



DAWN AWAKENINGS

Awaken to Independence

January 2010

LIVING WELL WITH A DISABILITY PROGRAM OFFERED AT DAWN

By Peter Gimbel, DAWN Staff

The Living Well with a Disability Program at DAWN is an eight - week workshop that teaches goal setting and problem solving as ways to create a healthier and happier life for ourselves. Most of us practice health living when we have meaningful activities we want to do, so the Living Well workshop begins with *why* we want to be healthier and happier. Later sessions concentrate on developing tools and skills for healthy living, including communication, depression prevention, exercise, nutrition and advocacy.

But Living Well is not just a series of lectures. An important part of the experience is meeting the other participants in the program. People with all kinds of disabilities can participate and learn from each other at the workshop's weekly sessions. Because the groups are small, there is time for everyone to discuss their goals and get advice and feedback relevant to their own lives from the rest of the group.

People sometimes have difficulty with transportation to the program. While we are often able to find funding for transportation, it isn't always possible. So, we're bringing Living Well with a Disability to the community outside of DAWN's Denville office. If you know of a residential facility, community centers, or other locations where there are people with disabilities who would be interested in a program like this, please get in touch with me. I am always looking for people who are interested in Living Well with a Disability. If you want to sign up or find out more about the program, please contact me, Peter Gimbel at (973) 607 - 3137 or pgimbel@dawncil.org.

Marc Molde, Information and Referral Specialist would like your input on what types of social and recreational activities you would like DAWN Center for Independent Living to offer during the coming year. Contact Marc by February 26, 2010 via phone at (973) 625-1940 or e-mail at info@dawncil.org.

SAVE THE DATE

November 7, 2010 Second Annual Francesca Slivinski Memorial Fund Event

Game Night is starting up again. Our first night for 2010 is on Thursday, January 28 from 6:00 - 9:00 P.M. Game night will then be held every fourth Thursday of the month, unless it falls on a holiday.

FROM THE EXECUTIVE DIRECTOR'S DESK— CARMELA SLIVINSKI

Happy New Year to all! I hope that 2010 will be a happy and healthy year for all. I would like to take this opportunity to discuss a few issues that I think may be of interest to many of you. But first, I want to give a very sincere “Thank You” to all of DAWN’s supporters. Without the funds we receive from these agencies, we could not continue to provide the services needed by our consumers.

- NJ Division of Vocational Rehabilitation
- NJ Division of Disability Services
- NJ Department of Community Affairs
- NJ Department of Education
- Morris County Department of Human Services, Division of Aging, Disability and Veterans.
- Warren County Department of Human Services, Division of Aging and Disability Services
- Sussex County Department of Human Services, Division of Community Services
- United Way of Morris County
- Cornell University
- Kessler Foundation
- The Gannett Foundation
- The Christopher Reeve Foundation

In addition I would like to thank all who generously donate or give of their time and expertise in helping us accomplish our work.

Finally on a personal note, I would like to thank everyone who has donated to the memorial fund we have created in my daughter’s honor. I cannot express what your support has meant to me during this time. In the next edition, I will be sharing more information about how we will be utilizing the money earmarked for the fund.

In recent months, we have been aligning ourselves to expand our services to include fee for service care management through the Home and Community Based Waiver Programs. We have received our authorized status through Medicaid to be a provider for care management for both the Global Options Waiver and Community Resources for Persons with Disabilities Waiver. This status will allow us to more effectively support individuals who wish to remain in the community and maintain their independence. We are very excited to be taking on this new initiative.

Finally, I want to make you aware of recent proposed changes to the Traumatic Brain Injury (TBI) Fund. The purpose of the TBI fund is to allow NJ residents who have survived a brain injury to obtain the services and supports they need to live in the community. The fund is used when all other potential sources are unavailable to meet the needs of the applicant. The fund, created in 2002, is funded through a motor vehicle surcharge. For the past few years, DAWN staff has served as care plan facilitators working with individuals to write plans to access those supports and services.

