

**NORTHERN
REGIONAL
CENTER FOR
INDEPENDENT
LIVING**

November 2009



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Focusability

Disability and ADA Seminars

Northern Regional Center For Independent Living (NRCIL) is pleased to introduce an exciting, interactive series of nine trainings. This program was developed at Cornell University where four NRCIL staff recently became certified facilitators as part of the ADA Trainer Network. By attending these disability and ADA seminars, the information provided will meet the needs of your organization and employees. Each interactive session may take from two to four hours to complete.

The following is a list of the nine programs that can be presented at your organization or business:

1. *Disability Awareness: Understanding the Americans with Disabilities Act (ADA)*
2. *Getting Hired and Moving Ahead in a Job when Working with a Disability*
3. *Tapping into Talent*
4. *Serving Customers with Disabilities*
5. *About Hidden Disabilities*
6. *Reaching Individuals with Disabilities: Accessibility in Federal, State, or Municipal Entities*
7. *Reaching Individuals with Disabilities: Accessibility in Private or Commercial Business*
8. *Accessible Technology in the Workplace*
9. *Accessible Web Sites: Everyone Benefits!*

For more information or to schedule a training please contact Kathy Barkley at: 315-785-8703(V), 315-785-8704 (TTY), 1-800-585-8703 or e-mail: kathyb@nrcil.net.

NRCIL will be offering these workshops free of charge in Jefferson and Lewis counties.

"When the power of love overcomes the love of power, the world will know peace"
Jimi Hendrix

ANNUAL CONSUMER HOLIDAY LUNCHEON!!
You're Invited!! Please join us on Thursday, December 17th
at 12:00 for our
annual consumer holiday luncheon at NRCIL in Watertown.



5 Things you Should Never Say to a Parent Who's Child has Autism

Taken from www.nlconcepts.com

Having a child with Autism often means stares, glares and the occasional unsolicited advice from well-meaning people. Here is a list of the top 5 things you should never say to a parent of a child with Autism.

Autism does NOT mean deaf

People with Autism often behave in strange and unusual ways and they may not respond or react in typical ways. They might not have much speech but they do understand what's being said. Keep in mind that many of them have acute hearing and can hear what you're saying clear across a room. If you do not understand a child's behavior, be respectful in asking about it.

Actions speak louder than words

You're standing in line in a busy store. The woman in front of you is struggling as her child is running off and pushing items off the sales racks to the ground. You think to yourself. "His mother should discipline him better!" Don't jump to conclusions just yet. It's very possible the child has Autism. Remember that this mom faces judgment at every turn. Offer to help her so that she can redirect her child.

Discipline advice

Children with Autism often don't respond to conventional methods of discipline. Chances are, a parent of a child with Autism has tried every tactic in the book. If you don't agree with a parent's choice in discipline, keep in mind that she is worrying about being judged by her child's behavior. You will make her day if you smile and change the subject rather than focus on the behavior of her child.

You can leave him behind

Children with Autism often have a difficult time in public, with the many sights, sounds and smells that are often difficult to filter and process. Parents that have children with Autism desperately want their kids to be accepted in the community. By asking a parent to leave their child with Autism with a sitter while the rest of the family join your family on an outing, you are forcing that parent to exclude their child. Try to look past the behavior and invite everyone, or find an activity everyone can enjoy.

Therapy recommendations

Parenting a child on the Autism Spectrum is very different than parenting a typical child and often traditional methods do not work. Not every method of intervention will work with every child, so often parents will have to try several options before they find one that works. Parents are doing the best they can and are grateful to have your support and understanding.

To all the parents whose children have special needs, we commend you and praise you! Your road is rocky, filled with joy and challenges. To everyone else, we stand in gratitude. Your love and support is immeasurable for parents and the special needs kids. Thank you for standing by their side.

LEGAL SERVICES OF CENTRAL NEW YORK, INC.

472 South Salina Street, Suite 300 Syracuse, New York 13202
 (315) 703-6500 or (315) 475-3127 Statewide Toll Free 866 475-9967
 Toll Free TTY 866 475-3120

Do you have a legal issue relating to your disability?

