



# Focusability

SEPTEMBER/OCTOBER 2010

## *NRCIL Celebrates the 20th Anniversary of the Signing of the Americans with Disabilities Act (ADA)*

On July 24th, NRCIL celebrated the 20th anniversary of the ADA. This community event was held at the Watertown Fairgrounds Arena and included the bands Double Vision, The Original Yanks and Mike White. We were pleased to take this opportunity also support our local food pantry at the Watertown Urban Mission. Barrier Buster Awards were presented to the Jefferson County Sheriff's Dept., Watertown City Police, and the North Country Self-Advocates. Additionally a Community Change Award was presented to The Colello family for the accessible playground they made possible in the memory of their daughter, Lucy. Seventeen community service providers had tables set up and were available for the community. Finally, we were pleased to have two guest speakers. Akmeer Kahiem from the Office of Children and Family Services and Joe Bravo from the Westchester Independent Living Center. They kicked off our day with words of inspiration and reflection of the progress that has been made for people with disabilities. Recognizing that we still have barriers to overcome, we applaud our community for caring about the needs of our citizens with disabilities.

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# ~SAVE THE DATE~



Northern Regional Center  
for Independent Living  
(NRCIL)  
Presents:

2010  
~ 6th Annual ~

**For Your Independence  
Conference (FYI)**

**Friday, Sept. 17, 2010  
8:00am-3:30pm**

Be the  
Captain  
of your  
own  
Vessel!

**Best Western Carriage House Inn  
300 Washington St  
Watertown N.Y. 13601**

**Keynote Speaker: Rosemary Deusser-Jensen**  
**For more information call: (315)785-8703 V or**  
**(315) 785-8704 TTY**

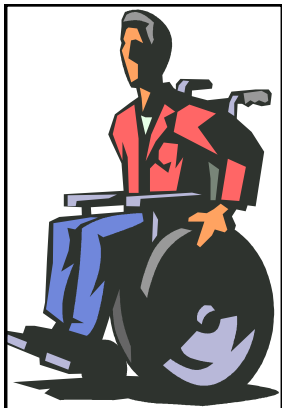
***Our 6th annual FYI Conference will have three breakout sessions and include a buffet lunch. Conference topics will be:***

- Robert Egby; "Creating Goals & Having Vision"
- Sue Gwise from Cornell will present on "Making Indoor Container Gardens"
- Dr. Walker from COPE will present on "Surviving the Sea of Change"
- Mandy Thompson will speak on "Applying for Federal Jobs"
- Rose Perkins discusses "Budgeting and Managing Finances"
- Deanna Nelson from the Attorney General's office will teach us "How to Identify and Avoid Fraud"
- Dani Reed will demonstrate "Zumba"; a fun and dynamic fitness program.
- Brenda Eggleston will be speaking on herbs with the message "Information is Power"
- Kim Ward, the owner of New Beginnings will focus on "Relaxation & Stress Relief Through Reiki"

## *Important Information For Those Who Use Wheelchairs*

I recently attempted to start the procedure to purchase a new power wheelchair. By Medicare/Medicaid standards, my “5 yr” stretch with my existing chair was over. After numerous frustrations and repairs to the repairs, I placed a call to my physician and asked them to write a prescription to start the process. I was not informed of the “proper Medicare procedure” until I called Marra’s Homecare to verify that they had received the prescription from my physician. That’s when I was informed it wasn’t that simple! Here is the **exact** procedure you **must** follow:

1. There must be a an in-person physician-patient appointment
2. The physician must perform a medical examination for the **specific** purpose of assessing the beneficiary’s mobility limitations and needs. The results of this exam must be recorded in the patient’s medical record. Your physician may elect to refer you to another medical professional, such as a physical or occupational therapist to perform part of the evaluation. However, the physician does have to personally see the patient before or after the PT/OT evaluation.
3. The prescription must only be written **AFTER** the in-person visit has occurred and the medical evaluation is completed. This prescription has seven required elements.

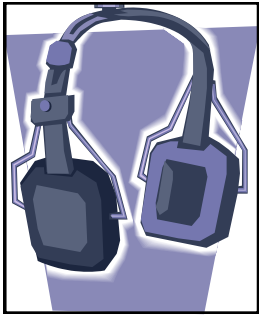


- Beneficiary’s name
- Description of the item that is ordered- e.g. “power chair” or “power mobility scooter”
- Date of completion of the face to face examination
- Pertinent diagnosis/conditions that relate to the need for the power mobility scooter or power wheelchair.
- Length of need
- Physicians signature
- Date of Physicians signature.

