



DAWN AWAKENINGS

Awaken to Independence

Winter-Spring- 2012

MAKE YOUR NEW YEAR'S RESOLUTION HAPPEN! GET FIT IN 2012

Gym and diet program memberships surge dramatically in January, when many Americans resolve to improve their health and fitness in the New Year. Many of these folks give up not long after, if they aren't experiencing dramatic results in a rapid enough fashion. This is unfortunate, because exercise can do a lot more for your body than merely help you lose weight.

WHAT CAN EXERCISE DO FOR YOU?

According to the 2008 Physical Activities Guidelines for Americans, strong scientific evidence proves that physical activity can lower the risk of early death, heart disease, stroke and many other conditions including anxiety and depression. Physical activity is also linked with increased cognitive function, prevention of falls, better functional health in older adults and improved sleep quality.

HOW MUCH EXERCISE IS BEST?

According to the US Department of Health and Human Services, adults with disabilities should aim for 2 hours and 30 minutes a week of moderate intensity, or 75 minutes a week of vigorous intensity aerobic physical activity. Adults should also do muscle-strengthening activities that involve all major muscle groups at least 2 days a week. Aerobic activity can be effective when it is done in 10 minute increments, three times a day, five days a week.

NCPAD offers a free, 14-week personalized web-based program called

WHAT DO I DO? WHERE CAN I GET HELP?

"Program to a Healthier You!" on their website. This program is designed to help people with mobility limitations, chronic health conditions and physical disabilities meet their activity and nutrition goals over the course of 14 weeks. This program is available at <http://www.ncpad.org/14weeks>.

NCPAD also has almost one thousand videos available on its YouTube channel demonstrating various exercising routines for people with a variety of disabilities. You can browse through the programs here at <http://www.youtube.com/user/NCPAD?feature=watch>.

It is important to consult with a physician before embarking on any new fitness routine, to discuss your particular needs and to develop a program that works best for you.

No matter what your current fitness level, disability or age there are ways to make yourself healthier and feel better with exercise!

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UPCOMING EVENTS

MARCH

10—Corned Beef Fundraiser 5:30-8:30

14— DAWNcil Board

Meeting, Denville 5-7

22— Aging & Disability Meeting, Warren

County, Dumont Bldg, Belvidere, 9:30

28- Sussex County Disability Services Advisory Council, Community Room, Sussex

County Library Main

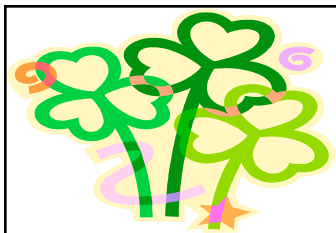
Branch, Newton

April

11— DVRS Public Forum. Morris County

Public Library. 2-4pm.

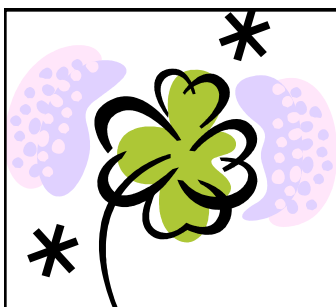
11—DAWN Board meeting. Denville office 5-7pm.



It's not too late!

**ST. PATRICK'S
DAY CORNED
BEEF DINNER
AND 50/50
RAFFLE**

Join DAWNcil on Saturday, March 10th, 2012 from 5:30-8:30 pm at Christ Episcopal Church in Budd Lake, NJ for a St. Patrick's Day celebration! Admission is only \$15 if paid by March 1st, \$20 after March 1st. Make checks payable to DAWNcil. All proceeds benefit DAWNcil Recreation and other DAWNcil programs.



FROM THE EXECUTIVE DIRECTOR'S DESK

It is hard to believe it is already March and Spring is right around the corner. There has been a lot of activity happening within DAWN. In November we hosted our annual Membership meeting which was one of our largest attended in DAWN's history. During that meeting we honored a long time member with the Christine Crown Schnorr Advocacy Award. We also provided an opportunity for our members to share their thoughts about existing services and future programs and opportunities. I wanted to take this opportunity to share those results.

The survey distributed to all attendees provided an opportunity for respondents to rate the importance of existing DAWN programs and services as well as new initiatives. Among the 80+ surveys distributed, 49 (61%) were returned. The ratings suggest that all of the items on the survey were considered very important. The highest importance ratings were given to youth and adult recreation, life skills for teens and young adults, inclusive, competitive employment, transportation, cost-effective development of staff and resources to enhance DAWN's capacity to serve, peer support aimed at promoting self-advocacy, and the expansion of the "Living Well with a Disability" program. Creation of a consumer-run advocacy initiative, implementation of a "warm line" for after-hours support, expansion of creative arts opportunities, development of program evaluation tools, and development of a DAWN cyber community were secondary by comparison in importance, but were also considered as very important overall.

