

Summer 2010

I never considered a difference of opinion in politics, in religion, in philosophy, as cause for withdrawing from a friend.

Thomas Jefferson

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Focusability



NORTHERN REGIONAL CENTER FOR INDEPENDENT LIVING



Northern Regional Center for Independent Living

Americans with Disabilities Act Celebration, 2010

MUSIC By:
The Original Yanks
Drum and Bugle Corps
Dirty Frank
& **Mike White**
GoodFriend

BRING YOUR LAWN CHAIR!



GAMES

DOOR PRIZES

FOOD & DRINKS

SILENT AUCTION

COME CELEBRATE WITH US!

20th ANNIVERSARY OF THE AMERICANS WITH DISABILITIES ACT (ADA)

Saturday, July 24

11 am-4 pm

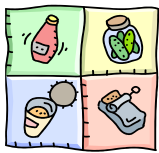
Watertown Fairgrounds Arena

Watertown, NY

JOIN US FOR A CELEBRATION!!

Every year since the passing of the Americans with Disabilities Act (ADA), we have had a celebration to commemorate this far reaching, Civil Rights law that prohibits discrimination based on disability. Our celebration is a time when people with disabilities, along with their friends, family and the community come together to celebrate this milestone. This year is especially significant as we celebrate the twentieth anniversary of the ADA! **On Saturday, July 24th 2010, from 11:00 am to 4:00 pm, the ADA celebration will be held at the Watertown Fairground Ice Arena.** In addition to hosting this celebration, we are also taking this opportunity to support our local food pantry at the Urban Mission. NRCIL is collaborating with other area service providers to make this year's celebration bigger than ever and we need your help.

We are asking that you please bring a generous donation of canned goods as well a personal hygiene items to assist our local pantry.



We thank you for your support of NRCIL and the rights of people with disabilities and look forward to a wonderful turnout and a great time on July 24th!!

Happiness / How Positive Psychology Changes our Lives

NRCIL recently had the opportunity to attend training about happiness and how positive psychology changes our lives. Dr. Lynn D. Johnson was the presenter from Utah and has 30 years of experience as a psychologist. He is the director of the Grief Therapy Center of Utah and teaches graduate classes at the University of Utah. He has written many books and has trained counselors, therapists and others in 45 states and five countries.

NRCIL is very excited to have been given his consent to share this training with you. The training will include some of the following:

- When Life Hurts, Happiness is the Cure
- The Benefits of Frequent Positive Affect: Does Happiness Lead to Success?
- Worry Raises Diabetes Risk.
- Optimism Reduces Cancer Risk.
- Happy people have significantly better health.
- Invest in health by investing in happiness.
- Can we change what we are born with?
- Building on Strengths.
- Lifestyle skills- activity, sleep, nutrition, fulfilling work.
- Using our Talents Effortlessly.
- Developing optimism.
- Connection with Others.



Principle: *Happiness comes from life well lived, not riches, status, or pleasure.*

Please check our web site or call Karen at 376-8696 as she will be providing the training in the near future.

Top 10 Routine Builders: Organization Help for ADHD Children

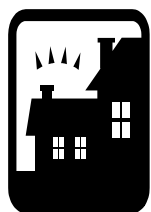
Create better structure with our organization help for children with ADHD.

by Peter Jaksa, Ph.D. ADDitude Magazine

Need organization help? Follow our checklist to create routines that help your child grow and learn.

1. **Give specific instructions.** "Put away the toys on your carpet on the shelf in the closet." Be consistent. If the toys are stored on the shelf one night, they should be put there every night. Children need to know precisely what you expect.
2. **Assign tasks that your child is capable of doing on his own.** Success builds confidence. The goal is to teach your child to do things independently.
3. **Involve your child in discussions about rules and routines.** It will help him understand goals and teach him to accept responsibility.
4. **Write down routines as sequences of tasks (two to five items only), and post where easily visible (refrigerator, bathroom mirror).** Review lists regularly with your child.
5. **Be realistic about time.** Make sure you've set aside enough time for the child to complete his homework, clear the dishes, and get out the door in the morning. If the original time frame is leaving you five minutes shy, add five minutes.
6. **Expect gradual improvement.** It takes time to change old habits and form new ones.
7. **Praise effort — not just results.** If your child set the table but forgot napkins, acknowledge that she's trying. Reward good behavior more often than you punish bad.
8. **Allow for free time in daily routines.** Kids — and adults — need downtime.
9. **If your child isn't taking to the routine, seek help from a counselor who specializes in ADHD.** A pro can help get you on track.
10. **Stay focused on the long-term goals.** Above all, don't give up!

Did you Know??



As a disability rights and resource center, NRCIL helps people with disabilities in many different ways. Did you know that we can help people transition from nursing homes to obtaining their own apartments to live independently with the proper community supports? Statistics show that it is cheaper for an adult to live in their own home than it is to reside in a nursing home. More importantly, moving from a nursing home to your own home creates and enhances a feeling of self-worth and empowerment that cannot be duplicated. If you or anyone you know could benefit from this information, call our office at 785-8703.



Employment

Contact: Pat Lowe: patl@nrcil.net (315-785-8703)

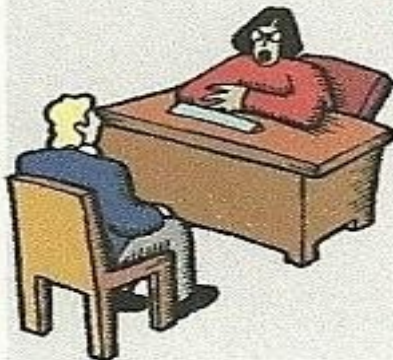
Northern Regional Center for Independent Living (NRCIL)

210 Court Street, Watertown N.Y.

Attention Job Seekers

HELP WANTED !!

