

# New Horizons

Housing That Supports Independence

## ***CNN Hero of the Year winner is Advocate with a Disability'***



**Norman A. Smith**  
Editor  
**Judith A. Wilkinson**  
Co-Editor

**Tim Doherty**  
Executive Director

**Norman A. Smith**  
Assoc. Executive Director

**Stephen J. Schaefer**  
Chief Financial Officer

**Tracee Battis**  
Dir. of Housing Development

**Frank Sciarotta**  
Property Manager

**Robbinsville**  
**Betty Maxwell**  
Housing Coordinator

**Hamilton**  
**Jackie Elswiny**  
Social Services Coordinator

**Melinda Sciarotta**  
Office Manager

**Lawrence**  
**JoAnne Sherry**  
Social Services Coordinator

**Judy Wilkinson**  
Office Manager

**Freedom Village at Woodstown**  
**Sammi DeMaris**  
Social Services Coordinator

**Arlene Sims**  
Office Manager

**Freedom Village at Hopewell**  
**Cecilia Funk**  
Social Services Coordinator

**Jennifer Applegate**  
Office Manager

**Freedom Village at Toms River**  
**Laurie Solymosi**  
Social Services Coordinator

**Joyce Cocco**  
Office Manager

**Freedom Village at Westampton**  
**Dara Johnston**  
Social Services Coordinator

**Savanna Green**  
Office Manager



**Jeison Aristizabal**, who has spent the last 15 years working to change perceptions about physical and cognitive disabilities and give young people with disabilities a brighter future, has been named the 2016 Hero of the Year.

Hosted by CNN's **Anderson Cooper** and ABC's **Kelly Ripa**, the 10th annual **CNN Heroes: An All-Star Tribute** aired Monday night from New York City.

Growing up in one of the poorest areas in Cali, Colombia with cerebral palsy, Aristizabal has fought his entire life to overcome the obstacles in his way. His organization ASODISVALLE, provides a range of free services that have helped transform the lives of nearly 3,000 young people with disabilities.

While accepting his award, he stated via a translator, "I can't believe it. Hello to Colombia, hello to all the families who have a child with a disability. I want to tell you that yes you can. You can dream and you can achieve your dreams. I want to say hello to all of my CNN Heroes colleagues. God bless you and there's more work to do."

**Aristizabal** was presented with his honor earlier in the night by Olympic gold medalist and current "Dancing with the Stars" champion **Laurie Hernandez**.

Each of the Top 10 CNN Heroes will receive \$10,000 in recognition of their work. After winning the global vote, **Aristizabal** will receive an additional \$100,000 grant to further aid his cause.

Additionally, for the first time viewers selected a Superhero from among five previous Heroes of the Year. The winner **Pushpa Basnet** (2012) was awarded \$50,000 to continue her work with the Early Childhood Development Centre.

All five previous Heroes of the Year attended this year's ceremony and each was separately prized \$10,000 by CNN to their designated non-profit organization.

***We are Proud to List Our Major  
2016 Gala Sponsors  
Who Help Make  
Project Freedom's Mission Possible***

**2016 Event Sponsors**

**Costanza Builders, Inc.  
V.J. Scozzari and Sons, Inc.  
National Equity Fund**

**2016 Angel Sponsors**

**Investors Bank  
Nottingham Insurance  
Joseph F. McKernan, Jr. Architects & Associates  
TD Bank**

**2016 Patriot Sponsors**

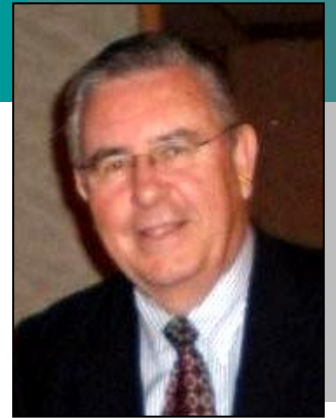
**First Commerce Bank  
Grand Bank  
FWH Associates**

**2016 Freedom Sponsors**

**Alen Security  
Bank of America  
Dumont & Watson  
EAD & Associates, LLC.  
Fusion Employer Services, Inc.  
NJM Insurance Group**

# “My Two Cents”

By *Tim Doherty, Executive Director*



Well once again, we are turning over the old year moving into a new one. 2017 who'd thunk!

