

New Horizons

Housing That Supports Independence



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Park Honoring Franklin Roosevelt Excludes Disabled people, Suit Says

By Ele Rosenberg, The New York Times March 166, 2017

A New York park honoring President Franklin D. Roosevelt, who used a wheelchair for years, is not fully accessible to disabled people, according to a class-action suit filed against the state and the conservancy that runs the park.

The strongly worded complaint, filed Thursday in federal court in Manhattan, accuses the Four Freedoms Park on Roosevelt Island of the “systemic, discriminatory exclusion” of people who use wheelchairs, scooters and other motorized devices from full access of the park. The complaint says that this is not only in violation of the Americans With Disabilities Act, which prohibits discriminating against people with disabilities in public facilities, but also violates state and local statutes.

“Such blatant violation of disability law is tragically ironic in light of the fact that President Roosevelt himself used a wheelchair for mobility after becoming paralyzed from polio,” the lawsuit states.

The four-acre park on the southern tip of the island was designed more than four decades ago by the renowned architect Louis Kahn, before the A.D.A. took effect. But construction did not begin until 2010, as the lawsuit notes, and it opened in 2013.

An elevated lawn lined with trees that forms a significant portion of the park’s space is accessible to wheelchairs from the far end of the park’s entrance, on paths of uneven paving stones, gravel and grass, the lawsuit charges.

“The combined effect of the increased distance, uneven surfaces, and vertical incline makes the monument substantially inaccessible to those with mobility disabilities.”

Nor is the gift shop fully accessible, nor the bathroom A.D.A. compliant, the suit says. And most strikingly, the terrace at the end of “the room” — an open granite enclosure at the southernmost tip of the park — that looks out over the East River is only accessible by stairs, and therefore “entirely inaccessible” to many disabled visitors.

The three individual plaintiffs named in the lawsuit — Phil Beder, Milagros Franco and Edith Prentiss — all use wheelchairs.

Ms. Prentiss felt like a “second-class citizen” after visiting that section of the park, the lawsuit notes; Ms. Franco left disappointed and angry; and Mr. Beder was deeply offended by the feature.

Last year, the city clashed with the nonprofit conservancy behind the park over these accessibility issues, withholding a permanent certificate of occupancy and thousands of dollars of financing. The conservancy noted that some improvements had been made to Mr. Kahn’s original design and defended the final version.

Sally Minard, the president and chief executive of the conservancy, said at the time that the consequences of adding ramps to the terrace “seemed to outweigh the value.”

“The decision was not seen as a problem because we believed then, as we do now, that the park more than meets the requirements for accessibility for those with a disability, and that the memorial as a whole is A.D.A. compliant,” she said.

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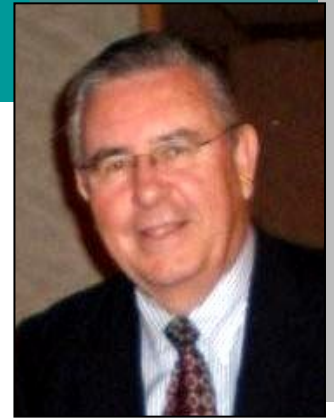
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“My Two Cents”

By *Tim Doherty, Executive Director*



I just got a call from my boyhood best friend, inviting Marion and me to dinner. He and his wife are celebrating their 45th wedding anniversary, and so they wanted to share that event with a few friends and celebrate. Now he and I were friends since childhood, however we don't see each other very much during the year, but do try to do special things like this when they take place.

His call got me thinking of the friends that I have made over the years. Surprisingly I think that I have very few people I would call “friend”. I have many acquaintances, and people that I know and see in church each week, but wouldn't call them real Friends. Friends are people whom you have a solid connection with, share some history or special circumstance and have a personal fondness for. There's a mutual “Likeability” for each other such that we enjoy each other's company and look forward to being with each other.

Making and keeping friends as we go through life is something that all people struggle with—disabled or non-disabled, and it requires effort on our part to develop and keep those relationships going. Now I know that because we live a very busy life, it doesn't provide a lot of time for fostering friendships. Marion and I often talk about making time for friends and inviting so and so to dinner, but seldom get to making the call. We even made that a “New Years” resolution one year, and like many of those, we just didn't follow through, letting time get away. But as time marches on, it becomes even more important to maintain our old friends and develop new ones. We hope to do that by first trying to schedule time within our daily routine, planning for more opportunities and not over scheduling every moment of our lives.

We are also looking at some of our acquaintances to see whose company we enjoy to open up new relationships. This is happening to us now, as we are planning our 50th High School reunion, and meeting with some classmates to plan for our Gala, re-introducing ourselves once again. Sharing our high school experiences certainly has provided some great memories and lots of laughs.

So, Friends are important to us all, and developing them is something that we all struggle with but need to do in life. Knowing that there is someone out there that we can rely on for help and support is something all of us need, to make our lives more enjoyable.

From Norman's Desk



The story below from CNN reinforces my passion to promote, support, and defend the Americans with Disabilities Act (ADA) and other civil rights laws. When Project Freedom came into being in 1984, people with disabilities were regularly and legally discriminated against in employment. I know firsthand because I was told directly by an employer that my disability was the only reason I could not be hired as a reporter/writer.

Back then, the former Marine in this article below may have been able to be employed in a worthwhile job, maybe as a public employee because of his veteran status, but he definitely would not have been able to get his "lifelong dream" job.

