

Northern Regional Center  
for Independent Living



September 2009

*You Are Invited!*  
**2009 FYI:**  
*For Your Independence Conference*

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**Tuesday, September 22, 2009**  
**8:30 am - 4:00 pm**  
**DealMaker's Conference Center**  
**235 Main Ave.**  
**Watertown, NY**



**Dr. Barbara Walker, Cope Consulting Services will be the Keynote Speaker at the 2009 FYI Conference.**

*“A little rebellion now and then... is a medicine necessary for the sound health of Government”*  
*Thomas Jefferson*

**Dr. Barbara A. Walker**, owner and Executive Director of COPE Consultants, has been serving the educational and personal needs of her audience for over 30 years. She has received national leadership awards, public service awards and has shared the stage with renowned leaders. From keynotes to interventions to training workshops, Dr. Walker has served organizations, agencies and counties, including the Mohawk community.

Dr. Walker is a well-known international keynote speaker, author and trainer who is recognized and respected for her ability to motivate and educate an audience, which has varied in size from 15 to 1500. Her unique personal and professional background has given her the talent to teach and relate to staff on all levels, encouraging the best from them. Her presentations have a credibility that touches the heart and minds of her participants and are always fun and informative.

## Special Education Parent Center

**Brenda Company; Executive Director**

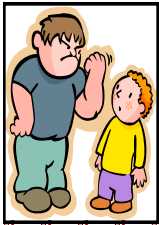
I am very excited to announce that NRCIL has been awarded a new contract from NYS Department of Education to be a Special Education Parent Center (SEPC). This is a 5 year program designed to improve parents' knowledge of special education laws and how the laws effect their children, to improve communications with schools about educational issues, and to improve schools' understanding of parents roles and obligations in the special education setting.

NRCIL currently has one parent educator on staff, but with this new program, we will be adding two more parent educators and partnering with the North Country Independent Living Center in Plattsburgh for a part-time educator in the northern region of the contract area. We look forward to working with parents of children with disabilities and all the school districts to ensure better school outcomes for everyone.

## NRCIL to Offer Anti-Bullying Awareness to Local Schools

Contributed by John Waterhouse; Parent Education Program Director

Every child should be able to attend school and not be bullied. All stakeholders have a part to play in efforts to curb bullying. Children, when made aware of potential long-term side effects of bullying, can be one of our best strategies to reduce the incidences of bullying and give more kids the opportunity to be the best that they can be. NRCIL offers a forty minute classroom presentation that helps to sensitize children and enlists their help in this cause. At the conclusion of the lesson, children are offered an anti-bullying card in exchange for them doing something nice for someone (the anti-bully). Teachers are requested to be with their students during the lesson to participate and to offer follow-up support. For more information, contact John Waterhouse at NRCIL at 785-8703 or by email at [johnw@nrcil.net](mailto:johnw@nrcil.net).



## SWINE FLU AND YOU

Source: [www.cdc.gov](http://www.cdc.gov)

### Everyday Steps To Protect Your Health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

### What Should I Do If I Get Sick?

If you live in areas where people have been identified with H1N1 flu and become ill with flu-like symptoms including **fever, body aches, runny or stuffy nose, sore throat, or vomiting or diarrhea**, you should stay home and avoid contact with other people. You should not leave your home except to seek medical care. This means to avoid normal activities including work, school, travel, shopping, social events and public gatherings.

## *HIV Transmission*

*Bill O'Neill; AIP Program Director*

Most of us now realize that HIV is a risk for people who engage in unprotected sex with someone who is either HIV positive, or someone who does not know their HIV status, but did you know there are other practices that are just as risky as unprotected sex.

Tattoo 'parties', and 'jailhouse' tattoos are some of the most risky behaviors, because there is no guarantee the needles and ink used on all have not been infected by some. In addition to HIV, the risk for contracting Hepatitis C increases dramatically as well.

Be healthy, be cautious, go to professionals.