In the December 21, 2009 edition of the NJ Register, The Division of Disability Services proposed amendments to the fund that will impact eligibility status and the types of services that will be provided through the fund. Interested parties can submit written comments to the proposed changes by February 19, 2010 to:

Joseph M. Amoroso
Administrative Practice Officer
Department of Human Services
Division of Disability Services
222 South Warren Street - PO Box 700
Trenton, NJ 08625-0700

Or via email at joseph.amoroso@dhs.state.nj.us The proposed changes can be viewed electronically at: http://www.state.nj.us/humanservices/providers/ruleprop/RuleProposals/PropRN_TBIF_NJAC10_141_DDS.pdf

If you do not have access to a computer, please call the DAWN office and we will send you a hard copy in the mail. If you are currently receiving services through the fund or may be in the future, I suggest you review these proposed changes and submit your input.

DISASTER PLANS LEAVE PEOPLE WITH DISABILITIES BEHIND

A new report released by the National Council on Disability has exposed major deficiencies in the capacity of governments to evacuate and care for people with disabilities during a natural disaster. The report, *Effective Emergency Management: Making Improvements for Communities and People with Disabilities* shows that citizens with Disabilities are still barely considered in most emergency plans. An executive order issued in 2004 following Hurricane Katrina urged federal and local governments, with private organizations to consider the unique needs of citizens with disabilities when planning rescues and preparing to provide emergency shelter.

The report indicates huge gaps continue to exist in emergency plans. Among problems noted in the report were issues involving service dogs, relocation in trailers and mobile homes, the effectiveness of various warning systems and different transportation needs. The report also said that emergency planners often determine what people with disabilities need in cases of emergency without consulting them first. This practice further alienates people with disabilities and increases their vulnerability.

The report further goes on to say that emergency car loudspeakers, weather - warning radios or even television alerts are not the most effective ways to deliver information to people with disabilities during an emergency. They suggest that many of the problems incurred by emergency personnel during the response phase of a disaster could be addressed if planning included people with disabilities. With the exception of a single recent simulated emergency exercise by the Department of Homeland Security, government agencies continue to ignore the needs of people with disabilities when crafting emergency plans, the report said, repeatedly stressing the need for planners to consult directly with those with a disability to better understand their particular needs during a disaster.

People with disabilities can assist their local government in the planning and coordination of emergency planning. To do so call your local town or county government official to see if anything has been done to include people with disabilities in such planning. You may contact the following numbers for the planning divisions in your county to see if anything has been done:

Morris County - (973) 829-8120

Sussex County - (973) 579-0500

Warren County - (908) 475-6532

The Council Newsletter, NJCDD
November, 2009

AMERICAN RED CROSS HAS EQUIPMENT LOAN CLOSET

The Colonial Hills Chapter of the American Red Cross in Madison has a loan closet of home health care equipment. They do not have hospital beds but have wheelchairs, shower seats, commodes, etc. Their telephone number is (973) 377-0455.

DISABILITYINFO.GOV BECOMES DISABILITY.GOV

On the 19th Anniversary of the Americans with Disabilities Act (ADA) the federal information website has been renamed and revamped as Disability.gov. Information from twenty-two federal agencies have been included in the site managed by the U.S. Department of Labor. The improved site will encourage interaction and feedback and include new ways to organize, share and receive information. You can sign up for personalized news, updates, take part in online discussions and contribute resources to the site. Information in ten subject areas can be found on the site. They include employment, health benefits, housing, civil rights, community life, technology, transportation and emergency preparedness. Information on each subject may include federal and state government programs and services, grants, funding news and events. The site also includes links to information from educational institutions, non - profit organizations as well as state and local governments. Visit the new comprehensive site at www.Disability.gov.

