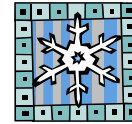


# Focusability



## Northern Regional Center for Independent

### Five Ways to Make Sure That You Can Keep Healthy & Fit, No Matter What the Weather's Like

#### Eliminate your sleep debt

On average we sleep six-and-a-half hours a night, much less than the seven to nine hours recommended. But in winter, we naturally sleep more, due to the longer nights. It's perfectly natural to adopt hibernating habits when the weather turns cold. Use the time to catch up.

#### Drink more milk

You are 80% more likely to get a cold in winter so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese and yogurt are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong. Try to go for low fat or skimmed milk, rather than full fat, and low-fat yogurts.

#### Eat more fruit and vegetables

When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, but it's important to ensure that you still keep your diet healthy and include five portions of fruit and vegetables a day. If you find yourself craving a sugary treat, try a juicy orange or sweet dried fruit such as dates or raisins. Winter vegetables such as carrots and sweet potatoes can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and vegetables that you may not normally eat.

#### Try new activities for the whole family


Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity, maybe ice-skating or taking a winter walk. Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

#### Have a hearty breakfast

Winter is the perfect season for oatmeal. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of starchy foods and fiber, which gives you energy and helps you to feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Make your oatmeal with low fat or skimmed milk or water, and don't add sugar or salt. Add a few dried apricots, some raisins, a sliced banana or other fruit for extra flavor and to help you hit the five-a-day target.

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*“People are so worried about what they eat between Christmas and the New Year, but what they really should be worried about is what they eat between the New Year and Christmas”*



# Snow & Ice: Barriers to Access

## *Tips on what to do about it*



Sidewalks and winter weather do not mix very well. Snow and ice piled into accessible parking spaces and ramps are another annoying recipe. People with mobility and visual disabilities know these frustrations all too well. If you have problems using sidewalks in your neighborhood due to weather conditions or you find snow or ice piled into accessible paths, there are some important steps you can take. Here are some options:

**#1 Contact the property owner or responsible party.** Let them know you cannot use their sidewalk, (parking space, or ramp) and ask them what they plan to do. May be they need to be reminded to hire someone to clear their sidewalk (parking space or ramp).

*If this does not work for you,*

**#2 Contact your local Code Enforcement Office.** Be sure to provide your name and phone number in case more information is needed. Be prepared to give an accurate street address and detailed description of the problem.

Note: In Watertown, you can call the City Code Enforcement office during business hours at 315-785-7735 or you can call their Code Enforcement hotline at 315-785-7846 and leave a message anytime.

**#3 In Watertown, you may want to consider applying for Paratransit Services.** For those who qualify, it can provide curb to curb transportation. To start the application process, you would ask your medical provider to verify your eligibility. You are eligible to ride the Paratransit Bus if you:

- Have a qualifying disability and reside in or need transportation within the city of Watertown
- Need a wheelchair, walker or other mobility aids in order to travel
- Are blind or visually impaired
- Are unable to get on or off the fixed bus routes
- Are unable to walk to the nearest bus stop
- Are unable to read, understand or follow the bus information
- Are unable to use the regular transit system for reason other than mobility, such as seizures

Call Paratransit @ 315-788-4019 or go to: [www.watertown-ny.gov](http://www.watertown-ny.gov) and click on the link for City Services to get a paratransit application or to obtain a bus schedule.

**#4 Helpful hint to Watertown's fixed route City Bus passengers:** According to CitiBus, the lifts on the fixed route buses fail at times. This is especially true in colder weather. As a precaution from standing out in inclement weather, you can call CitiBus at 315-785-7772 early in the day before heading to the bus stop, to be sure the lift on your bus is working. Be sure to call CitiBus for any questions involving their services. They are very interested in serving the individuals who ride their vehicles.

Any questions on this or other related problems, please feel free to call Mark Curtis, Americans with Disabilities Act Advocate here at NRCIL 315-785-8703 (Voice) or 315-785-8703(TTY).



NRCIL Presents...

## “POSITIVE PARENTING WITH A PLAN”



- When:** Mondays, starting January 10th, ending March 28th 2011  
**Time:** 5:00 to 6:30  
**Where:** NRCIL 210 Court St. Suite 107 Watertown, NY 13601  
**Purpose:** This workshop is specifically for parents that have children or teens with challenging behaviors.  
**Cost:** This workshop is free however you will need to buy a workbook. You can purchase the book from NRCIL for a fee of \$15.00, at a bookstore or online. The cost can be run through our Respite program for families that qualify.  
**Bring:** A pen, a desire to learn, and a willingness to discuss new ideas.

