

New Horizons

Housing That Supports Independence

Despite Disability - You Can Work

Reprinted from Disabled World. By Caylee Shea www.ignite-chronicinsight.com



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Welcome to 2017!

I can't work! My backs too sore, my belts too tight, my booty shakes from the left to the right! From the left... to the right! From the left, to the right, to the left, to the right! Haha (that is part of a camp song)

Living with disabilities provides many challenges and emotional pain. Despite reminding myself every day that I am still valuable, those moments creep in and the little voices in my head fill me with doubt... am I a burden?

We'll tell those voices to go take a nap!

I am not a burden. You are not a burden. We are just 'delightful weirdos' with eccentric bodies. Our bodies don't always function properly, but we don't give up! But... wouldn't it be nice if we could bring in a little extra income? I mean, 2017 is going to be The BEST Year yet, right??

So, let's make some cash-o-la!

Throughout the years of being ill I have compiled a list of ideas for us that can't physically do the typical 9 to 5. So, check it out and let me know what you think! Also, if you have any additional ideas, please do comment below!

For the artistic and crafty! - This is a website you can sell your crafts online! And, it was created by someone with disabilities and made for people with disabilities! Check it out: www.consciouscrafties.com

For at-home employment! Try a job in customer service, technical support, quality control or many others. Check out:

- www.ntiathome.org
- www.arise.com
- www.VIPdesk.com
- www.Liveops.com
- www.convergys.com

Search Engine Evaluator: \$9 to \$10 an hour

- www.leapforceathome.com
- www.appenbutlerhill.com

Survey Taker: Make \$1 to \$50 per

survey

- www.darwinsdata.com
- www.marketforce.com
- www.pineconeresearch.com
- www.paideviewpoint.com

Website Tester: Can pay \$10 to \$15 per test

- www.usertesting.com
- www.youeye.com
- www.userlytics.com

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2016 Gala Sponsors
Who Help Make
Project Freedom's Mission Possible***

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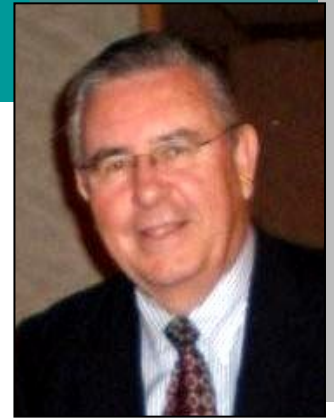
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“My Two Cents”

By *Tim Doherty, Executive Director*



I am pleased to announce that on February 8, 2017, West Windsor Planning Board, voted to approve our new housing community, known as “Freedom Village at West Windsor”. A mirror of our Hopewell, and Toms River Communities, West Windsor will be comprised of 72 rental apartments, with a mix of one, two and three bedroom units, along with a large community center. Our two story design features brick face along the bottom front, dormer style roof lines, Hardie Board siding and balcony entrances. Elevators in all buildings allow anyone to live on either floor, and all units will be Energy Star Efficient, with full kitchens and baths.

It was gratifying to see the support that night, with many parents and advocates coming out to speak on behalf of this project. Resident Nantanee Koppstein voiced support for Project Freedom during the public comment period of the meeting. She moved to West Windsor in 1986 and she said her 29 year- old daughter would benefit from such housing. “ I know of multiple families in West Windsor with the same objectives of remaining in the township as empty nesters once their adult children move to Freedom Village” Koppstein said.

The West Windsor location is ideal in many ways. First of all, it will be part of a larger community built by Toll Bros, which will be comprised of Townhomes, apartments and retail space, along with long term suites for business persons. It is located within walking distance of the Train station, so it will facilitate anyone who lives there, to be able to commute north or south. It will be part of the transit village area, which will encompass the train station, along with shopping and other businesses located off of Rt. 571.

It was said that this project was in the making since 2003, and I should know, since I was the first to contact West Windsor on this project. I did have a great advocate at the time, in long time board member, Florence Cohen, who at the time, served on the WW Affordable Housing Committee. Being a part of the Project Freedom board gave Florence great insight into what we do, and of course, also being the parent of disabled young adult, she knew how much this kind of housing could mean to someone who was disabled. Her son Jason has lived at our Robbinsville site since he graduated from college.