I can remember when we all thought 1984 was way into the future. How time does get away from us and before you know it, the plans and things we wanted to get done, just didn't get done, because we never got to them. I am still trying to clean out our basement from stuff Marion and I got for our wedding, 46 years ago. So, as I do each year, here is a short look back, and a hope for the future.

Well here at Project Freedom, last year was a good year—one that saw our team completing the second phase of our Westampton project and working on the final lease up for those 24 units. Just months prior we had completed the lease up of Westampton I or 48 units having finished that lease up in October. As I write these words, we have five families in with arrangements for another thirteen for December and the balance due in February and March. Hopefully all will go according to plan.

Also, in 2016, we had completed the leasing of our Toms River project—72 units there, bringing our grand total of units in house to over 400 rental apartments. We also brought our property management “in house” and began to do more of our own grass cutting and lawn maintenance, all in the hope of saving some money. We have also shuffled staff from one site to another at different times, to help out with lease up issues, or just maintenance work. This has worked really well, and I think that staff has really stepped up to meet the new challenges.

For 2017, we are working on our two new projects, one in Gibbsboro and one in West Windsor. Both projects have been on the back burner for years, however the recent court decisions on COAH issues has prompted New Jersey towns to make definite plans to meet their affordable housing requirements. In West Windsor, we have been working with the Township and Toll Bros. with regard to a portion of land located on Old Bear Brook Road. It has taken Toll about three years to get through the planning process with West Windsor and should have all permits and agreements in hand by early January 2017. Once that has been accomplished Project Freedom will also go before planning for approval of a 72 unit development on adjoining ten acres. In Gibbsboro, the town has had to acquire several lots from homeowners in order to couple enough land together in order for Project Freedom to build another 72 units—this time in four three story buildings. Again, we plan to go before planning board approval in early February. Ultimately we hope to make two applications for financing to the Low Income Housing Tax Credit program in April. So far we are on track with these two projects.

However, with the election of Donald Trump, and his platform of lowering corporate taxes, it has already driven down the price for the tax credits from \$ 1.03 to \$ .90 cents on the dollar. This means that there really will be less money allocated for each project, unless New Jersey takes steps to add more credits to the pot. All very interesting, but not unusual. In years past, events like the 2008 market crash also caused disruption in the market for a short period of time, until a solution could be found.

So, it looks like 2017 is shaping up to be another busy year. I still hope to clean out the basement---someday.

# From Norman's Desk



Forecasters at NOAA's Climate Prediction Center issued the U.S. Winter Outlook last October saying that La Nina is expected to influence winter conditions this year. The Climate Prediction Center issued a La Nina watch this month, predicting the climate phenomenon is likely to develop in late fall or early winter. La Nina favors drier, warmer winters in the southern U.S and wetter, cooler conditions in the northern U.S. If La Nina conditions materialize, forecasters say it should be weak and potentially short-lived.

Other factors that often play a role in the winter weather include the Arctic Oscillation, which influences the number of arctic air masses that penetrate into the South and create nor'easters on the East Coast, and the Madden-Julian Oscillation, which can affect the number of heavy rain events in the Pacific Northwest.

There are indications that the East may see colder than average temperatures this winter, especially earlier in the season. However, climate computer models are depicting an atmospheric response to the expected weak La Niña in January, which would allow warmer temperatures in the East with colder conditions developing in the Pacific Northwest.

In terms of precipitation, NOAA expects portions of the northern tier -- including portions of the Northwest, northern Plains and Great Lakes -- to see above-average precipitation this winter because of a more active northern jet stream.

Warm winters do not mean that we can relax our winter preparedness or awareness routines. In fact, we should increase our weather awareness so that we are not lulled by the warm temperatures. They are nice, but cold air rising over warm air can produce spectacular snow explosion or icing conditions. Ice conditions usually mean power outages.

**Learn from Sandy!** Now is the time to think about power outages. Store drinking water, first aid kit, canned/no-cook food, where you can get them easily, even in the dark.

Have emergency supplies on hand before storms occur.

Flashlight and extra batteries

Portable, battery-operated radio and extra batteries.

One-week supply of food to include items that do not require refrigeration or cooking in case the power is shut off.

Non-electric can opener

One-week supply of essential prescription medications.

Extra blankets.