12 of the 49 surveys (24%) that were turned in contained personal comments. Some were aimed at expressing appreciation for DAWN's programs and services, and for the Annual Meeting dinner event. Other comments underscored an interest in seeing more activities around advocacy, employment, recreation/social events, peer support, and praise for the "Living Well" program.

The results have been tabulated and are being carefully reviewed by DAWN's Board of Directors and Management. These surveys, in conjunction with the feedback received during the Consumer Focus Group held in July 2011, will be used to ensure that the organization's strategic plans and ongoing development address the interests and priorities expressed by our members.

HOLIDAY GALA 2011



On December 10, DAWNcil staff and members gathered at the Skylands Pavilion in Randolph to celebrate the Holidays. Almost 100 guests danced to classic holiday music and party jams and noshed on a buffet of delicious food and a wide array of desserts. Thanks for attending everyone, we can't wait until next year!



TRANSPORTATION NATION

HOW TO NAVIGATE MORRIS, WARREN AND SUSSEX COUNTY TRANSPORTATION

There are transportation resources available for people with disabilities in Morris, Sussex and Warren Counties. While the services provided in each county differ, a few tips can help users to navigate the systems most efficiently.

- **KNOW YOUR ROUTE.** It is essential that transportation users know what services are available and where they hope to go ahead of time.
- **PLAN AHEAD.** While some of the transportation services offered are existing routes where you can hop on and off, all three counties require reservations in advance of on-demand services. It is essential that you contact the Transit service in your county and make them aware of your specific needs, so that your trip can run smoothly.

SUSSEX COUNTY TRANSPORTATION



Sussex County Skylands Ride Paratransit Service is available for people with disabilities, Monday through Friday, 5:30 am to 6:30 pm. There is a fare for the transportation, but not for any paratransit service. However, donations are encouraged, and suggested donations are \$1.50 per one-way trip in county, \$3.00 per one-way trip out of county. Monthly passes are available in the Transit Office. Full Skylands Connect schedules are available online at <http://www.sussex.nj.us/Cit-e-Access/webpage.cfm?TID=7&TPID=9168>.

Customers must register with the Sussex County Transit Office prior to using the service. This registration will include name, address, telephone number, an emergency contact and information on mobility and disability related needs.



WARREN COUNTY TRANSPORTATION

Transportation is provided weekdays from 7:30 am to 5:00 pm. To schedule a trip, call Easton Coach at (908) 454-4044, or toll-free at 1-866-594-4044 at least 2 working days in advance of the day of the needed trip. No trips can be guaranteed. Residents should be prepared for pickup at least 15 minutes prior to the scheduled pickup time, and should be able to wait 15 minutes after the scheduled pickup time before calling the office.

You must call Easton Coach to confirm the trip and pick-up time, either the day prior to the trip from 4 pm to 6 pm, or the morning of the trip. To cancel a trip, call Easton Coach at least one hour before the scheduled pickup. If you have three no-shows you will be suspended from services for thirty days.

Two continuous shuttle routes operate in Warren County on weekdays. Shuttles operate on a schedule with stops every 60 minutes. **Buses can deviate up to 2 blocks off of the route for customers with disabilities only if prior arrangements have been made.**

Suggested fare is \$1.00 per trip, and a fare box is available on all paratransit vehicles. Schedules are available through DAWNcil or on the Warren County website.

MORRIS COUNTY TRANSPORTATION

The Morris Area Paratransit System (MAPS) provides a free transportation system for county residents over 60, and/or those with disabilities. MAPS provides rides within and on the outskirts of Morris County. Morris County is divided into three service regions, with different transportation providers. Doctor's appointments take priority, but MAPS will also transport users to work, school and adult day care. Service is offered on weekdays, with limited evening and weekend services available. MAPS users must make reservations in advance to use the service. For regular weekday trips, you must call at least 48 hours in advance. For the best chance of getting service, call or email at least a week in advance. For any group trips, you must call or email at least two weeks in advance.

MAPS is a free service provided by the Morris County Department of Aging, Disabilities and Veterans Services. However, MAPS does ask for donations in order to defray costs. Suggested donations are \$1 per round trip on weekdays, and \$3 per round trip on evenings and weekends. If you use MAPS regularly to transport you to employment, MAPS suggests \$20/month or \$10 a month for Employment Horizons or other shelter workshops. To learn more about MAPS, contact them at (973) 829-8103 or (888) 282-6277. Reach them via email at maps@co.morris.nj.us. For service area maps and schedules, visit MAPS' website at <http://morrishumanservices.org/dvs/maps.asp>.