## Disability Mentoring Day (DMD)



Submitted by Kristy Graves; Youth Advocate

Disability Mentoring Day is a nationwide effort to promote career development for students with disabilities through hands on career exploration. The first DMD was held in October 1999 at the White House in order to increase national recognition of Disability Employment Awareness Month. DMD has grown from a one day job shadowing for 11 students into an international mentoring day which supports more than 20,000 students and job seekers with disabilities each year with programming in all 50 states, Puerto Rico, the US Virgin Islands and in 23 countries world-wide.

NRCIL has been a supporter of Disability Mentoring Day for nearly a decade and continues to feel proud as we work diligently throughout the year to promote independence through employment. In the months leading up to DMD considerable thought and effort is put into matching students with disabilities (mentees) with workplace mentors according to expressed career interests. Mentees are given the opportunity to take part in a one on one job shadowing day that provides them with a typical day on the job as they learn to prepare to enter the work force. One of the goals of DMD is to dispel the fears that some employers have about hiring an individual with a disability while increasing confidence among students and job seekers with disabilities.

Jefferson County will be hosting Disability Mentoring Day on October 21st at the Days Inn on Arsenal Street in Watertown. The day will begin with a kick-off breakfast at 8:00 am where a guest speaker will share their personal experiences and the obstacles they encountered while achieving their employment goals. School districts have been supportive in providing transportation to start the day as well as picking up the students at NRCIL when the work day ends. We appreciate the dedication on the part of the schools as this opportunity is crucial to the development of achievable career goals for students with disabilities. In the past, we have been blessed with very dedicated employers (mentors) who have consistently participated by hosting students for one on one job shadowing. We are anxious to watch DMD grow each year but are only able to do so with continued support from the community. We look forward to expanding the number of job sites available to students and encourage employers to open their doors to a life changing experience for students transitioning from school to the workforce.

## 19th Annual ADA Celebration in Lewis County

Submitted by Karen Boliver; Lewis County Program Director

NRCIL would like to take this opportunity to thank each of you that joined us at this years ADA celebration. It was great to see so many from our community come together (despite the rain) to celebrate the 19th annual signing of the Americans with Disabilities Act (ADA).

This years celebration was held on Wednesday, July 29th in Lowville at the Forest Park Pavilion. Those in attendance enjoyed free hamburgers, hot dogs, salt potatoes, soda, watermelon, and popcorn. Music was provided by the bands Too Much Fun and Mike White.

Barrier Buster awards were handed out to recognize Sarah Bullock and John Waterhouse for all their hard work and commitment to getting public transportation running in Lewis County. Additionally, awards were presented to Habitat for Humanity, St. Lawrence County Public Transportation and the Lewis County Council of Churches. NRCIL appreciates the efforts of all community members that strive to reduce barriers to independent living.

Another highlight of this years event was our very successful silent auction. We sincerely thank all of our contributors for their generous donations. Proceeds from this event will be used to assist consumers to attend conferences and trainings.

**Carol Porter; Finance Director**

Hi. My name is Carol Porter and I am the Finance Director for NRCIL. I have been here since November and am enjoying both the job and the new friends that I have made with other employees.

I was born and raised in the area and returned to the North Country three years ago after living in New Jersey for ten years. I have two grown sons and an older brother that lives at a JRC home for whom I am the primary advocate and guardian. He has Cerebral Palsy and is blind. I have worked for various accounting firms in the area before opening my own accounting business in 1985 in order to give the small business person an option that was affordable. I also prepare tax returns for individuals while I work for NRCIL. I am enjoying being back in the North Country and working for an organization that does so much to improve the lives of people that need some advocacy help.

**Cathie Woledge: Family Advocate**

Before coming to work at NRCIL, I worked as a CNA. In 1996, I began Foster Parenting which gave me a chance to expand my understanding and respect for people with diverse backgrounds. I also came to realize a need for change in the Foster Care system and decided to earn my degree from JCC so that I could pursue a career such as this, applying my understanding, experience, and training to assisting families through their struggles raising children with disabilities. My experience parenting my five children has helped me realize that we are all unique individuals.

