

New Horizons

Housing That Supports Independence



Project Freedom's 19th Angel Award Gala

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

Tim Doherty
Executive Director

Norman A. Smith
Associate
Executive Director

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Coordinator

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Social Services
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Office Manager

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“My Two Cents”

By *Tim Doherty, Executive Director*



Well, as I write these words, we are just approaching the holiday season—Thanksgiving and Christmas. Both holidays bring back memories, good and bad, for all of us. So with this column today, I have no rhyme or reason, just a “bits and pieces” kind of memories.

When I was a kid, we would go to my aunt’s home for thanksgiving each year. My cousin Mike had become paralyzed from an auto accident, and so the families gathered at his home, which was easier for Mike. My other aunt would come up from Delaware so that the three sisters, my mom and her two sisters could be together. We watched football before and after the meal, which often happens today. Invariably, my mom and her two sisters would get into a fight during the time they were together, then make up before everyone left. I am told this happens in a lot of families. Anyway, this was my first experience with someone who was physically disabled. My aunt and uncle rearranged their lives, and continued their jobs, while Mike was at home. I am sure that Mike had his bad days, but you wouldn’t know it when you met him—he was always so positive and had a great sense of humor.

Today, for thanksgiving, Marion’s brother and sister in law come up from North Carolina, and stay with us a few days. John likes to re-connect with old friends here and very much looks forward to coming back “home”. We gather family and friends and have a good crowd.

For Christmas, Mom always made sure the kids got what we wanted, in spite of my scrooge of a father. In his defense, he grew up in the Depression and was hungry for many days, so he watched every penny so that that would never happen to his family. We hosted Christmas so the relatives came over to our house and we had a great meal. Mom was in her glory.

As an adult, we often hosted a Christmas Eve “decorate the tree party”, for some of our neighbors. We put the decorations out, and they did all the work. Everyone had fun doing it. Marion would cook a big meal or we would go to one grandparents or the other grandparents on Christmas Day. When you are newly married, that’s what you have to do, to keep the peace. One year, our neighborhood decorated the outside with a “luminary” which is done by putting bags with lit candles and sand inside at the curbs, about ten feet apart, creating a beautiful lighting experience. It snowed that year, and all the neighbors lit their bags at night, to create a beautiful winter setting. We have since moved, but I am told the neighborhood continues this tradition.

Today, Marion and I spend our Christmas Eve in Church at midnight Mass as members of our church choir. Then on Christmas Day we have everyone over at our house. My brother and his wife come up from the shore, and bring the deserts—too many to mention, but suffice it to say, no one goes without desert. We exchange some gifts—crazy sweaters or funny hats—nothing too expensive. It’s the one time that I really get to spend some quality time with my brother who I don’t see much but we do talk weekly.

So, over the years, how we celebrate these holidays changes, but one thing that seems to stay the same, is the family getting together around a good meal. Being a part of each other’s lives and sharing that time is what these holidays should be all about. Hope your holidays are also filled with the presence of loved ones. Happy Holidays.



FROM NORMAN'S DESK



December is a time of celebration and gift giving. My gift to our readers is a short column so other news can have my space.

The Holiday Season is both a time for giving and saying thanks. Project Freedom has a lot of supporters, and we thank each of you for giving us your support throughout the year.

We have had another successful year with Freedom Village at Westampton bringing 72 more apartments online. We also held two great fundraising events, and we have held many refreshing recreation trips and programs run by dedicated staff and resourceful volunteers. We thank all that participated. You make Project Freedom strong and productive.

Project Freedom is moving forward into our 33rd year of advocating for people with disabilities exercising their right to live in the community.

This is the season for giving, and if you are so inclined to give to Project Freedom, it is not too late to become a 2016 Supporter! Your gift will be appreciated and acknowledged by yours truly.

Meanwhile, I hope all of readers have wonderful and joyous holidays, receive the gift of peace and love, and have the companionship of those dearest to you.