The prescription and medical records documenting the in-person visit and examination report **MUST** be sent to the equipment supplier within 46 days of the completion of the examination

4. Lastly, keep this in mind before going to see your physician, the way that the Social Security Act defines “durable medical equipment”, a power chair/scooter is only covered under Medicare if the beneficiary has mobility limitations that significantly impairs his/her ability to perform activities of daily living **within the home**. If the wheelchair/mobility device is needed in the home, it may also be used outside the home. So think about how your power chair/mobility scooter affects your daily living before you visit your physician so it can be clearly stated in his/her report. If you would like additional information, please contact: Michelle Appleby at 315- 785-8703 (v) or 315-785-8704 (TTY)

## Experts urge caution with music volumes as study finds 1 in 5 US teens has slight hearing loss (Chicago AP)



A stunning one in five teens has lost a little bit of hearing, and the problem has increased substantially in recent years, a new national study has found. Some experts are urging teenagers to turn down the volume on their digital music players, suggesting loud music through earbuds may be to blame — although hard evidence is lacking. They warn that slight hearing loss can cause problems in school and set the stage for hearing aids in later life. "Our hope is we can encourage people to be careful," said the study's senior author, Dr. Gary Curhan of Harvard-affiliated Brigham and Women's Hospital in Boston.

The researchers analyzed data on 12- to 19-year-olds from a nationwide health survey. They compared hearing loss in nearly 3,000 kids tested from 1988-94 to nearly 1,800 kids tested over 2005-06. The prevalence of hearing loss increased from about 15 percent to 19.5 percent.

Most of the hearing loss was "slight," defined as inability to hear at 16 to 24 decibels — or sounds such as a whisper or rustling leaves. A teenager with slight hearing loss might not be able to hear water dripping or his mother whispering "good night." Extrapolating that to the nation's teens, would mean about 6.5 million with at least slight hearing loss. Those with slight hearing loss "will hear all of the vowel sounds clearly, but might miss some of the consonant sounds" such as t, k and s, Curhan said. "Although speech will be detectable, it might not be fully intelligible," he said.

While the researchers didn't single out iPods or any other device for blame, they found a significant increase in high-frequency hearing loss, which they said may indicate that noise caused the problems. And they cited a 2010 Australian study that linked use of personal listening devices with a 70 percent increased risk of hearing loss in children.

The study is based on data from the National Health and Nutrition Examination Survey conducted by a branch of the Centers for Disease Control and Prevention. The findings appear in Wednesday's Journal of the American Medical Association. Loud music isn't new, of course. Each new generation of teenagers has found a new technology to blast music — from the bulky headphones of the 1960s to the handheld Sony Walkmans of the 1980s. Today's young people are listening longer, more than twice as long as previous generations, said Brian Fligor, an audiologist at Children's Hospital Boston. The older technologies had limited battery life and limited music storage, he said.

Apple iPod users can set their own volume limits. Parents can use the feature to set a maximum volume on their child's iPod and lock it with a code. Some young people turn their digital players up to levels that would exceed federal workplace exposure limits, said Fligor. In Fligor's own study of about 200 New York college students, more than half listened to music at 85 decibels or louder. That's about as loud as a hair dryer or a vacuum cleaner. Habitual listening at those levels can turn microscopic hair cells in the inner ear into scar tissue. Some people may be more predisposed to damage than others. "Do not blare your iPod,"



Drop in Peer Counseling



Trauma Survivors'  
Resource Center

Come hear what others  
have to say!

NRCIL  
7632 N. State Street  
Lowville, NY 13367

Meet on Fridays from  
10-12 pm

*"A little rebellion now and then... is a  
medicine necessary for the sound health of  
government".*

Thomas Jefferson

## Disability Mentoring Day (DMD) 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.

We appreciate the dedication on the part of the School Districts in Jefferson County, as they encourage students to participate in DMD. A day of one on one job shadowing provides students with disabilities hands on learning experience that is crucial in the development of achievable career goals. We encourage schools to embrace the chance to fulfill the transition goals of indicator 13, from the State Department of Education, as NRCIL works diligently to coordinate community mentors that match the career goals of each individual student. **In the past, we have been supported by several dedicated employers in the community who serve as mentors for the students they allow to enter the work force for the day. 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.**

### *Easy Apple Crisp*

#### **Ingredients**

- 6 apples - peeled, cored and sliced
- 1 cup water
- 1 (18.25 ounce) package white cake mix
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter, melted

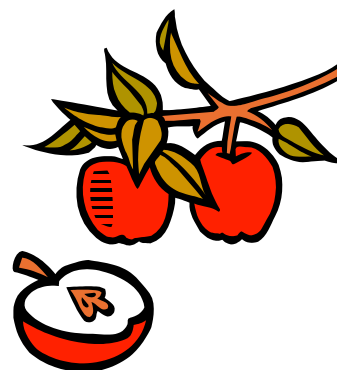
#### **Directions**

Preheat oven to 350 degrees F ). Lightly grease a 9x13 inch baking dish.