Finally I want to give Kudos to our own Tracee Battis, Director of Housing Development who led our team that night during our hearing and presentation. Our attorney John Dumont, ESE engineers, Andy Grover and Jay Kruse, Mike Callahan and Joe McKernan architects, as well as West Windsor officials Sam Surtees, all provided a good picture of our project and the reasons for approval. I especially want to thank West Windsor mayor Shing-Fu Hsueh for his steadfast, unwavering support for our project. All in all, a good nights work.

From Norman's Desk



My mantra for emergency preparedness applies well for advocacy or political engagement: Be Aware to Be Prepared.! The following article describes some plans that some elected officials have for Medicaid. It is not definite, and it could be changed if enough folks—especially folks with disabilities speak up about or concerns. If this article causes you concern, worry, or even fear, then maybe it is time to become engaged as advocates!

Norman A. Smith, Associate Executive Director -

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With Talk Of Medicaid Changes, Waiver Services May Be At Risk

by Michelle Diament –DisabilityScoop.com February 2, 2017

The Trump administration is planning to fundamentally alter Medicaid, a move that could mean big changes to everything from health care to home and community-based services waivers for people with developmental disabilities.

President Donald Trump and his top advisors have indicated that they support moving to a block grant system for Medicaid. Though details are scant, such a shift may mean significantly less funding for Medicaid and greater control at the state level. Currently, Medicaid programs are administered by the states, but they must meet certain federal requirements. In exchange, states receive matching grants from Uncle Sam, with no set cap.

Under a block grant system, however, states would likely get a finite amount of federal dollars for their Medicaid programs and more autonomy to set rules affecting everything from eligibility to coverage.

The prospect of such a dramatic shift has disability advocates bracing.

"We are very, very concerned," said Marty Ford, senior executive officer for public policy at The Arc. Individuals with developmental disabilities depend on Medicaid for everything from medical services to critical supports to help them live in the community.

Ford said that shifting to block grants could lead to eligibility changes, coverage cutbacks and longer waiting lists for Medicaid home and community-based services waivers, among other consequences. "The reality is, this would be done to cut federal funding," she said. "States generally do not have the ability to run a deficit under their constitutions so that puts more pressure on making cuts to the program."

Republicans have yet to release any details about how exactly a block grant system might work. But Kellyanne Conway, Trump's counselor, recently confirmed in an interview with NBC's "Sunday Today" that block grants will be a key piece of the president's effort to replace the Affordable Care Act. Moving to a block grant approach would ensure that "those who are closest to the people in need will be administering it," Conway said, adding that this change would "cut out the fraud, waste and abuse."

Talk in Washington of such sweeping change to Medicaid is leaving providers of home and community-based services across the nation nervous, according to Gabrielle Sedor, chief operations officer at the American Network of Community Options and Resources, which represents more than 1,000 organizations providing services to people with disabilities.

“We’re hearing a lot of apprehension because (providers) don’t know what to expect and they don’t know what the administration intends,” Sedor said. “With intellectual and developmental disability services, it’s almost completely funded by Medicaid, so when you talk about changes, the impact is very direct.”

The prospect of drastically altering Medicaid comes as the program is strained, with waiting lists in most states for waivers and providers struggling with high staff turnover. A block grant approach would likely exacerbate those issues, advocates say.

“The bottom line is that Medicaid is already way underfunded,” said Julia Bascom, executive director of the Autistic Self Advocacy Network. “You see this already in states that have waiting lists and low wages for direct support professionals and the fact is that this is just going to get worse with block grants.”

Advocates said that they’re actively talking to lawmakers on Capitol Hill about the importance of Medicaid to people with developmental disabilities and they’re encouraging stakeholders to do the same. Such conversations are vital since some lawmakers don’t realize how Medicaid serves people with disabilities, instead thinking of it merely as a “poverty program,” Bascom said.