Norman A. Smith,
Follow me on Twitter @normansmith02
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Get Protected - Fake Emails From Social Security Scam

Reprinted from 2016-02-09 AARP Illinois at www.aarp.org

"The email looks and sounds official; some of them even include mention of the SAFE Act of 2015."

As if getting aggressive and fake calls from the IRS or credit card companies wasn't enough to be on the lookout for, consumers also need to be wary of fake emails claiming to be from the Social Security Administration as they contain malware just waiting to infect their computers. Recently the Federal Trade Commission caught on to this new scam and with the help of AARP Fraud Watch Network is warning people to be aware and help stop fraudsters.

"Being aware of all the scams circulating these days seems overwhelming," said AARP Illinois Communications Manager, Gerardo Cardenas. "It really feels as if a new scam is announced every week, but having this information and knowing what to be aware of is critical to keep yourself, your hard-earned money, and your identity safe."

The scam comes in the form of an email seeming to be sent from the Social Security Administration with the subject line "Get Protected." It appears as if the SSA is offering exciting new features for consumers to monitor their credit and learn whether someone is engaging in unauthorized use of their Social Security. The email looks and sounds official; some of them even include mention of the "SAFE Act of 2015." Sounds too good to be true, doesn't it?

However, the SSA is not offering any kind of program and what you are being sent is referred to as a "phishing" email designed to get you to click on the link. Doing so can cause malware to be installed on the computer contaminating it with viruses and spyware. Or it could take you to a "spoof" site designed to look like the SSA's website requesting you provide personal information like your Social Security number and bank or credit account information.

Should you find an email in your inbox you think might be suspicious:

DO NOT click on any links. Report it immediately to the Federal Trade Commission by forwarding it to spam@uce.gov.

To decide if it's real "hover" your cursor over the address link. If it's fake you'll see that the address is an unrelated .com address, not the .gov address it appears to be.

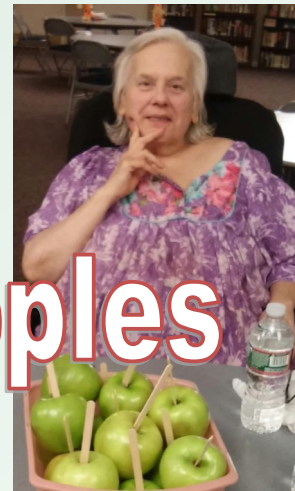
If it ended up in your junk folder, it's because your email filters recognized the email wasn't authentic. If you're unsure of whether the email is coming from the government, call them yourself. But use an email address you find yourself, not the contact info listed in the email. Otherwise you'll be redirected back to the scammer and they'll attempt to convince you everything in the email is real.

In 2014, AARP launched the Fraud Watch Network to arm Americans with the tools and resources they need to spot and avoid scams and identity theft. But scammers are still out there, making every attempt possible to cheat consumers out of their hard-earned money. **The public can sign up for free to receive Fraud Watch Network alerts and more at www.aarp.org/fraudwatchnetwork**



Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
6-Dec	Tue	Hamilton Baking with Dana	Prog. Time 5:00 -8:00 PM
7-Dec	Wed	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
8-Dec	Thu	Hamilton Holiday Concert	Bus Leaves PFR 5:30 PM
22-Dec	Thu	Hamilton Holiday Games	Prog. Time 5:00 -7:00 PM
29-Dec	Thu	Hamilton New Year's Eve Craft	Prog. Time 5:00 -7:30 PM



Making candy apples



Lawrence Goings On

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



Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
2-Dec	Fri	Robbinsville Tree Decorating	Prog. Time 6:30 -9:30 PM
7-Dec	Wed	Robbinsville Centerpiece Making	Prog. Time 6:30 -9:00 PM
12-Dec	Mon	Robbinsville Baking with Dana	Prog. Time 6:30 -9:00 PM
14-Dec	Wed	Robbinsville Holiday Games	Prog. Time 6:30 -9:00 PM
19-Dec	Mon	Robbinsville Holiday Movies	Prog. Time 6:30 -9:00 PM
28-Dec	Wed	Robbinsville New Year's Eve Craft	Prog. Time 6:00 -9:30 PM