Arrange apples in an even layer in bottom of baking dish. Pour water over apples.

In a medium bowl mix together cake mix, brown sugar, and cinnamon. Stir in melted butter or margarine until ingredients are thoroughly blended; mixture will be crumbly. Sprinkle mixture over apples.

Bake in preheated oven for 50 to 55 minutes.



**Amount Per Serving** Calories: 359 | Total Fat: 12.6g | Cholesterol: 21mg



# NRCIL's CALENDAR OF EVENTS



## September

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Location</u>
09/01/10	10:00-11:30	Topic Group: WRAP (Pt. 2)	NRCIL
09/01/10	2:30-3:30	Peers Together Support Group	NRCIL
09/08/10	5:00-6:30	Emotional/Behavioral Parent Support Group	NRCIL
09/08/10	10:00-11:30	Topic Group: Advanced Directives	NRCIL
09/08/10	2:30-3:30	Peers Together Support Group	NRCIL
09/13/10	12:00-2:00	Autism Parent Support Group	NRCIL
09/14/10	6:00-8:00	Advocacy Training	Marcy Bldg.
09/14/10	11:30-1:00	Ft. Drum Parent Support Group	ACS @ Ft. Drum
09/14/10	5:30-7:30	Love & Logic Parenting Class	Lowville Office
09/14/10	9:00-1:00	Parent Notebook Training @ The Commons	Ft. Drum
09/14/10	6:00-8:00	Advocacy/Representing Your Child	Children's Home
09/15/10	2:30-3:30	Peers Together Support Group	NRCIL
09/15/10	4:00-5:00	Respite Committee	NRCIL
09/15/10	1:00-4:00	Candidates Forum	Elks Club
09/15/10	6:00-8:00	Advocacy/Representing Your Child	Lewis Co. DSS
09/16/10	5:00-6:30	Emotional/Behavioral Parent Support Group	NRCIL
09/17/10	8:00-3:30	FYI Conference	Best Western
09/20/10	1:30-2:30	Systems Advocacy	NRCIL
09/21/10	5:30-7:30	Love & Logic Parenting Class	Lowville Office
09/22/10	2:30-3:30	Peers Together Support Group	NRCIL
09/22/10	3:00-4:00	Access for All Meeting	NRCIL
09/24,25,26		Respite Retreat	Captain Thomas Resort
09/27/10	12:00-2:00	Autism Parent Support Group	NRCIL
09/28/10	5:30-7:30	Love & Logic Parenting Class	Lowville Office
09/29/10	2:30-3:30	Peers Together Support Group	NRCIL

## October

10/05/10	5:30-7:30	Love & Logic Parenting Class	Lowville Office
10/05/10	6:00-8:00	Intro To Spec. Ed. Laws	Children's Home
10/06/10	6:00-8:00	Intro To Spec. Ed. Laws	Lewis Co. DSS
10/06/10	2:30-3:30	Peers Together Support Group	NRCIL
10/11/10	12:00-2:00	Autism Support Group	NRCIL
10/12/10	11:30-1:00	Ft. Drum Parent Support Group	ACS @ Ft. Drum
10/13/10	4:00-5:00	Respite Committee Meeting	NRCIL
10/13/10	2:30-3:30	Peers Together Support Group	NRCIL
10/14/10	10/14/10	Organizing Your School Documents	Gouv. Learn. Ctr.
10/20/10	2:30-3:30	Peers Together Support Group	NRCIL
10/25/10	12:00-2:00	Autism Support Group	NRCIL
10/25/10	5:30-7:00	How To Motivate Teens	Gander Mountain
10/27/10	2:30-3:30	Peers Together Support Group	NRCIL
10/27/10	3:00-4:00	Access For All Meeting	NRCIL
10/27/10	6:00-8:00	Community Resources	Lowville Academy

*For more information on events, to request accommodations, or arrange child care please contact NRCIL at 785-8703, TTY 785-8704*