SCARC Newsletter, September 4, 2009

WEB SITES, ETC.

www.infinitec.org is a comprehensive website for people with disabilities in the areas of adaptive driving, recreation, education and work. The website offers ways to adapt a car, what laws are applicable for people with disabilities in education, adaptive games and guides for work.

For ADA Information go to www.ada.gov. This website gives you all the information you need on the Americans with Disabilities Act (ADA) and what is and is not allowed under the law, including all government regulations. Other websites of interest to people with disabilities include:

- www.selfhelpgroups.org—NJ Self Help Clearinghouse helping people find and form support group throughout NJ. Also call 1-800-367-6274.
- www.easterseals.com
- www.access-able

- www.mossresourcenet.org—Driving with a Disability
- Looking for a good date? Websites for people with disabilities are: www.datedisabled.com and www.disabledpassions.com

SUPPORT YOUR LOCAL AKTION CLUB

Purchase Aktion Club calendars at \$ 20.00 each. The Aktion Club is a community-service group for adult citizens living with disabilities. It's mission is to provide adults with disabilities initiative and leadership, to serve their community, to be integrated in society and demonstrate their dignity and value as citizens living with disabilities. Aktion club members strive to return to their communities the benefits, help, and caring they have received as well as develop important skills in the process. Contact Jason at (973) 625-1940 or jalvarado@dawncil.org for more information.

THE STATE CAN HELP – DVRS AND CBVI SERVICES

A resource for people with disabilities seeking work is the New Jersey Division of Vocational Rehabilitation Services (DVRS). If someone is looking for work, they can enroll or re-enroll in state supported services to find a job.

DVRS Services include: Vocational Counseling and Guidance; Placement Services; Job Seeking Skills; Supported Employment; Time Limited Placement and Coaching; Job Accommodations; and Skills Training. To call the DVRS closest to you please contact the following: Morris County DVRS - Morristown - (973) 631-6304 and for Sussex and Warren Counties - Hackettstown - (908) 852-4110 The Commission for the Blind and Visually Impaired (CBVI) also offers such services for people who are blind and visually impaired. You may contact this agency at (973) 648-2111.

ANGEL FOOD MINISTRIES PROVIDES FOOD

The non-profit, non-denominational organization, Angel Food Ministries, is providing grocery relief in 35 states across the United States including New Jersey. They provide families with about \$ 65.00 worth of quality food for \$ 30.00. They do not use out of date or inferior products. A box of Angel food products can feed a family of four for about one week and a single senior citizen for about a month. Angel Food Ministries participates in the food stamp program. Host sites in our area include:

Morristown – Market Street Mission – (973) 538-4819

Hopatcong – Venture Crew 192/Westside United Methodist Church – (973) 770-0155

Hackettstown - Trinity United Methodist Church - (908) 852-3020

Chester – Beyond the Walls, Inc. - (908) 879- 2880

Boonton – Evangel Church of God - (973) 852-7310

NEW JERSEY SHARES PROGRAM HELPS WITH ENERGY ASSISTANCE

New Jersey Shares provides energy assistance to moderate and fixed-income households experiencing a financial crisis. Eligibility is based on household size and income. There are many guidelines for eligibility, such as facing a financial crisis that makes it difficult for you to make payments on your current fuel expenses. To find out more about the New Jersey Shares program and its eligibility requirements call the DAWN office at (973) 625-1940 or toll free at 888-383-3296. You may also call the agency grant processing hotline at (609) 883-1626 or e-mail at grants@njshares.org.

WRITERS WELCOME!

The DAWN Center for Independent Living, welcomes our consumers to submit their own writings on topics of relevance to people living with disabilities. If you are interested in writing your own article for this newsletter please contact me Alan Levine, Newsletter Coordinator, DAWNcil, 30 Broad Street, Suite 5, Denville, N.J. 07940 with your writing. You may also contact me at (973) 625-1940 or e-mail alevine@dawncil.org. Articles can be of any length and must be approved before being printed in DAWN Awakenings.