Making pumpkin corn bread



Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
12/6/16	Tues	Heart to Hearts Chair Massage	1:15PM-3:15 PM
12/9/16	Fri	Mercer Home Health Hosting POKENO	3:00PM-4:00 PM
12/14/16	Wed	Mall Trip for Hopewell Tenants	Bus Leaves PFH 9:30 AM
12/15/16	Thurs	Tenant Holiday Gathering/Meeting	4:00PM-7:00 PM
12/28/16	Wed	Heart to Hearts Chair Massage	9:30AM-11:30 AM

Angle Oar Paddle Design Opens Kayaking to Seniors and People with Disabilities

"The Angle Oar, which has design elements of both a paddle and an oar, rests upon a centrally mounted post that sits on the floor of the kayak and absorbs the weight of the paddle."

Until now, in order to kayak, a person had to have two fully functioning arms, strong back and core muscles, an absence of shoulder injuries, and cardiovascular endurance. Those preconditions have now been eliminated thanks to the introduction of a new "weightless" kayak paddle, called the Angle Oar.

Angle Oar, LLC, based in San Luis Obispo, CA, will soon begin offering a newly patented kayak paddle to marketplace. The paddle will open up kayaking to millions of new enthusiasts of varying ages and abilities, including people with physical disabilities, senior citizens, one arm amputees, kayak anglers, children and novice kayakers who want to enjoy the sport without the physical exertion it normally entails. "The Angle Oar is not intended to replace, improve upon or mimic a traditional kayak paddle. The stroke patterns and maneuverability are very different. Instead, it gives people who would never have been able to kayak, due to strength limitations or health conditions, the opportunity to do so," said Meg McCall, president of Angle Oar.

That includes people like Nicole Studebaker, a Michigan woman with Ehlers-Danlos syndrome, a disorder that affects the formation of connective tissue. "I had both of my shoulders repaired surgically a few years back, so I'm hesitant to kayak for even short distances. I've been all over the Internet for months looking for a product like this. It will impact so many people," said Studebaker.

The Angle Oar, which has design elements of both a paddle and an oar, rests upon a centrally mounted post that sits on the floor of the kayak and absorbs the weight of the paddle. The two shafts each angle downward roughly 25 degrees and rotate about a clevis and post. The paddle can also be removed from the mount and used as a traditional straight paddle (i.e., 180 degrees). The Angle Oar system eliminates the torso rotation, shoulder and upper body movement normally required to propel a kayak. Instead, the paddler uses a simple rotary movement of the forearms - much like pedaling a bicycle - to operate the paddle. As a result, even someone with one arm can easily use the paddle. "The Angle Oar is a great way for people to paddle with only one arm, whether for people who can only use one side or for fishermen who want to paddle with one arm and fish with the other," said Tom Reilly, ACA-certified paddling instructor and owner of Momentum Paddle Sports.

The device was designed by avid outdoors-man and retired engineer, Jim Van Gompel, who took up kayaking a decade ago at age 75. With more than 60 patents to his name, Van Gompel knew there was a way to reduce the physical exertion required to enjoy a day of fishing and kayaking. His daughter, Meg McCall, a former IT marketing executive, is heading up the company. "When I first saw the Angle Oar, I knew instantly that it would fill a tremendous unmet need, particularly in the adaptive paddling arena," said McCall, "I love it, too. I can paddle for hours without breaking a sweat, which means I can focus more on the beauty of my surroundings."