Information during weather emergencies can be obtained from the Emergency Broadcast System through these radio stations for Mercer County:

**WPST - 97.5 FM**

**WHWH - 1350 AM**

**WKXW - 101.5 FM**

In all of the above situations, *prepare* for aides and personal assistants to be late, not show, or to be stuck in your home. All of these scenarios should be discussed and planned for by people who are dependent on aides or personal assistants.

Norman A. Smith, Associate Executive Director - [ProjectFreedom1@aol.com](mailto:ProjectFreedom1@aol.com)

Follow me on Twitter [@normansmith02](https://twitter.com/normansmith02)

Follow us on Twitter [@TheFreedomGuys](https://twitter.com/TheFreedomGuys)

"Like" us on Facebook.com/ProjectFreedomInc



## ***Stem Cells Show Reversal of Disability in Multiple Sclerosis***

"This is the first treatment that improves established disability in patients with progressive MS and shows us there is hope that a future treatment is possible, stated Dr. Saud A. Sadiq"

Dr. Saud A. Sadiq, Director and Chief Research Scientist at the Tisch MS Research Center of New York (Tisch MSRCNY) will be presenting on Tuesday, April 19, 2016, the extraordinary results from his FDA-approved stem cell clinical trial for MS at the American Academy of Neurology's 68th Annual Meeting in Vancouver, BC, Canada. Dr. Sadiq will deliver the highly anticipated news during a session titled "Remyelination and Repair in Multiple Sclerosis (MS) Data Blitz Presentations."

The presentation reveals data from the Phase I trial showing that the novel stem cell treatment was safe and well-tolerated with no serious adverse events reported.

What's more, the cutting-edge protocol of this trial created at Tisch MSRCNY allowed for the delivery of brain-like neural cells within 30 minutes of harvesting, a technique not seen anywhere else in the world.

"Repair and regeneration is possible. We have a patient who no longer needs her cane, one who has transitioned from a motorized scooter to taking steps with a walker and another who has discontinued their bladder medication as those symptoms have dramatically improved. This is the first treatment that improves established disability in patients with progressive MS and shows us there is hope that a future treatment is possible," stated Dr. Saud A. Sadiq.

Due to these unprecedented results, the FDA has already advised Tisch MSRCNY to begin preparations for Phase II of this important trial to establish efficacy of stem cells as a reparative therapy. This is expected to commence at the end of 2016, once funding is secured.

The mission of the Tisch Multiple Sclerosis Research Center of New York is to conduct groundbreaking medical research to ensure unparalleled care and positive outcomes for MS patients. Its integrated relationship with the International MS Management Practice (IMSMP) accelerates the pace at which research discoveries translate from lab bench to bedside.

The Center aims to identify the cause of MS, understand disease mechanisms, optimize therapies, and repair the damage caused by MS while offering patients access to the best and most advanced treatments possible.

Reprinted from 2016-04-15 (Rev. 2016-05-07) Disabled World



## ***Everyone has gotten a rotten gift. Some Readers Digest readers shared the one present that had them running to the store's returns department.***

1. I once received a toilet seat. —Julie K., Shellsburg, Iowa
2. The book *What to Expect When You're Expecting*. I was in high school and not even dating. —Audrey A., Norfolk, Virginia
3. A fifth of whiskey, even though I'm an alcoholic. —Clark H., Magdalena, New Mexico
4. A very nice sweater that someone had worn, stained, and regifted to me. —Belinda M., Orangeville, Pennsylvania
5. A donation in my name to a cause I don't support. —Marci E., North Richland Hills, Texas
6. I got my own Christmas gift back the next year. —Carol E., Oklahoma City, Oklahoma
7. A subscription to the Nutrisystem weight-loss program. —Rosemary G., LaGrange, Kentucky
8. A bar of soap. —Shirley B., Macomb, Michigan
9. A turquoise man-kini. I am 60 years old and weigh 250 pounds. —Erich P., Phoenix, Arizona
10. An iron and ironing board from my (now ex-) husband. —Nancy M., South Attleboro, Massachusetts
11. A book titled *101 Wines Under \$5*. —Cindy M., Greensburg, Pennsylvania
12. A bag of cotton balls. —Claudia A., Columbia Falls, Montana
13. A Christmas tree ornament. I'm Jewish. —Cary L., Royal Oak, Michigan
14. A pill vial designed like a white elephant and filled with the baby teeth of my friend's children. —Marcia A., Carlsbad, Ca.
15. Legos. I'm 34. —Lisa A., Boise, Idaho
16. I received a book on Chinese culture written in Chinese. —Phil H., Carmel, Indiana
17. A doorknob. —Sweet I., Jefferson, New Hampshire
18. A used spatula. —Sheila H., Grand Junction, Colorado
19. One slipper. —Robin R., Smithfield, Pennsylvania
20. A book of etiquette from my mother-in-law. —Maureen C., Pleasanton, California
21. Dental floss. —Lisa C., Alpharetta, Georgia





## Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
4-Jan	Wed	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
6-Jan	Fri	Hamilton Crafts	Prog. Time 5:00 -7:00 PM
25-Jan	Wed	Hamilton Games	Prog. Time 5:00 -7:00 PM



# Baking with Dana



## Lawrence Goings On

DATE	DAY	PROGRAM (in Community Room)	TIME
4-Jan	Wed	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM



## Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
4-Jan	Wed	Robbinsville Tree De-Decorating	Prog. Time 6:30 -9:00 PM
9-Jan	Mon	Robbinsville Game Night	Prog. Time 6:30 -8:30 PM
31-Jan	Tue	Robbinsville - Cooking with Dana	Prog. Time 6:30 -9:00 PM



## Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
1/3/17	Tues	Heart to Hearts Chair Massage	1:15 PM to 3:15 PM
1/6/17	Fri	Mercer Home Health Hosting POKENO	3:00 PM to 4:00 PM
1/18/17	Wed	Heart to Hearts Chair Massage	9:30 AM to 11:30 AM
1/24/17	Tues	Afternoon Movie showing 'Hello Dolly'	Starting 2:00 PM

# ***Lawrence Community Band Performs at PF Hamilton***





# ***I Can FLY - Virtual Reality Initiative for Veterans with Disabilities***

**From:** Disabled World  
Entertainment & Recreation

**Published:** 2016-09-27 - **Contact:** BCAST at Mike@bcast.com



**Synopsis:** Technology enables veterans with disabilities opportunity to enjoy 360 degree virtual reality live broadcasts.

Virtual reality or virtual realities (VR), also known as immersive multimedia or computer simulated reality, is defined as computer technology that replicates an environment, real or imagined, and simulates a user's physical presence and environment to allow for user interaction. Virtual realities artificially create sensory experience, which can include sight, touch, hearing, and smell. The immersive environment can be similar to the real world in order to create lifelike experiences.

*"BCAST will be partnering with a number of VR headset/camera manufacturers/ WebVR and action sports groups in an effort to work with our veterans to maximize the opportunity for them to enjoy this new technology."*

Live Streaming Platform BCAST Launches "I Can FLY" Virtual Reality Initiative to Bring Veterans with Physical Disabilities - in Experience - Live Streaming Video

Social media live streaming platform BCAST announced today its launch of the "I Can Fly" initiative designed to use virtual reality to bring real life live Broadcast experiences to veterans with physical disabilities.

"The technology now exists for us to enable veterans with disabilities the opportunity to enjoy 360 degree virtual reality live broadcasts that come as close to actually being immersed in the experience as is possible. Imagine an immobile disabled Veteran using a VR headset and BCAST being able to view live motorcycle racing, skiing, sky diving, mountain climbing, etc as if they were there. We intend to reach out across America and challenge everyone to help us generate exciting live streaming content in every subject imaginable using next generation 360 cameras. Hopefully this will provide our VETs with disabilities in some small way a quality of life improvement."

BCAST will be partnering with a number of VR headset/camera manufacturers/ WebVR and action sports groups in an effort to work with our veterans to maximize the opportunity for them to enjoy this new technology.

The BCAST Platform is free of charge to use.

BCAST has targeted November 11th, 2016 -Veterans day-as the official launch date for the: "I Can Fly" initiative.

BCAST is a cloud based mobile social broadcasting network/platform which provides "live" broadcasting capabilities to and from mobile devices, the web and smart TV's with a focus on sports, celebrities and news.

BCAST is available in the iOS App Store, on Google Play and on the web at [www.bcast.com](http://www.bcast.com)

## ***Updated ADA Guidelines for Buses and Vans***

**Published:** 2016-12-21 - **Contact:** United States Access Board at [access-board.gov](http://access-board.gov)

**Synopsis:** The Access Board issues final rule updating sections of the accessibility guidelines for transportation vehicles covered by the Americans with Disabilities Act (ADA).