FREE TAX ASSISTANCE

Until April 15, 2010 - Free Federal and State Volunteer Tax Assistance (VITA) for preparation of simple returns is available at various locations, dates and times for seniors, people with disabilities and low income workers. Call (973) 784-4900 or e-mail konwiere@NORWESCAP.org for location and site closest to you.

THREE WAYS TO GUARANTEE SUCCESS WITH HEARING AIDS

There are three ways to guarantee success in the use of hearing aids according to Mr. Granville Y. Brady, Jr. Au.D. F.A.A.A. The three ways are as follows: Make sure that the person fitting hearing aids makes an accurate impression of the ears and adjusts the aids appropriately. Verify that the fitting is based upon the audiometric results taken in a sound treated booth. This is called an "evidence based" approach. Verify the fitting by using "speech-mapping". By inserting a tiny microphone into the ear canal and testing the hearing aid while it is actually worn, "speech – mapping" results determines the amount of improvement that is gained by comparing unaided hearing with aided hearing.

Hearing aid users also need to use their aids on a daily basis. Hearing aids need to be used during all waking hours in order for the user to be able to hear properly.

Monthly Communicator,
DDHS December, 2009

HOME MODIFICATION GRANTS

Home modification grants are available for people living with spinal cord injuries for residents in Morris, Sussex and Warren Counties. Call Marc Molde at (973) 625- 1940 or toll free at 888-383-3296 for eligibility criteria. This program is made possible by a generous grant from the Craig H. Nelson Foundation.

BOOK OFFERS BUSINESS START UP STRATEGIES FOR PEOPLE WITH DISABILITIES

Alice Weiss Doyle is an entrepreneur with disabilities who in “No More Job Interviews! Self Employment Strategies for People with Disabilities” offers business startup strategies specifically developed for people with disabilities. The book teaches step-by-step approaches to for optimizing prospects to ensure success and self-sufficiency. Human Service agencies will also find tools that will allow them to play a role in the process of offering self-employment programs. The author provides information on opportunities and resources for growing a business discusses the role of the internet as a way of doing business along with sample business plans. You can purchase the book at your local bookstore.

SCARC Newsletter, Sept. 4, 2009

COMPUTER DONATIONS NEEDED

Dennis Huntley, a person living with MS volunteers to rebuild computers and brings them to people living with MS who need them. Dennis will pick up the items and give tax deduction acknowledgements. He has also provided specialty software for specific needs such as Zoom text for people with vision disabilities and Dragon Speech for people with dexterity issues. These software products have been donated from their producing companies to the Chapter for the Computer Outreach Program. The program is a great way to help people with MS but relies heavily on donations. Mr. Huntley can be contacted at irc@njm.nmss.org or by cell phone at (732) 233-8261.

MS Connection,
Fall, 2008

BOOKSHARE

Bookshare is a web-based digital library that gives people with print disabilities the same ability to access books and periodicals enjoyed by those without disabilities. The site provides books in a digital format that is easy to download, search and navigate. The site is free for all students from kindergarten through adult education. Memberships are funded by through the Department of Education, Office of Special books, textbooks and periodicals. For more information or to become a member, go to www.bookshare.org.

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BACK TO SCHOOL WEBSITE

Suite 101.com offers a helpful article on weathering the move to a new school or transitioning to a new school environment. Read the article at [http://disabilities.suite101.com/article.cfm/back to school](http://disabilities.suite101.com/article.cfm/back%20to%20school).



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We are on the web!

www.dawncil.org

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Twitter@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:

- Information and Referral
- Living Well with a Disability
- Next Chapter Book Club
- Aktion Club (Morris County only)
- Nursing Facility Transition
- Independent Living Skills Training
- School to Adult Life (*STEP-UP* Program)
- Advocacy
- Peer Support
- Recreation
- SAIL
- Care Management