**Course Design:** This is a twelve week workshop that meets for one and a half hours each week. You will be completing homework to discuss the subsequent week. Each session builds on each other and missing sessions makes it difficult to successfully complete the training.

- Learn the seven cardinal sins of parenting and why parenting programs fail in the home
- Examine tactics used by children to manipulate authority at home and in school and understand childhood struggles that interfere with compliance.

*To register for this workshop, get additional information, request accommodations or arrange child care, call Cathie Woledge at 785-8703.*

**Bring your family and join us for a movie & popcorn!!**



### “Shrek The Third”

- Date:** Saturday January 8th 2011  
**Time:** 2:00 to 5:00  
**Place:** NRCIL 210 Court St.  
Watertown, NY  
**Cost:** FREE!!



*Sponsored by Families Together in the North Country & Family Support Services*

### *Did you know?*

NRCIL now has a Facebook© page! You can learn about upcoming trainings, special events and new information when you become a fan. Just go to Facebook and type “Northern Regional Center for Independent Living” in the search box. See you on Facebook!!!



**Save The Date!! “Educating Children With Tourette’s Syndrome” April 7th 2011**

- **Location:** Italian American Civic Association 192 Bellew Ave. S. Watertown, NY 13601
- **Time:** 9:00 to 3:00
- **Sponsored by:** Northern Regional Center for Independent Living
- **Cost:** \$25.00 Registration Fee (Limited Scholarships available upon request)
- **Lunch Included**



## Budgeting for the New Year (by Jane Chidester)

One of the nicest parts about celebrating a New Year is that it affords us a natural break in our lives to take a fresh look at things. It is also motivational in helping us dive into an old project with renewed vigor. The middle of winter, after the holidays and the New Year, it's time for get people to get focused on their finances.

One of the FIRST lessons of money management is what is termed "The Time Value of Money" or "The Power of Compound Interest." Even if you aren't at the "beginning" of your financial life, the importance of this lesson still stands. Starting today is better than starting tomorrow. Starting this week is better than starting next week. And this year is so much better than next! In the words of Charles Schwab, *"The best place to start is where you are with what you have."*

### The Time Value of Money

To illustrate the power of compound interest, let's compare a hypothetical example of two savers—one who starts the process early, and the other who waits awhile.

The first person begins saving at age 21. She invests \$100 every month for only ten years, and stops the process on her 31st birthday. At that point, her total investment is \$12,000, and she lets it sit, earning interest, until retirement at age 65.

The second person waits until age 35 to begin saving for retirement. She also puts away \$100 every month, but continues to do so up until age 65. So her total investment is \$36,000. Like the first person, she never touches a penny of the investment until her retirement.

So who ends up with more money? Intuition might say that the second person, who invested more (\$36,000 instead of \$12,000) would end up ahead. But the earlier investor has time and compound interest on her side. Assuming an annual return of 8%, compounded monthly, the first investor would end up with \$300,053, while the second would only have \$150,030. In other words, the first person would invest \$24,000 less than the second, but would end up with \$150,023 more!

Now, take the example to the extreme. Let's pretend you just had a new baby, and wanted to ensure a golden retirement for her or him. When baby is born, you begin depositing \$100 every month into an investment account. You continue to do that until the child's 6th birthday, at which point you stop. You leave the money in the account and never touch it. Again assuming the 8% interest rate, when the child retires at age 65, your investment of \$7,200 would have grown to over a million dollars—\$1,107,869!

Naturally, these are hypothetical examples and the results of your own investments may earn more or less than the amounts given. Also, taxes will have to be paid either on the interest as it is earned, or, if the investments are in a tax-deferred account, when the money is withdrawn. Those facts notwithstanding, the point is still worth noting. Starting today is better than starting tomorrow. Starting this week is better than starting next.

## IRS TAX TIP 2010-24

**TAXPAYERS WITH DISABILITIES may qualify for a number of IRS tax credits and benefits. Parents of children with disabilities may also qualify. The link below gives seven tax tips and other benefits that are available if you or someone else listed on your federal tax return is disabled.**



**<http://www.irs.gov/newsroom/article/0,,id=204070,00.html>**

## So you want to know the benefits of quitting smoking?



*Just remember, it is never too late to quit smoking, no matter how severe the addiction is.* To give you an accurate picture, here are some benefits which are associated with quitting smoking. You will be surprised how resilient our body is from the inside and how much it tries to cope with the damages of tobacco and cigarettes.

Within minutes of smoking the last cigarette, several positive benefits start happening inside the body. These aren't temporary benefits which are experienced after just one cigarette. These are benefits which will continue to make your life better and better as each day goes by.