DAWN CENTER FOR INDEPENDENT LIVING ANNUAL MEMBER MEETING

On November 16 2011, DAWNcil held its Annual Membership Meeting at Bethlehem Church in Randolph, NJ. Over 80 members and friends were in attendance. Highlights of the evening included great company, delicious food, a presentation by DAWN's Director, Carmela Slivinski, on the year in review, and a powerful video retrospective on the independent living movement in the United States. The event was catered by the Rose House, who served a traditional Thanksgiving dinner.

Board Member Robert Panzer retired after 8 years of service. Member Jeff Gray was remembered with the Christine Schnorr Advocacy Award. This award, named after a founding member of DAWNcil, honors members who are strong advocates for disability rights. Jeff Gray was honored because of his commitment to the agency and his community building efforts among people with disabilities. Jeff passed away in March of 2011 and is missed by all. Jeff's mom, Arlene and his friend and longtime nurse, Jen accepted the award.



The New Jersey Department of Labor and Workforce Development, Division of Vocational Rehabilitation Services and The State Rehabilitation Council Present 2012 Public Forums.

The Northern Region Public Forum will be held on
Wednesday, April 11, 2012 from 2-4pm at the
Morris County Library, 30 E. Hanover Ave. Whippany, NJ 07981

The purpose for these Public Forums is:

- To discuss, explore and identify legislative initiatives needed to enable more individuals with significant disabilities to gain and maintain meaningful employment;
- To assess the needs of people with disabilities in their quest for employment; and
- To solicit input on the State Plan as mandated by the Rehabilitation Act, Title IV of the Workforce Investment Act of 1998.

Representatives from DVRS and the SRC will be available to provide information on available services, various work incentive initiatives and anticipated changes in regulations.

To register, contact Shari Walker-Hunt at: 609-292-6961 (voice), 1-866-871-7867 (Toll Free) 609-292-8347 (fax) or Shari.walker-hunt@dol.state.nj.us

Accommodations must be requested by March 9, 2012, by contacting Shari Walker-Hunt as noted above.

**FREE TAX
PREPARATION**
is available for those
who are financially
eligible! Call 211 for
information and a
location near you!

Support Group for parents and caretakers of
children with emotional or mental health challenges
meet
on the 2nd Wednesday of each month
at 10:30 AM to 12:00 PM,
or the 3rd Thursday of each month from
7-8:30 pm
at the Sussex County FSO Office,
67 Spring Street, Newton NJ.
Call Family Support Organization at
973-940-3194 to confirm meeting times.

United Way of Northern New Jersey Caregivers Coalition:

Caregivers are found in every community, caring for loved ones of all ages with chronic illnesses or disabilities. Family, friends or neighbors may care for an aging parent, a sibling with mental illness, or a child or spouse with a disability.

The mission of the Caregivers Coalition is to promote the knowledge of and action around caregiving issues to ensure that all caregivers identify as such and have access to resources, services, education, and support to sustain them in their role.

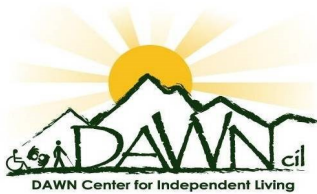
Coalitions are now forming in Sussex and Warren Counties following the model of the Morris County Caregivers Coalition which has been in place for many years.

Morris County Caregiver Coalition is held on the 2nd Wednesday of each month from 9:00am—11:30 AM. Meetings are held at: Ukrainian American Cultural Center of New Jersey, 60 North Jefferson Road, Whippany, NJ 07981, www.uaccnj.org. Please visit their website for directions.

Sussex County Caregiver Coalition is being held on Thursday, March 15 from Noon – 1:30 PM (Lunch is being provided courtesy of Bentley Assisted Living) at Bentley Assisted Living, 3 Phillips Rd, Branchville, NJ. Contact Mary Emilius at 973-579-3040
Or via email at mary.emilius@unitedwaynnj.org.

Warren County Caregiver Coalition is hosting its kickoff coalition meeting on March 19th from 2:00 to 4:00 pm at the Wayne Dumont, Jr. Administration Building, 165 County Route 519 South, Belvidere, NJ 07823, in the Cooperative Extension meeting room. Contact Anna Hockenbury by March 9th to confirm your attendance at 908.835.3550 or via email at Anna.Hockenbury@UnitedWayNNJ.org

30 Broad Street
Suite 5
Denville NJ 07834



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

We are on the web!
www.dawncil.org
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:

- 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