Protection and Advocacy projects* provide free legal representation and non-legal advocacy to persons with disabilities

* Abuse & Neglect *Protection from Financial Abuse *Special Education * Access to Medical Records
 * Disability Related Discrimination in Housing *Barriers to Employment
 * Involuntary Outpatient Treatment *Barriers to Benefits and Services *Trusts & Wills

*Providing services in the following counties: Broome, Cayuga, Chemung, Chenango, Cortland, Delaware, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, Otsego, Schuyler, Tioga, and Tompkins.
 Note: P&A for persons with Traumatic Brain Injury provided statewide.*

Legal Services of Central New York, Inc., provides free legal services. Each request for service or representation is reviewed to determine our availability to represent. Due to limited resources, we cannot represent every person who contacts us. Acceptance of an individual case is based on numerous factors, including the nature of the request, merit of the claim, availability of resources at LSCNY, and commitments to current clients. We do not handle criminal matters. Assistance may include counsel and advice only, or more extensive representation depending on the nature of the case and other factors. For those persons whom we are unable to represent, we provide information, referral, and technical assistance whenever possible.

*funded in part by the **New York State Commission on Quality of Care and Advocacy for Persons with Disabilities**

KNOW YOUR HOUSING RIGHTS



I believe I am being denied an apartment because of discrimination. Where do I go for help?

The Federal Fair Housing Act of 1968 and State and local fair housing laws make it illegal to advertise any preference, limitations or discrimination on the basis of race, color, religion, sex, disability, familial status or national origin in the rental or purchase of housing.

If you have a question or complaint about housing discrimination, contact your local Human Rights office through the municipal directory of your town, city or village. To file a complaint, you may call **Housing and Urban Development (HUD) toll-free at (800) 669-9777**. Also, the New York State Division of Human Rights has regional offices and will review written complaints alleging discrimination in housing practices. A list of the addresses for their regional offices can be found on their web site. The NYS Division of Housing and Community Renewal and NYS Division of Human Rights are committed to ensuring equal housing opportunities to all New York State residents.

Timing of Light Therapy Key for Curing Winter Depression

he@lthLINK

Winter depression, often called **seasonal affective disorder (SAD)**, is a form of depression that occurs each year in the fall or winter and ends in the spring. Some experts estimate between 4 and 6 percent of people in the U.S. suffer from SAD, and as many as 20 percent may experience a milder form.

Between 4 and 6 percent of people in the U.S. suffer from SAD....

Symptoms

Those affected with the disease have symptoms similar to other forms of depression such as sadness, anxiety, loss of interest in activities and inability to concentrate. Extreme fatigue, lack of energy, sleepiness, craving for carbohydrates and weight gain are other common symptoms

Treatment

Bright light treatment has been shown to be very effective in alleviating severe winter depression, and new research, published in the *Archives of General Psychiatry*, has found synchronizing these treatments to an individual's biological clock doubles its effectiveness.

Role of melatonin

Dr. Michael Terman, professor of clinical psychology at Columbia University, and his colleagues monitored the melatonin levels in 42 patients with SAD before and after they received bright light therapy.

“Melatonin...puts our brain and body into a winter state.” – Dr. Terman

“Melatonin is the hormone in the animal kingdom that alerts the nervous system of the season,” Dr. Terman said. “As night length grows longer, the melatonin secretion phase also grows longer, and that’s what puts our brain and body into a winter state.” Light therapy can trick the brain into thinking it is spring or summer instead of fall or winter.

Treatment was delivered for 30 minutes each day using a specialized high-intensity light box made for this purpose. The precise treatment time for each patient, in the morning or evening, was measured relative to each individual's evening onset of melatonin production by the pineal gland, which lies deep within the brain.

Treatment timed 8.5 hours after melatonin onset was by far the most effective at...relieving depression.

Pushing the internal clock forward

While morning light treatment pushes internal clocks forward, evening treatment pushed them back. Patients whose clocks were pushed forward the farthest in the study experienced the strongest response to therapy, 80 percent depression remission vs. 35 percent for those who received therapy later in the morning or in the evening.

The researchers found treatment timed 8.5 hours after melatonin onset was by far the most effective at pushing the clock forward and relieving depression. Melatonin onset varies by up to four hours between individuals and serves as an anchor point to specify the optimum time of light administration, according to Dr. Terman.

Generally speaking, these results suggest that for most people treatment upon awakening would be more effective than treatment later in the morning. ■

News From Families Together in the North Country

NRCIL's Family Support program is a chapter of Families Together in New York State. We work to establish a unified voice for families and children with emotional, behavioral, mental health and/or social challenges in Jefferson, Lewis, St. Lawrence counties and on the St. Regis Mohawk Reservation. Our goal as a chapter is to bring families together for advocacy, education and activities so that with support, all families can reach their fullest potential.

