

# New Horizons

Housing That Supports Independence



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## **ABC, ESPN Sign On To Broadcast Special Olympics** by Shaun Heasley | October 25, 2016 DisabilityScoop

Thousands of athletes with intellectual disabilities from around the world will be featured on national television when they come together to compete next year.

ABC and ESPN said they will broadcast portions of the week-long Special Olympics World Winter Games in Austria in March.

The opening ceremony on March 18 will air on ABC followed by coverage from the games the following day.

In addition, ESPN2 will feature highlights and interviews from the games each night of competition and segments will air on SportsCenter and other ESPN shows during the week. The network said the games will also be highlighted through ESPN's website and apps.

"Our athletes are often forgotten in sports, and in many aspects of life, so the attitude-changing coverage ESPN will provide will help us get that much closer to achieving our vision of creating inclusive communities all over the world," said Mary Davis, CEO of Special Olympics.

Beyond the United States, ESPN said the games will be available in at least 19 countries and territories through its TV and streaming offerings.

The arrangement with ESPN will mark the first time that the Special Olympics World Winter Games will be broadcast and it comes following the network's significant coverage of the summer games in Los Angeles last year.

Special Olympics World Games are held every two years, alternating between winter and summer. The upcoming games in Austria are expected to draw over 2,600 athletes and coaches from 106 countries.



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# “My Two Cents”

By *Tim Doherty, Executive Director*



Every year, Project Freedom sets goals to accomplish for the coming year. So, in the annual report I usually look back at what has been done this past year, and what we are looking forward to accomplish in the coming year. Since many folks don't attend our annual membership meeting in October, I thought I would mention some of the things included in that report.

For starters, 2016 was a very busy year. We had just completed our Hopewell site and had been busy leasing that up for most of 2015. Getting staff hired and in place, and welcoming new tenants kept staff there pretty busy. We also had just gotten CO's on our Toms River project, 72 more units of housing which mirrored our Hopewell housing design. So, likewise with Toms River, all of 2016 was used in getting that location filled and operational. The same year, we were under construction with our Westampton site, Phase I which was for 48 units, with a second phase of 24 more units just getting COs this October 2016. During that time, again, we were in the throes of our lease up efforts, having only gotten to 100% by the end of September 2016.

These efforts required a lot of work on the part of our executive staff as well as the management staff from our other sites, in Hamilton, Lawrence, and Woodstown, who helped our on-site staff handle the 100's of applications we had received.

By the way, I am enormously grateful to senior staff Jackie Elsowiny, Vivian La Velle, Sammi De Maris, Arlene Sims, Judy Wilkinson, and Joann Sherry for their efforts in traveling to Toms River or Westampton, to help with the files and to support the new staff at these two locations. Project Freedom is truly a team oriented organization whose staff understands that in order to get to the next level, many times staff are called to play different roles and need to be flexible as to their willingness to work outside their normal routine. Also, need to mention the new staff members Dara Johnston now at Westampton, and Laurie Solymosi at Toms River who have stepped into their new position, willing to do what it takes to get their locations up and running. Kudos to all and for that I am especially grateful.

And while I am mentioning names, thanks go out to Tracee, Steve and Marion for working these past several years, managing and facilitating all the various aspects of these projects, from the original financing to the ultimate closing, then through construction and lease up. These are very separate and complicated phases through which these projects must go, and it takes determination and perseverance to continue and see these project through.

So, just in 2016, Project Freedom added 144 new housing units to its portfolio, following the Hopewell 72 units completed in 2015, for a grand total of 413 units to date. Not a bad years' work.

So, looking ahead to 2017, Project Freedom has initiatives in Gibbsboro and in West Windsor for which we hope to make Tax Credit applications and begin construction on in late summer. West Windsor has been on our radar for over ten years now, and it has had to follow the Toll Brothers project on Old Bear Brook Rd. The Gibbsboro site has also been under consideration for many years, since 2006, when we were first contacted by Mayor Campbell. As often happens, these projects can lay dormant for several years, while towns get their zoning put in place, so we are constantly looking for new projects to add to our pipeline.

So, providing decent, affordable, barrier-free housing for people with a disability has always been our mission, and that is what we continue to promote.

## FROM NORMAN'S DESK



By the time you read this, you have hopefully made your decision of who to vote for President and other positions in this election year. In past elections for President, I have shared the candidates' views and stands on disability issues. This year that was impossible without appearing partisan because the differences between the two were stark.

Nevertheless, for this first time since the Disability Movement coalesced into a force, people with disabilities and disability issues have played a big role in the 2016 Presidential Campaign. People with disabilities made speeches at both the Democratic and Republican conventions. Disability issues were addressed in the parties' platforms, and the outreach to people with disabilities has been amazing.

The journalist in me need to honestly report that one party did a far better job of inclusion than the other, but the point is that our visibility in both major parties and the Media was astonishing. To hear CNN, Fox News, and MSNBC discuss people with disabilities as a "voting block" to be "courted" was jaw dropping. It was also amusing to watch professional talking heads stumble over words describing people with disabilities without using offensive terms. They were largely unsuccessful.