Jim Van Gompel Using the Angle Oar in an Orange Kayak

Service & Therapy Dogs: ADA & State Rights

Differences between a Service Dog and a Therapy Dog

The differences between **Service Dogs and Therapy Dogs** are very noticeable from the perspectives of services provided and legal perspectives. The terms, 'Service Dog,' and, 'Therapy Dog,' are not meant to be used as equivalents and should not be used to mean the same thing; they are not. According to Federal Law, a Service Animal is not a pet. The Americans with Disabilities Act (ADA) states that a Service Animal is any animal that has been individually trained to provide assistance or perform tasks for the benefit of a person with a physical or mental disability which substantially limits one or more of the person's major life functions. In addition, a number of states in America have laws following Federal Law in greater detail. A Therapy Dog is one that is trained to provide comfort and affection to people in long-term care, hospitals, retirement homes, schools, mental health institutions, and other stressful situations to include disaster areas. Therapy Dogs provide people with animal contact; people who may or may not have a form of disability. Therapy Dogs work in animal-assisted activities and animal-assisted therapy. The dog is commonly owned by the person handling it, who considers the dog to be a personal pet. Service dogs are trained on an individual basis to perform tasks that assist their handlers with disabilities. There are a number of types of service dogs and numerous types of tasks they may perform depending upon the needs of their particular handler's limitations and abilities. One example of a service dog is a **Guide Dog** that is trained to assist a person who experiences a loss of vision.

Mobility Dogs are service dogs that are trained to retrieve items, push buttons, or open doors for their handlers. These service dogs might help people with disabilities with balance, transferring from one place to another, or walking.

A Hearing Alert Dog is a service dog that is trained to alert its handler to sounds. Hearing Alert Dogs can be trained to alert handlers with hearing impairments to sounds such as doorbells, oven alarms, fire alarms, and other sounds that require attention.

Seizure Alert Dogs or Seizure Response Dogs, are also sometimes referred to as, 'Medical Alert Dogs.' These service dogs alert to oncoming seizures and are trained to respond to them by either retrieving assistance, or remaining by the person's side until help comes. Other Medical Alert Dogs are trained to alert to oncoming medical conditions that might include diabetes, a panic attack, a heart attack, or post-traumatic stress disorder for example.

Another form of service dog is an **Autism Service Dog**. Autism Service Dogs can be trained to alert their handlers of particular behaviors so the person might respond to the behaviors in a desired fashion.

Therapy Dogs often work with their handler during sessions. The Therapy Dog and its handler make visits to others in a number of settings and are the most common source of Therapy Dogs. Handlers of these dogs might be health care professionals who are members of the staff of a particular facility, or volunteers.

Service Dogs and Rights

It is very important to remember that Therapy Dogs do not have the same rights as handlers of Service Dogs. Handlers of Service Dogs are protected under the ADA because of the disability the handler experiences. The distinction is highly important, and there should be no misunderstanding that it is the Person with a Disability who is the handler of the Service Dog that has rights under the ADA; not the dog. The Service Dog is allowed access based upon the rights of the person with a disability.

For example; in the State of Colorado, a person with a disability has the right to be accompanied by an assistance dog that is specially trained for the person without being required to pay an extra charge for the assistance dog. This is true in relation to housing as well, such as places that are for rent, lease, or other compensation within the state. In Colorado, a person with a disability is exempt from any state or local licensing fees or charges that might apply in other instances in relation to the ownership of an assistance dog. Anyone who wrongfully obtains or exerts unauthorized control over a dog guide or service animal with the intent to deprive the dog guide or service animal user of their service animal is guilty of first degree theft in Colorado. Your state may have similar laws in place that support the ADA rights you have as the owner of a Service Dog.

Types of Service Dogs may include, but are not limited to:

- Guide Dog
- Mobility Aid Dog
- Seizure Alert Dog
- PTSD Service Dog
- Hearing Alert Dog
- Diabetes Alert Dog
- Migraine Alert Dog
- Narcolepsy Alert Dog
- Seizure Response Dog
- Psychiatric Service Dog
- Narcolepsy Response Dog

Reprinted from *Disabled World* 2015-03-11



New Rule Requires US Airlines to Report Wheelchair and Scooter Transport Damage

Published: 2016-11-07 -- U.S. Department of Transport final rule may relieve some air travel challenges for passengers with disabilities. Contact: For further information please contact Paralyzed Veterans of America at pva.org "...airlines will be required to provide to DOT on a monthly basis, the total number of wheelchairs and scooters that are placed in aircrafts' cargo compartments"

Beginning with flights taking place on or after January 1, 2018, these airlines will be required to provide to DOT on a monthly basis, the total number of wheelchairs and scooters that are placed in aircrafts' cargo compartments.