**Amy Palmer: Receptionist**

Hi, I attended the Early Childhood Development & Education at JCC and am the mother of three children. My youngest has Asperger's Syndrome. With Asperger's, has come many challenges for our family both at school and at home. I joined NRCIL in May and am thankful to be given the opportunity to work with people with disabilities. Reaching out to our community and helping people makes me feel so good about my life because I know how important it is to have someone to understand the challenges of raising a child with a disability.

**Kristy Graves: Youth Advocate**

Hello. I was recently given the opportunity to work as the Youth Advocate at NRCIL. I feel fortunate to have the chance to work with teens and provide the skills necessary to promote self-sufficiency in the transition from youth to adulthood. My experience as an educator at the high school level has taught me a great deal about the challenges teens face today as well as the rewards for those who persevere despite the struggles. My son has a mental health diagnosis and I have learned first-hand how trying it can be as I have fought to make sure his needs are met in and out of school. I look forward to learning and growing here at NRCIL as I meet with children and their families.

**Bea Trainham: Receptionist, Lowville Office**

Hi. My name is Blanche Trainham (although I prefer to be called Bea). My husband Jim and I have two children, three grandchildren, and three step-grandchildren. My husband retired from Kraft after working there for thirty years. I previously worked at the ARC for several years and with the DSO. My experience with disability also includes my forty five year old sister, who has Downs Syndrome and lives with us. I am looking forward to my future endeavors at NRCIL and hope I can help make a difference in the quality of life for the people they serve.

**John Waterhouse: Parent Education Program Coordinator**

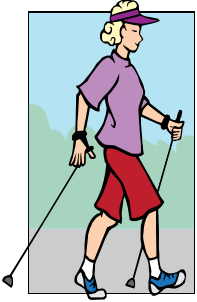
I come to NRCIL after five years of being the Community Educator/Parenting Coordinator for Mountain View Prevention Services in Lowville, NY. I taught Science in Gorham, Maine for 2 years, at Carthage for 28 years, and was the K-12 Principal/Athletic Director at Lyme Central School for 3 years. Additionally, I worked for Condino Motors in Carthage for a year as a technician. My greatest accomplishment is my marriage of 40 years, my 4 children and seven grandchildren. In my free time, I enjoy bicycling, golf, repairing and maintaining cars, and building model planes.

**Candy Lewis: Independent Living Advocate**

Hi, my name is Candy Lewis and I am the new Independent Living Advocate. Prior to accepting this position, I was the receptionist at NRCIL for 1 1/2 years. Before that, I volunteered at the center. Having both a physical and mental health disability, I have overcome many of life's challenges. I am the mother of two boys, both of whom also have mental health disabilities. I look forward to my work in this new position and to making a difference in the lives of others.

## Enjoy New York State Outdoors

*Contributed by Mark Curtis; ADA Advocate*



Get out and about this year in the great outdoors of Jefferson and Lewis County. Take advantage of the numerous accessible outdoor recreational opportunities provided by the New York State Department of Environmental Conservation. Check out the possibilities on the NYS DEC’s website at [www.dec.ny.gov](http://www.dec.ny.gov), and type accessible recreation in the search field. A map should show various DEC destinations throughout the state.

If you do not have computer access, then please visit us at NRCIL and look through our binder full of colorful pictures and descriptions of the DEC recreational sites located in Jefferson and Lewis Counties.

All of the site listings provide a section called “Accessible Features”. For example the Cape Vincent Fisheries Features: accessible restrooms, and shower building, as well as a gazebo and picnic tables overlooking the St. Lawrence River. The indoor aquarium is accessible and features native fish species.

Modern campsites in other parts of the state, may require a fee. All DEC sites listed in Jefferson and Lewis Counties are free. Enjoy these outdoor recreational sites soon.

### Coming Soon!!

#### Start-Up Brokerage Services Available at NRCIL

Submitted by Kathy Barkley; Independent Living Advocate

If you or a family member has a Developmental Disability and want to be able to make decisions for yourself, then keep reading. The Office of Mental Retardation and Developmental Disabilities (OMRDD) has a Self-Determination Pilot Program that allows you to do just that.