People with disabilities through our own efforts also became more vocal and visible to the campaigns forcing candidates at all ballot levels to address our issues. This was so exciting to those of us who remember Jimmy Carter's campaign having the first position paper about people with disabilities that was one paragraph.

None of this progress will matter if people with disabilities do not vote. One of my heroes in the Disability Movement was Justin Dart. He is credited by many as the force behind the creation of the Americans with Disabilities Act. Dart's take on people with disabilities voting was simple and succinct: "**Vote as if your life depended on it...because it does!**"

Voting is a right that every citizen of this great country should exercise. People have died to gain that right. People have died to protect that right. People have died to exercise that right. We need to honor their ultimate sacrifice by voting, and there is no excuse for people with disabilities not to vote.

Norman A. Smith,  
Follow me on Twitter @normansmith02  
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## ***Best And Worst States for Medicaid Disability Services***

***A new national ranking of developmental disability services finds states with top offerings coast to coast, but warns that a growing number of people are facing long waits for supports.***

*Reprinted from DisabilityScoop , Oct 3, 2016*



*Individuals with developmental disabilities get some exercise and fresh air while hanging out in a courtyard at Quinlan Terrace, a residential facility in Chicago. Access to community-based services varies significantly from one state to the next, according to a new national ranking, which puts Arizona on top. Illinois falls near the bottom of the ranking and Mississippi is dead last for the tenth year running. (Chris Sweda/Chicago Tribune/TNS)*

**The best Medicaid service systems for individuals with intellectual and developmental disabilities are found in Arizona, Vermont, New Hampshire, Michigan and Hawaii, according to the annual Case for Inclusion report released by United Cerebral Palsy.**

The analysis looks at a variety of data points to assess how people with disabilities live and participate in their communities, their ability to access supports and how satisfied they are with their lives. The findings are based on the most recent data available, primarily from 2014.

Nationally, nearly 350,000 people are on waiting lists for community-based services, an additional 28,000 over last year, the report found, though an increasing number of states — now 18 — have little or no wait.

The analysis also found growth in the number of states allowing individuals to use self-directed services, providing family supports to a large number of residents and placing at least a third of those with developmental disabilities in competitive employment.

**Some states — Arkansas, Illinois, Mississippi and Texas — have consistently performed poorly in the ranking since 2007, the report notes. Montana rounded out the bottom five on the list this year.**

As in past years, top-performing states included those that are both big and small, rich and poor, high and low tax as well as large and small spenders. States that ranked high did tend to lean Democratic, but three predominately Republican states made the top 10.

“The fact is real progress is being made. More Americans with (intellectual and developmental disabilities) are living in the community rather than being isolated in large state institutions. But much more work needs to be done to reduce waiting lists, increase employment and expand support to families,” said Tarren Bragdon, the author of the report. “This annual ranking clearly shows the true picture of what’s happening and what should be happening in the states for our friends and neighbors with (intellectual and developmental disabilities).”

**This is the fifth year that Arizona has taken the number one spot on the list.**



## Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
2-Nov	Wed	Hamilton Fall Candle Craft	Prog. Time 5:00 -8:30 PM
3-Nov	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
18-Nov	Fri	Hamilton Candied Apple-Making	Prog. Time 5:00 -8:30 PM
22-Nov	Tue	Hamilton Thanksgiving Games	Prog. Time 5:00 -7:30 PM



## Lawrence Goings On

DATE	DAY	PROGRAM (in Community Room)	TIME
3-Nov	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
16-Nov	Wed	Lawrence Thanksgiving Games	Prog. Time 5:00 -7:00 PM



## Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
7-Nov	Mon	Robbinsville Movies	Prog. Time 6:30 -9:00 PM
10-Nov	Thu	Robbinsville Baking with Dana	Prog. Time 6:30 -9:00 PM
21-Nov	Mon	Robbinsville Thanksgiving Games	Prog. Time 6:30 -8:30 PM



## Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
11/1/16	Tues	St. Gregory Church Free Clothing Give Away	1:00 PM - 3:00 PM
11/2/16	Wed	Heart to Hearts Chair Message	1:15 PM - 3:15 PM
11/4/16	Fri	Mercer Home Health Hosting POKENO	3:00 PM - 4:00 PM
11/30/16	Wed	Heart to Hearts Chair Message	9:30 AM - 11:30 AM



## ***Vivian Lavelle's Retirement Party at PF Hamilton... We Will Miss You!***

From the Office Manager at Lawrence to the Social Services Coordinator at Hamilton, Vivian Lavelle has worn many hats. Now she is preparing to wear a new one, as grand mom! Best of everything to you, Viv!



## ***Lawrence Community Band A Big Hit With Tenants***





# Cities Named Most Disability-Friendly

Reprinted from October 12, 2016 DisabilityScoop by Shaun Heasley



Cities across the country were rated based on 25 different metrics for a new ranking identifying the best places to live for those with disabilities. (Robert Cohen/St. Louis Post-Dispatch/TNS)

A new analysis is ranking the nation's most populated cities based on how desirable they are for people with disabilities.