Airlines will also need to report how many of those wheelchairs and scooters were "mishandled." DOT considers a wheelchair or scooter to have been mishandled if lost, delayed, damaged, or pilfered. "Damage to wheelchairs is a top concern for our members," said Al Kovach, Jr., national president of Paralyzed Veterans. "We hope that these ethics will provide data that will reveal specific areas in which training may be needed to reduce damage and fulfill the requirements and spirit of the Air Carrier Access Act (ACAA)."



Paralyzed Veterans submitted comments in response to DOT's proposed rule in 2011.

While supporting the proposed rule, Paralyzed Veterans noted that such information would provide the evidence needed to show a pattern or practice of mishandled wheelchairs and scooters, which could lead to enforcement through civil fines under the ACAA. Although not included in the final rule, Paralyzed Veterans also supported extending it to include other types of mobility devices and to cover devices stowed in the cabin.

In January, Paralyzed Veterans launched a website in honor of the 30th anniversary of the ACAA, where individuals with disabilities can share their air travel experiences, both positive and negative. These stories will help Paralyzed Veterans continue to advocate for improved access in air travel. The website can found at www.airaccess30.org

Paralyzed Veterans of America is the only congressionally chartered veterans service organization solely for the benefit and representation of veterans with spinal cord injury or disease. For 70 years, we have ensured that veterans have received the benefits earned through their service to our nation; monitored their care in VA spinal cord injury units; and funded research and education in the search for a cure and improved care for individuals with paralysis. As a partner for life, Paralyzed Veterans also develops training and career services, works to ensure accessibility in public buildings and spaces, provides health and rehabilitation opportunities through sports and recreation and advocates for veterans and all people with disabilities. With more than 70 offices and 34 chapters, Paralyzed Veterans serves veterans, their families and their caregivers in all 50 states, the District of Columbia and Puerto Rico. (www.pva.org)

Reprinted from the Air Travel section of Disabled World.

December General Recreation

Club Freedom Events Highlighted

5-Dec	Mon	Day Program	Prog. Time 10 AM-3 PM
9-Dec	Fri	Holiday Lights - PA - 5 Consumers Needed	Bus Leaves PFI 5:00 PM
12-Dec	Mon	Day Program	Prog. Time 10 AM-3 PM
13-Dec	Tue	Mall Trip Moorestown - 5 People Needed	Bus Leaves PFR 9:30 AM
15-Dec	Thu	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
17-Dec	Sat	Holiday Play Burlington - 5 People Needed	Bus Leaves PFR 9:30 AM
19-Dec	Mon	Day Program	Prog. Time 10 AM-3 PM
21-Dec	Wed	Mall Trip Neshaminy - 5 People Needed	Bus Leaves PFR 9:30 AM
23-Dec	Fri	PF Offices Closed Happy Holidays!	
25-Dec	Sun	Happy Holidays!!	
26-Dec	Mon	PF Offices Closed	
28-Dec	Wed	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
30-Dec	Fri	Monster Jam - Sun Center	Bus Leaves PFR 11:00 AM
31-Dec	Sat	New Year's Eve - Be Safe!	
1-Jan	Sun	Happy New Year!	

Dec 2
Louise Gernhardt

Dec. 5
Jackie Bonnani-Rubino
Vivian Lavelle

Dec. 7
Tom Hoyer

Dec. 10
Ronnie Lloyd

Dec. 11
Mary Edmondson

Dec. 12
Joyce Reed

Dec. 23
Mike Willis

Dec. 27
Marge Mushak

HAPPY BIRTHDAY!

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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