The Access Board has issued a final rule updating sections of its accessibility guidelines for transportation vehicles covered by the Americans with Disabilities Act (ADA). The rule revises provisions in the guidelines that apply to buses and vans to enhance accessibility and to address industry trends and improvements in design and technology. The guidelines, which the Board originally published in 1991, apply to new or remanufactured vehicles (they also include provisions for rail vehicles that the Board will update separately).

The guidelines for buses and vans address boarding access, fare devices, interior circulation, seating and securement, signs, lighting, and announcement systems.

The rule reduces the maximum slope for vehicle ramps because low floor buses are now ubiquitous in fixed route systems.

New provisions also address level boarding systems and incorporate updated standards for wheelchair securement systems.

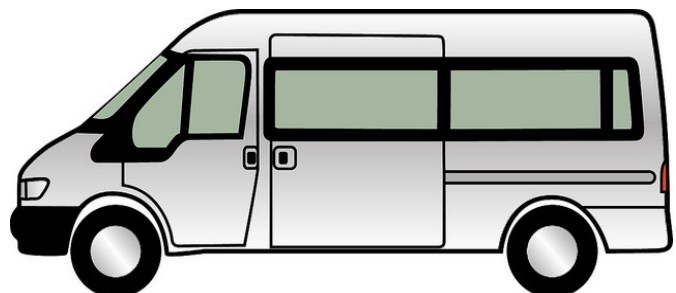
The rule improves communication access by requiring that buses in fixed route systems with at least 100 buses have automated stop and route announcements that are visual as well as audible.

Further, access to over-the-road buses, which are typically used in commuter and long-distance bus lines and charter services, is more comprehensively addressed.

In addition to these substantive changes, the rule features a new format and numbering system. An assessment of the costs and benefits is included with the rule.

**SUMMARY:** The Architectural and Transportation Barriers Compliance Board (Access Board or Board) is issuing a final rule that revises its existing accessibility guidelines for non-rail vehicles -- namely, buses, over-the-road buses, and vans -- acquired or remanufactured by entities covered by the Americans with Disabilities Act. The revised guidelines ensure that such vehicles are readily accessible to, and usable by, individuals with disabilities. The U.S. Department of Transportation (DOT) is required to revise its accessibility standards for transportation vehicles acquired or remanufactured by entities covered by the Americans with Disabilities Act (ADA) to be consistent with the final rule.

**DATES:** The final rule is effective January 13, 2017. Compliance with the final rule is not required until DOT revises its accessibility standards for buses, over-the-road buses, and vans acquired or remanufactured by entities covered by the ADA to be consistent with the final rule.



# JANUARY General Recreation

## Club Freedom Events Highlighted

1-Jan	Sun	Happy New Year	
2-Jan	Mon	PF Offices Closed	
3-Jan	Tue	Holiday Lights - PA 5 Consumers Needed	Bus Leaves PFR 5:00 PM
9-Jan	Mon	Day Program	Prog. Time 10 AM-3 PM
10-Jan	Tue	Parx Casino - Philadelphia - 5 Needed	Bus Leaves PFR 9:30 AM
16-Jan	Mon	PF Offices Closed - MLK Day	
17-Jan	Tue	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
18-Jan	Wed	Movies—Hamilton AMC 24	Bus Leaves PFR 10:00 AM
23-Jan	Mon	Day Program	Prog. Time 10 AM-3 PM
26-Jan	Thu	Mall Trip Moorestown 5 People Needed	Bus Leaves PFR 9:30 AM
30-Jan	Mon	Day Program	Prog. Time 10 AM-3 PM



Jan. 1 Rose Eller	Jan 17 Sakina Diwan
Jan 7 Wendy Brown Amarianna Page	Jan. 20 Iris Helfritch
Jan 10 Nate Smith	Jan. 29 Billy Fudali Johnny Piepszak
Jan. 15 Brandon Francis	

Project Freedom Inc.  
223 Hutchinson Road  
Robbinsville, NJ 08691

Non-Profit  
Organization  
US Postage Paid  
Trenton, NJ  
Permit #1083

RETURN SERVICE REQUESTED

Project Freedom Inc. is a 501 (c)(3 ) not for profit organization dedicated to developing, supporting and advocating opportunities for independent living for people with disabilities

Want to do something different one day a week?

Like crafts, dining out, & local trips?

Are you available on Mondays?

Call Dana at 609-977-1234 for more information