Continued from Page 1

For the ambitious! Become an entrepreneur and start your own company! Here are some ideas:

- Virtual Assistant- start your own company that helps other local businesses with paperwork, phone calls and other online needs. Call local companies and see if they are in need of an assistant or help with their website.

- Copywriter

Virtual Tutor - You can start your own company or check out one these employers:

- www.tutor.com
- www.tutorvista.com
- www.tutorzilla.com

If you have many interests and want to make a company including all of them, don't settle! Check out this website for how to start your own company while including ALL of your talents:

www.puttylike.com/renaissance-business/

Check out these websites!:

- www.disabilityjobexchange.com
- www.recruitdisability.org
- www.abilityjobs.com

Also, if you haven't applied yet, try applying for Disability. I know it isn't right, but not all disabilities "qualify". But check it out and apply! www.ssa.gov (Know that the majority of people that apply for disability are denied on the first attempt. In fact, I was denied back when I first applied. You must appeal there decision and keep trying. I did receive disability after appealing their decision and applying again.)

Depending on your level of Physical ability, consider one of these:

- Drive for UBER or LYFT
- Become an AVON Rep

If you're interested in going back to school, but seek something less physically demanding:

- Graphic Designer
- Telephone Nurse
- Virtual Tutor

Check out this website for other career ideas: www.trade-schools.net/careers-for-people/who-are-disabled.asp

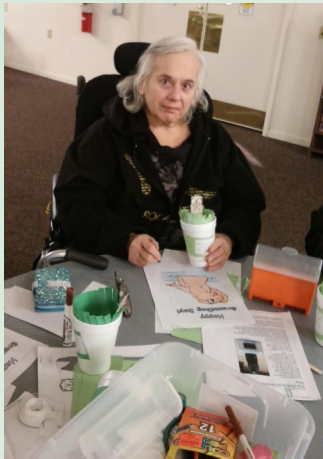
PLEASE DO BE CAUTIOUS OF SCAMS!!!

AVOID any website that sounds too good to be true, they require a fee to start, there are complaints online when you research them, or the website has no contact information.



Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
3-Mar	Fri	Hamilton Cooking with Dana	Prog. Time 5:00 -7:30 PM
7-Mar	Tue	Hamilton Crafts - Centerpieces	Prog. Time 5:00 -7:30 PM
9-Mar	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
15-Mar	Wed	Hamilton Cooking with Dana	Prog. Time 4:00 -8:00 PM
28-Mar	Tue	Hamilton Wellness Class	Prog. Time 5:00 -6:30 PM



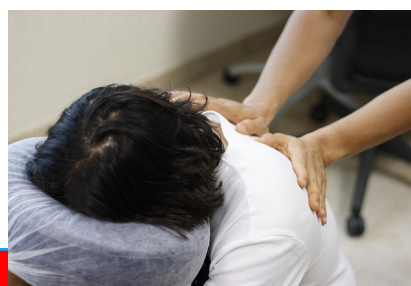
Lawrence Goes On

DATE	DAY	PROGRAM (in Community Room)	TIME
1-Mar	Wed	Lawrence Games	Prog. Time 10 AM- 12 PM
9-Mar	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
22-Mar	Wed	Lawrence Games	Prog. Time 1:00 – 3:00 PM



Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
2-Mar	Thu	Robbinsville Baking with Dana	Prog. Time 6:30 -9:00 PM
8-Mar	Wed	Robbinsville Games	Prog. Time 6:30 -9:00 PM
13-Mar	Mon	Robbinsville Movies	Prog. Time 6:30 -9:00 PM
23-Mar	Thu	Robbinsville Cooking with Dana	Prog. Time 5:00 -8:00 PM
29-Mar	Wed	Robbinsville Wellness Class	Prog. Time 6:30 -9:00 PM



Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
3-Mar	Fri	Mercer Home Health hosting POKENO	3:00 PM - 4:00 PM
7-Mar	Tue	Heart to Hearts Chair Massage	1:15 PM - 3:15 PM
16-Mar	Thu	Tenant Meeting and Healthy Home Guide Training	4:00 PM
22-Mar	Wed	Heart to Hearts Chair Massage	9:30 AM - 11:30 AM

Emergency Preparation Class Brings Necessary Information To Tenants

On Wed, Feb 15, Traci Burton (signing) and Colleen Roche from the NJ Dept of Human Services Disability Services teamed up to provide the Lawrence tenants with a very informative meeting to explain what people should do to prepare for emergency situations. The NJ State Police Office of Emergency Management provided everyone a “go bag” filled with items necessary to sustain a person for up to three days...including body warmers, food and water packets.

Everyone got a chance to ask questions and was glad they attended the meeting.



Deborah Hospital Staff Brings Christmas Cheer to Lawrence Tenants

During the years that Project Freedom has been helping people keep their dignity and independence, it has been blessed to have a number of benefactors assist with various programs and activities for tenants. Recently, however, a number of angels from the Deborah Heart and Lung Center decided to give our Lawrence tenants a special celebration at the annual Christmas Holiday party. Word got around that Michelle, a staff nurse in the hospital wanted to give tickets for a free clothes wash and dry for everyone at the Lawrence PF holiday party. Many of the hospital staff decided to join in the gift giving and donations came pouring in, allowing Michelle to provide silent auction prizes for the party. Michelle and Gene, her husband, became the masters of ceremony, as well as putting together take home goodie boxes of personal and household supplies for every tenant. We regretfully ran out of time to include this Thank You in our last newsletter, but wish to thank everyone from the bottom of our hearts for the wonderful party the staff of Deborah Heart and Lung Center provided.

As they say, pictures are worth a thousand words!
words words!





Happy Birthday

March 7

Trey Shepherd

March 9

Jennifer Doherty

March 11

Brianna Ward

March 25

**Dennis Helfritch
Felicia LeBron**

March 27

Kittie Wisniewski

Happy Anniversary

March 27

**Kittie & Frank
Wisniewski**



For Club Freedom Members Only

Home Games Schedule

April 15 - 1:00 pm game— Bus leaves 11:30 am

May 13 - 7 pm game—Bus leaves 5:00 pm

July 8 - 7 pm game—Bus leaves 5:00 pm

July 22 - 7 pm game—Bus leaves 5:00 pm

August 5 - 7 pm game—Bus leaves 5:00 pm

August 26 - 7 pm game—Bus leaves 5:00 pm

\$8.00 per game— call Mary or Esther

609-448-2998



March General Recreation

Club Freedom Events Highlighted

6-Mar	Mon	Day Program	Prog. Time 10 AM-3 PM
7-Mar	Tue	Parx Casino - Philadelphia - 5 People Needed	Bus Leaves PFR 9:30 AM
13-Mar	Mon	Day Program	Prog. Time 10 AM-3 PM
15-Mar	Wed	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
16-Mar	Thu	Columbus Indoor Farmers Market	Bus Leaves PFR 9:30 AM
17-Mar	Fri	Happy St. Patrick's Day	
18-Mar	Sat	Ringling Bros. Circus - Closed	Bus Leaves PFI 11:30 AM
20-Mar	Mon	Day Program	Prog. Time 10 AM-3 PM
21-Mar	Tue	Movies—Hamilton AMC 24	Bus Leaves PFR 10:00 AM
23-Mar	Thu	Mall Trip Quaker Bridge 3 People Needed	Bus Leaves PFR 9:30 AM
25-Mar	Sat	Dine Out - Dinner - Cracker Barrel	Bus Leaves PFR 4:30 PM
27-Mar	Mon	Day Program	Prog. Time 10 AM-3 PM
28-Mar	Tue	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
29-Mar	Wed	Equestrian Riding at Hopewell	Prog. Time Varies

Project Freedom Inc.
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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

TRIPS

MOVIES

Join the PF Day Program
Mondays from 10:30 -2:30 pm
Call 448-2998 if interested

GAMES

ARTS & CRAFTS