We are inviting all families in our region to join us for a Winter Ball.



When: December 29th 2009

Where: Carthage American Legion
415 West Street
Carthage, NY

Time: 6:30 - 8:30



Pizza, baked goods and drinks will be available for a nominal charge. All children attending will receive a gift bag and a raffle will held at the end of the evening. We look forward to a wonderful evening. Please call NRCIL @ 785-8703 if you need accommodations.

Meet our New Staff Member!!

**Annamarie DeStephanis;
Family Advocate/Parent Partner**

"I am so proud to be working to better the lives of children and families... my own included! Prior to coming to NRCIL, I was a teacher and then got a scholarship to attend law school. I worked to prosecute child abuse and neglect cases. After twelve years of practicing law, I decided to go back to teaching so that I could spend more time with my two sons; beautiful boys with hearts of gold that struggled with learning disabilities. While I taught for thirteen years, I continued to practice law pro bono (for free, basically) representing children in Colorado with juvenile matters.

Now that my boys are grown, (in college, working, doing fantastically) I got married in June to *The Greatest Guy in the Whole World* and found my way to Northern New York and NRCIL. I am excited to use my education and legal background to help kids with disabilities in New York. Another interesting fact about me is that my children and I raised and trained six puppies for people with disabilities. I love dogs (sometimes more than people!)"



ART LESSONS NOW AVAILABLE FOR RESPITE FAMILIES!!!



We are pleased to offer art lessons for your children that participate in NRCIL's Jefferson County Respite program. Do you know that expression through art is an excellent method of communication? Children that draw, color, paint or pursue other mediums of art experience less stress and have improved self-esteem.

"Art is the desire of a person to express themselves, to record the reactions of their personality to the world they live in".

For more information, please contact Ruth Church @ 785-8703.

**Northern Regional
Center for
Independent
Living**

210 Court Street
Suite 107
Watertown, NY 13601
(315) 785-8703
(315) 785-8704 (TTY)
(315) 785-8612 (FAX)

7632 N. State Street
Lowville, NY 13367
(315) 376-8696 (V/TTY)
(315) 376-3404 (FAX)



**PEERS TOGETHER
A Mental Health
Self-Help Group**

Every Wednesday @
NRCIL
2:30-3:30

- Confidential
- Foster Friendships
- Develop Coping Skills
- Share Experiences
- Information & Resources
- Vent & Discuss Issues
- Self-Advocacy Skills



CALENDAR OF EVENTS

FAMILY SUPPORT GROUPS

Autism Spectrum Disorders Group	2nd & 4th Monday of every month @ NRCIL 12:00-2:00
Parents of Children w/ Disabilities	2nd & 4th Tuesday of every month @ NRCIL 12:00-2:00
Parents of Children w/ Disabilities	1st & 3rd Thursday of every month @ NRCIL 5:00-6:30
YALE (Youth Advocacy)	1st & 3rd Thursday of every month @ NRCIL 5:00-6:30
Exceptional Parents/Exceptional Children	2nd Tuesday of every month @ ACS Building @ Ft. Drum
Love & Logic Parenting	Individual & Group (Call for details)
Families Together Chapter Meetings	First Thursday of every month (Call for details)
Respite Committee Meeting	3rd Thursday of every month @ NRCIL 12:30-2:30

Family Support takes its direction for activities and training from you...if you have ideas and/or would like to get involved, please let us know what's on your mind. Also, this list is subject to change. Please call for updates, additions, deletions, reservations, etc. @ 785-8703. Childcare is available for all groups with at least 24 hour notice.

REMINDER !!



NRCIL will be closed on the following dates so that staff can enjoy some extra time during the holidays with their loved ones.

- *November 26th & 27th*
- *December 24th & 25th*

Please mark your calendar and remember to join us at NRCIL for our consumer holiday luncheon on December 17th @ 12:00. HAPPY HOLIDAYS!!

Our Mission...

NRCIL is a disability rights and resource center that promotes community efforts to end discrimination, segregation, and prejudice against people with disabilities, by working with community partners to create and accessible, inclusive society. Through NRCIL, people discover choices to live more independently, with enhanced dignity.