**Overland Park, Kan. is number one on the list followed by Scottsdale, Ariz. and Lincoln, Neb. Two other Arizona cities — Gilbert and Peoria — round out the top five.**

The listing comes from the personal finance website WalletHub, which assessed 25 factors ranging from availability of doctors to employment rates and park accessibility, in order to compile the ranking of 150 locales across the country.

WalletHub said its ranking is designed to “determine the most disability-friendly locations in America” by looking at a cross-section of economic factors, quality of life issues and access to health care for those with disabilities.

Extra consideration was given to workforce participation and pay for individuals with disabilities in each city as well as the number of people within this population living in poverty.

One factor that significantly boosted Overland Park's standing: the city had the highest median earnings for people with disabilities at \$46,345, WalletHub said.

Coming in at the bottom of the list are Worcester, Mass., Anchorage, Alaska and Providence, R.I.

P.S. In case you were wondering, the New Jersey employment rate of persons with a disability between the ages of 18 and 64 is 36.8%, and their median income is \$25,939. (From ADA-PARC website)

# Day Program Fun



## ★HAPPY★ BIRTHDAY!

Nov. 2  
Nelson Major  
Nov 3  
Gary Zarrilli  
Nov 4  
Mark Wagner  
Nov. 6  
Charlotte Witt  
Nov. 8  
Audrey Gilbert  
Nov. 10  
Diane Mount  
Nov. 11  
Nil Jeswani  
Nov 12  
Dawn Taylor  
Nov. 13  
Wendy Tirado  
Nov. 14  
Shirley Smith  
Nov. 16  
Wayne Kraemer

Nov. 18  
Lorrie MacGregor  
Nancy Mollica  
Nov. 21  
Xenji Taylor  
Nov. 22  
Frank Vitella  
Nov. 23  
Nancy Bassetti  
Nov. 24  
Peggy Newman



Nov. 10  
Marge and Mike Mushak  
Nov. 11  
Salvatore John & Nancy Mollica  
Nov. 17  
Joyce and Vernon Reed

# November General Recreation

## Club Freedom Events Highlighted

7-Nov	Mon	Day Program	Prog. Time 10 AM-3 PM
<b>8-Nov</b>	<b>Tue</b>	<b>Election Day - Go Vote</b>	
<b>10-Nov</b>	<b>Thu</b>	<b>Columbus Farmers &amp; Flea Market</b>	<b>Bus Leaves PFR 9:30 AM</b>
<b>11-Nov</b>	<b>Fri</b>	<b>Veterans Day - PF Offices Closed</b>	
<b>12-Nov</b>	<b>Sat</b>	<b>Angel Award Gala</b>	
14-Nov	Mon	Day Program	Prog. Time 10 AM-3 PM
16-Nov	Wed	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
<b>17-Nov</b>	<b>Thu</b>	<b>Mall Trip Jackson - 5 People Needed</b>	<b>Bus Leaves PFR 9:30 AM</b>
21-Nov	Mon	Day Program	Prog. Time 10 AM-3 PM
<b>23-Nov</b>	<b>Wed</b>	<b>Mall Trip Moorestown Mall 5 Needed</b>	<b>Bus Leaves PFR 9:30 AM</b>
<b>24-Nov</b>	<b>Thu</b>	<b>Thanksgiving Day PF Offices CLOSED</b>	
<b>25-Nov</b>	<b>Fri</b>	<b>PF Offices Closed</b>	
28-Nov	Mon	Day Program	Prog. Time 10 AM-3 PM
<b>29-Nov</b>	<b>Tue</b>	<b>Holiday Lights - PA 5 Consumers Needed</b>	<b>Bus Leaves PFI 5:00 PM</b>
30-Nov	Wed	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
30-Nov	Wed	Robbinsville Wii Games	Prog. Time 6:30 -9:00 PM

## Peanut Butter Toast with Skillet Cinnamon Apples



*This simple fall toast is great for breakfast, snack time, or even dessert.*

- 2 large apples, peeled, cored, and sliced
- 1 teaspoon lemon juice
- 2 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- Pinch of ground allspice
- 4 slices Dave's Killer Bread, Thin-Sliced 21 Whole Grains and Seeds
- 4 tablespoons creamy peanut butter
- Candied walnuts or pecans, chopped (optional)

1. Peel, core, and slice the apples. Drizzle lemon juice over the apple slices and set aside.
2. In a medium skillet, melt the butter over medium heat. Add the apple slices and cook until tender, about 5-7 minutes.
3. Add the brown sugar, cinnamon, and pinch of allspice. Stir until brown sugar is melted and cook for 2 minutes or until the mixture thickens. Remove from heat.
4. Toast the bread and spread peanut butter evenly on the slices. Top the peanut butter toast with the skillet cinnamon apples. Garnish with candied walnuts or pecans, if using. Serve immediately.



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