### *When you quit smoking:*

- 1. Within the first 20 minutes** your blood pressure decreases, pulse rate drops, and the body temperature becomes normal.
- 2. Within 7 hours**, the carbon monoxide levels become very low, oxygen levels are restored to normal levels and this helps in better blood circulation, improved body functions and other related benefits. The nicotine levels also start lowering.
- 3. Within one day** of staying quit, the chances of a heart attack reduce by as much as 45%. For smokers, this is a big achievement which can also serve as a strong self motivational step on the way to quitting smoking.
- 4. In 48 hours**, you'll start to feel more energetic and positive. Stamina and muscle coordination increases. No nicotine is present in the body now, thus doing away with other side effects such as headaches, stomach aches, body pains etc.
- 5. In 72 hours**, the lung becomes recharged and the bronchial tubes relax, increasing energy in the body. No more fatigue.
6. Keeping the same motivation and self-inspiration, **after two to twenty two weeks** of quitting smoking you will be free from irregular blood circulation and also of numerous other disorders like slow cold feet, skin healing and peripheral vascular disease (PVT).
- 7. One year** after stopping smoking and you have reduced your risks of heart and lung ailments by half.
- 8. After ten years**, the chances of lung cancer reduces by 71%, of bronchial attacks by 63% and heart attack by 55%. Quitting smoking is indeed more beneficial than you thought.
9. These are benefits apart from the enormous mental positivity that will surround you. No depressions, sadness, sense of failure, no feelings of guilt and so on.



## Upcoming Event !!! "Cabin Fever Rummage Sale"

### Fundraiser for Families Together in the North Country

March 19th 10:00 to 4:00

Liberty Building 210 Court Street, Watertown, NY

Tables for vendors or individuals will be available for \$25.00 each. This is a great way for you to sell your crafts or unwanted items and make a little money! We are looking for families that would like to assist with the planning of this event.

For more information, please contact Family Support Services at 785-8703



## Calendar of Events— January 2011

**Our Center will be closed on January 17th in honor of Martin Luther King Jr.**

- 01/05/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 01/06/11: Parenting Support Group 5:00 to 6:30 @ NRCIL
- 01/07/11: Love & Logic 2:00 to 4:00 @ Mental Health Association
- 01/10/11: Autism Support Group 12:00 to 2:00 @ NRCIL
- 01/10/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 01/11/11: Exceptional Parents, Exceptional Children 11:30 to 1:00  
Army Community Services
- 01/12/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 01/17/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 01/19/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 01/20/11: Parenting Support Group 5:00 to 6:30 @ NRCIL
- 01/21/11: Love & Logic 2:00 to 4:00 @ Mental Health Association
- 01/24/11: Autism Support Group 5:30 to 7:30 @ NRCIL
- 01/24/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 01/26/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 01/26/11: Access for All Meeting 3:00 to 4:00 @ NRCIL
- 01/28/11: Love & Logic 2:00 to 4:00 @ Mental Health Association
- 01/31/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL

### *Please Note*

*This list is subject to change. Please call 785-8703 for updates, to arrange childcare, or request accommodations. Closure due to inclement weather will be listed on News 10 Now and WWNY TV 7.*

*Additions to this calendar can be accessed at our webpage at [www.nrcil.net](http://www.nrcil.net).*

### **Mark Your Calendar!!**

#### **Effective Transition Planning**

January 25th 2011 6:00 to 8:00

Gander Mountain Meeting Room

#### **Transition from Youth to Adult SSI**

February 17th 2011 5:30 to 7:00

St. Lawrence-Lewis BOCES

*For additional info, contact Charlie @ 785-8703*

## Calendar of Events—February 2011

- 02/02/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 02/03/11: Parenting Support Group 5:00 to 6:30 @ NRCIL
- 02/04/11: Love & Logic 2:00 to 4:00 @ Mental Health Association
- 02/07/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 02/08/11: Exceptional Parents, Exceptional Children 11:30 to 1:00 Army  
Community Services
- 02/09/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 02/14/11: Autism Support Group 12:00 to 2:00 @ NRCIL
- 02/14/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 02/16/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 02/17/11: Parenting Support Group 5:00 to 6:30 @ NRCIL
- 02/21/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 02/23/11: Peers Together Support Group 2:30 to 3:30 @ NRCIL
- 02/23/11: Access for All Meeting 3:00 to 4:00 @ NRCIL
- 02/28/11: Positive Parenting w/ a Plan 5:00 to 6:30 @ NRCIL
- 02/28/11: Autism Support Group 5:30 to 7:30 @ NRCIL