Under the waiver service program called Consolidated Support Services (CSS), you or the person that you choose from your Circle of Support (a group of people that share your goals) can make all the decisions that affect you life. Decisions such as the type of services you want provided, the hiring and training of personnel and what you want to do with your free time.

Along with the freedom of making your own decisions comes responsibility which includes developing a Person Centered Plan and creating and submitting an individualized budget and authorizing payments for services proved. You will work with a fiscal agent who will help you organize your budget and keep payroll records. In order to access this service locally, NRCIL has a Start-Up Broker on staff who is able to assist individuals in starting and completing their individualized Person-Centered Plan. Along with a Start-Up Broker, a Medicaid Service Coordinator is required to be part of your Circle of Support.

If you want the freedom and authority to handle your own services and you live in Jefferson County, call Mary Borst; Liason at 518-359-2962 or Katherine Barkley at NRCIL @ 785-8703.

### Healthy Recipe

#### Herb-Grilled Trout

- 3 4-6 oz Trout fillets
- 1 Lemon, sliced
- 1 Sprig fresh dill
- 1 Sprig thyme
- 4-5 Chives, uncut
- Salt & Pepper to taste

With the skin on the whole fillet, open the trout. Place herbs divided equally among the fish fillets. Add salt and pepper to taste. Close the fillet and place lemon slices on the outside. Tie with moistened twine. Place trout skin-side down on a medium-heat grill surface that has been rubbed with oil to prevent sticking. Turn once and cook until fillets are cooked through. Mist with water to help steam the fish and keep the twine moist while grilling. Serve with roasted vegetables. Wonderful!





# EVENT CALENDAR



For more information, accommodations or to request child care for NRCIL events and activities, please call 785-8703 (v) or 785-8704 (TTY)

## 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



## 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 it's 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.*

## SPEAKER NIGHT Sponsored by Families Together & The Advocacy Center

- "Understanding Evaluations"  
Presented by Kristy Graves  
Sept. 22nd 6:00-8:00
- "IEP's & 504's"  
Presented by Shelly David  
Oct. 13th 6:00-8:00
- "Functional Behavioral Assessments"  
Presented by Shelly David  
Oct. 27th 6:00-8:00

## Assistive Technology Fair October 15th 2009 Salmon Run Mall 10:00-4:00

Assistive Technology (AT) can dramatically change a person's quality of life. Assistive Technology is any piece of equipment which is used to increase or improve functional capabilities of individuals with disabilities.



**CONTACT US!!**  
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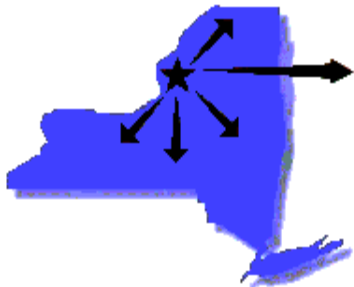
**Northern Regional Center for Independent Living** is a disability rights and resource center that promotes community efforts to end discrimination, segregation, and prejudice against people with disabilities. NRCIL works with community partners to create an accessible, inclusive society. Through NRCIL, people discover choices to live more independently, with enhanced dignity.



**NORTHERN REGIONAL CENTER  
FOR INDEPENDENT LIVING**

210 Court St., Suite 107

**NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
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PERMIT NO. 28  
WATERTOWN, NY  
13601**



*Making the Difference since  
1987!*

**Join NRCIL today and support our work in the community!**

**Membership levels:**

- Contributing Member \$5
- Family Member \$25
- Patron Member \$50
- Sustaining Member \$100
- Business Member \$250
- Silver Member \$500
- Gold Member \$1000

Members attending the Annual Meeting in April, vote to elect the new Board of Directors.

Membership also includes FREE Americans with Disabilities Act (ADA) consultations.

If you would like to become a NRCIL member please fill out this form and circle the membership level you are interested in and return it to NRCIL.

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_