jersey. Recently, she earned a certificate in Professional Skills in Job Development from Rutgers University. The certificate program covered topics such as connecting to employers, career coaching, practice in disability employment, assistive technology, and facilitating the job search process. Thanks to the Kessler Foundation's support, she will also study to become a certified Benefits and Work Incentives Practitioner through Cornell University's Employment and Disability Institute.

Soon Lindsay will begin facilitating "Working Well with a Disability," a six-week course about staying healthy to become and stay employed. The program focuses on "maintaining life balance so that each of your life areas is satisfying and fulfilling. When life becomes unbalanced, health problems are more likely to affect daily activities, including work."

DAWN is ready to serve consumers who are either thinking about or ready for employment. Lindsay will work together with you on individualized goals, steps and/or questions related to employment. To learn more, call Lindsay at 973-625-1940, ext. 220.

Adaptive Sports

Sled hockey is a sport designed to allow participants who have a physical disability to play the game of ice hockey. The Northeast Sled Hockey League (NESHL) is a non-profit organization established in 2005 as a means for regional Sled Hockey teams to compete. NESHL Teams and Athletes come from states from Maine to Maryland. Their season typically kicks off in October continuing through March of the following year.

On March 9 and 10, six of the league's seven teams will come together for their last meet of the season at Aspen Ice Arena, 6 Aspen Drive, Randolph, NJ 07869. New Jersey's team, NJ Freeze, is scheduled to play at 10:45 a.m., 5:15 p.m. and 6:30 p.m. on March 9, and again at 4:30 p.m. on March 10. Information is available at <http://www.neshl.org/jcms/> and <http://www.njfreeze.typepad.com/>.

In other news, the Nyack Boat Club's Sonar Fleet will be hosting its 8th annual "Introduction to Adapted Sailing Clinic" in May. Check the website for details as they become available: http://www.nyackboatclub.org/index.php?option=com_content&task=section&id=20&Itemid=213.

Reduced Social Security Hours of Operation

The Social Security Administration has announced new operating hours. Here is the announcement from <http://www.ssa.gov/pressoffice/pr/ss-offices-close-early.html>:

Effective December 17, 2012, Social Security field **offices nationwide will close to the public 30 minutes early** each day. For example, a field office that is usually open to the public Monday through Friday from 9 a.m. to 3:30 p.m. will close daily at 3:00 p.m. In addition, beginning January 2, 2013, **offices will close to the public at noon every Wednesday**. While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face interviews and process claims work without incurring the cost of overtime. The significantly reduced funding provided by Congress under the continuing resolution for the first six months of the fiscal year makes it impossible for the agency to handle service to the public as it has done in the past.

Most Social Security services do not require a visit to a local office.

Many services, including applying for retirement, disability or Medicare benefits, signing up for direct deposit, replacing a Medicare card, obtaining a proof of income letter or informing us of a change of address or telephone number are conveniently available at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778. Many of our online services also are available in Spanish at www.segurosocial.gov.



Recent DAWN Events and Gatherings

Holiday Gala



Debbie Burk having fun at the Gala.

DAWN's Annual Holiday Gala was held on December 15 at Skylands in Randolph. 90 people attended: 16 DAWN staff and 74 members, friends and family, and volunteers.

There was a buffet lunch followed by music, dancing and general holiday merry-making. The gala is one of

the two annual events that get the entire DAWN community together, giving members and staff the chance to catch up and get to know each other. We hope to see everyone again at the annual picnic on June 8th!

Franki's Fund Annual Gala

On December 16, the DAWN community and friends attended the Franki's Fund Annual Gala at Zeris Inn in Mountain Lakes. There was a luncheon, live music and a tricky tray auction with lots of great items to bid on. Proceeds went to support Franki's Fund, a program designed to meet the growing demand for programs and services for young adults with disabilities. The mission of Franki's Fund is to offer young adults with special needs ages 14 to 25 an opportunity to explore artistic and vocational pursuits that help enrich their lives and expand their horizons. Many thanks to everyone who attended and to all the individuals and local businesses that generously donated auction items.

Annual DAWN Membership Meeting

DAWN's annual membership meeting is a time when members gather to learn what is going on with the organization and vote on administrative issues. This year, we got together on November 28 at Trinity House in Hackettstown. There was a delicious dinner from Mama's Restaurant. Executive Director Carmela Slivinski reported on DAWN's activities and accomplishments over the past year and gave a glimpse into the future of the organization. Votes were counted, and Board President Elizabeth Lehmann announced the confirmations of existing board members and the induction of new board members Barbara Flint and Donald Pauselius. Both bring with them valuable expertise and insight to help shape DAWN's future.



The board of DAWN CIL, with new members Barbara Flint and Donald Pauselius.

DAWN in the Community

DLC Transition Fair

Helen Bradfield represented DAWN during the DLC Transition Fair at the Developmental Learning Center in New Providence on December 6, 2012. The DLC is a school that is primarily for students with autism or autistic-like behavior. Information on DAWN's transition services was given to parents of older students at the school and to the transition coordinator for him to distribute to families who were interested.

Warren County Senior Expo

On December 2, 2012, DAWN staff members Carl Brand and Helena Matava attended the Warren County Senior Expo. The purpose of the event was to reach out to the public to inform them about services that are available to the senior and disabled population.



Kessler Stroll n' Roll

On October 21st from 9:00 a.m. to 1:00pm at Bloomfield Park in Bloomfield, N.J., staff members Lindsay Tuman and Brianne Lermond attended the 11th Annual Kessler Stroll n' Roll, supporting rehabilitation research, disability employment initiatives and the N.J. chapter of ThinkFirst — a national injury prevention program for kindergarten pupils through high school seniors. The event held a 5k and 10k run and wheelchair race, along with various booths of local businesses, sponsors and disability service agencies. The three ambassadors for the Kessler Foundation that were present included Former Rutgers football player Eric LeGrand, Miss. N.J. Teen U.S. Kendal Barrett and Miss Wheelchair NJ Kim Biglin.

County Calendars

Morris County

Wed., 3/20 at 10 a.m. - Presentation by State Health Insurance Assistance Program on Medicare changes. At Chilton Hospital in Pompton Plains. Call 973-831-5367 to register.

Sussex County

Weekdays, 1-4 p.m. - Flu shots at Sussex County Office of Public Health, 201 Wheatsworth Road, Hardyston. Free for low income or with Medicare or Medicaid (just bring your

card); \$15 for all others.

Warren County

Tue., 3/26 at 1 p.m. - Human Services Advisory Council Meeting, open to all. Department of Public Safety, 1024 Route 57, Washington.

Other Nearby Events

Tue., 3/26 at 11:30 a.m. - Arthritis support group at CareOne, 493 Black Oak Ridge Road, Wayne, NJ 07470. No registration needed.

30 Broad Street
 Suite 5
 Denville NJ 07834




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

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:

- School-to-Adult Life Transition Services
- Nursing Facility Transition
- Living Well with a Disability
- SkIL Curriculum-Based Life Skills Training
- Additional Independent Living Skills Training
- Aktion Club (Morris County only)
- Brain Injury Alliance Support Group
- Advocacy
- Peer Support
- Recreation
- Information and Referral
- Next Chapter Book Club
- Care Management
- Crafty Corner
- **Coming Soon...Working Well With a Disability**

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