**Wednesdays
10:00am – 11:00 am
at NRCIL**



WANTED, JOB SEEKERS

Open to all. Includes seasoned workers and those who are new to the workforce. No experience necessary. Training will be provided. Must be willing to share experiences and ideas.

LEARN VALUABLE SKILLS

- Develop job skills
- Share job experiences
- Tips on interviewing, including, interview techniques, personal appearance and mock interviews
- Networking and Job Board
- Job Search Info
- Information & Referral

EXTRA! EXTRA!

NRCIL's Employment Support and Preparation Network is currently offering an Employment Support Group which meets on Wednesday's from 10:00-11:00 am. Anyone is welcome to attend... just come in and be willing to share ideas and work experiences. Coming soon, NRCIL will have a designated office setting for consumers looking to enter the workforce or searching for new employment opportunities and training. Trainings will include: job search, interview skills, mock interviews, and tips on what employers are looking for. Additionally, let us review your resume! We look forward to seeing you at the group or call 785-8703 and ask for Pat.

Summer Activities for Families

JULY: *SCRAPBOOKING / JEWELRY MAKING*; JULY 10th @ 11:00 - 2:00

PICNIC IN THE PARK @ Thompson Park (Area 3A) JULY 17th 12:00 - 3:00 Bring a dish to Pass

AUGUST: *SCRAPBOOKING / JEWELRY MAKING*; AUGUST 7th & 28th 11:00 -2:00

PICNIC IN THE PARK @ Thompson Park (Area 3A) AUGUST 21st 12:00 - 3:00

SPEAKER NIGHT – “ Back to School Tips” Bring your IEP’s! AUGUST 24th 6:00PM-8:00PM

Groups that are going on at this time:

Parent Support Group - For parents of children that have emotional and / or behavioral challenges. At this group, parents support each other. This is your time to vent, socialize, learn new parenting techniques and gain advocacy skills. Childcare is available with 24 hours notice. Please call Cathie Wooledge at NRCIL (315)785-8703 for more information. Held at: NRCIL 210 Court St. Suite 107 Watertown the 1st and 3rd Thursday of each month from 5:00pm till 6:30 pm.

Autism Spectrum Disorders Support Group - For Parents of Children with Autism Spectrum Disorder. Join other parents as we discuss the joys and realities of being a parent to a child with Autism. Child-care is available with 24 hours notice. Please call Jennifer Sibley at NRCIL (315)785-8703 for more information. Held at: NRCIL 210 Court St. Suite 107 Watertown the 2nd and 4th Monday of each month from 12 pm till 2pm.

Families Together in the North County- We are a chapter of Families Together in New York State. We work together to establish a unified voice for families and children with developmental, physical, emotional, behavioral, mental and/or social challenges. Any parent of a child with a disability or interested agency is welcome. Meetings are held at: NRCIL the first Thursday of every month at noon.

Encopresis Support Group – Encopresis is when a child continues to soil their pants after the potty training years. In this group parents can talk freely with other parents that have the same issues. Meetings are held at: NRCIL the 2nd and 4th Thursday of the month, from 12:00 -1:00 pm. Childcare is available with 24 hours notice. Please call Becky McDermott at NRCIL (315)785-8703 for more information.

LGBT SUPPORT GROUP

Wednesdays 5:00 - 6:00 pm

Affirming, Confidential, Peer Support, Share Common Experiences, Community Supports

For Location or More Information call Pat or Kathy B @ 785-8703

Dear Community Members,

The staff at NRCIL, friends and family of Kim Smith, take this opportunity to thank all those who contributed to a successful fundraiser. We are so grateful for your generosity and continue to pray for Kim's recovery.



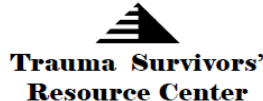
Believe

DROP-IN PEER COUNSELING CENTER @ NRCIL IN LEWIS COUNTY

Join us for refreshments and chat! Come hear what others may have to say.

Offered at NRCIL 7632 N. State Street Lowville, NY 13367

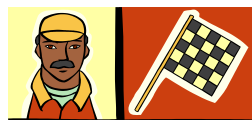
We will meet on Fridays from 10:00—12:00 beginning 06/25/10



August Fundraiser Event for

Northern Regional Center for Independent Living (NRCIL)

If you or someone you know is a race fan, have we got a deal for you !!!! NRCIL is hosting a fundraiser on August 20th and will be selling CanAm Speedway & Motorsports tickets for just \$5.00 per ticket. You can purchase tickets by contacting any staff member at NRCIL or by calling 785-8703. Hurry! Tickets are limited!! We look forward to seeing you there and thank-



you in advance for supporting your local Independent Living Center.



Sponsored by:

WWNY TV7 & FOX 28, FX Caprara Car Companies & PEMCO Contracting

Pictures of Kim's Fundraiser



NRCIL HAS ADOPTED NEW
BUSINESS HOURS. WE ARE
NOW OPEN FROM
8:30 AM TO 4:30 PM

**NORTHERN REGIONAL
CENTER FOR INDEPENDENT**

210 Court St., Suite 107
Watertown, NY 13601

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



Making the Difference since
1987

Or Current Box Holder

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

Name: _____

Street: _____

City: _____ State: _____ Zip: _____