Getting this job is, first and foremost, a testament to this Marine's determination to adapt to his disability both physically and psychologically, use technology to compensate for his disability, and to pursue a career that will challenge his abilities. In addition, getting this job affirms the value of the ADA to people with disabilities who want works and follow their dreams despite of discriminatory attitudes and practices.

Norman A. Smith, Associate Executive Director -
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Marine double amputee becomes cop in New York

By Lauren del Valle, CNN, Fri March 24, 2017

New York (CNN)A former US Marine left a double amputee after stepping on an explosive device in Afghanistan has become a police officer in New York.

Matias Ferreira, 28, will be one of a few active duty police officers in the entire country that are double amputees. Ferreira, fulfilling a lifelong dream to become a cop, is the first double amputee to join the Suffolk County Police Department in Long Island, New York, according to a Suffolk County Police press release.

Ferreira lost both of his legs below the knees after stepping on an improvised explosive device (IED) while serving in Afghanistan in 2011.

More than 40 members of Ferreira's graduating class are also military veterans. His fellow newly minted officers voted him their class president.



"On behalf of the entire Suffolk County Police Department, we are honored to have these young men and women joining our ranks tomorrow and dedicating their careers to serving the residents of Suffolk County," Police Commissioner Timothy D. Sini said in a statement.

10 Steps to Help You Fill Your Grocery Bag Through SNAP

Learn If You or Someone You Know Might Be Eligible for the Supplemental Nutrition Assistance Program (SNAP).

Use the Internet Tool. If you want to find out if you could be eligible, check out the Internet tool at www.snastep1.usda.gov. Your local library usually has computers you can use.

Call or Go to the Local SNAP Office. If you think you might be eligible, call or go to the local SNAP office. Look in the blue pages of your phone book under “Social Services” or “Human Services” to find the number. If you need help finding your local SNAP office, call the national toll-free SNAP information line at 1-800-221-5689.

Get an Application Form. There are five ways to get an application form:

- Pick it up at a local SNAP office, or
- Call the local SNAP office. Ask the worker to mail it to you, or
- Ask the SNAP worker if there are other places where you can pick up the form, or
- Print the form from your State’s web page, or
- Apply online (This is not yet available in all States).

Fill Out the Application Form. Fill out the SNAP application form as much as you can. If you need help, ask the SNAP worker. You can ask a friend or people who work at places like legal services or food banks to help you fill out the form.

Return the Application Form to the SNAP Office. Get the application form to the SNAP office as quickly as possible by taking it to the local SNAP office, mailing or faxing it, or by submitting it online where States provide this option. If you pick up your application form at a SNAP office, put your name and street address on the form and sign it. Leave that part of the form (usually the first page) at the SNAP office. This starts the process and helps you to get healthy food sooner, if you are eligible. Take the rest of the form with you to fill out later.

Make an Appointment for an Interview. Make an appointment for an interview with a SNAP worker. If you are at a SNAP office, ask the SNAP worker to write down what you need to bring to the interview. If you are calling for an appointment, ask the SNAP worker what you should bring.

Here are examples of some papers that you might need to bring:

- Driver’s license or State identification card;
- Birth certificate;
- Pay stubs;
- Agency letter showing money received, like Social Security, Supplemental Security Income (SSI), Veterans Affairs (VA) benefits, child support, alimony, unemployment, retirement, etc.;
- Rental agreement or letter from your landlord, or mortgage statement that shows your address;
- Utility bills, such as electricity, gas, and water;
- Cancelled checks for daycare or child support payments for your child(ren); and
- Medical bills that you pay (if you are 60 or older, or disabled)

Get Papers or Other Information. Get the papers or find the other information that the SNAP worker needs to finish your application. If you need help getting the papers, ask the SNAP worker, a relative, a friend, or a community representative to help you.

Go to the Interview. Go to the interview with the SNAP worker. Bring your papers with you. Ask the SNAP worker to make copies. Keep your original papers. If you need help filling out the application form or getting the information needed to finish your form, ask the SNAP worker. You may bring a friend or community representative to help you understand how to complete the process. If you can’t go to the SNAP office for the interview, ask for a telephone interview. Or you can okay a friend or relative to go in your place.

If You Are Approved, Go Grocery Shopping. If you are approved for SNAP benefits, you will receive an EBT card (similar to a bank card or ATM card), and your SNAP benefits will be transferred electronically to the EBT card. To find stores that welcome SNAP benefits, go to the SNAP Retailer Locator at www.snapretailerlocator.com and click the “Select Location” link. Enter a street address, city and State, or zip code. Now you’re ready to go grocery shopping! Add lots of fruits, vegetables, whole-grain foods, and other good food to your shopping cart. Ask your local SNAP worker for information about nutrition education (SNAP-Ed) classes for you and your family. SNAP-Ed can help you learn more about stretching your food dollar; shopping; cooking easy, quick, tasty and healthy meals; and being more physically active for better health.

If You Are Not Approved, Ask Why. Call or visit the SNAP office to ask why you were not approved. You may ask to speak with the SNAP worker’s boss. If you think there is a mistake, you may ask for a “fair hearing.” This means that a State person will meet with you and the SNAP office to discuss your application. Fair hearings do not cost you any money.

Need More Information on the SNAP? Call: 1-800-221-5689 Go to the SNAP website at <http://www.fns.usda.gov/snap/>



Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
4-Apr	Tue	Hamilton Easter Crafts	Prog. Time 5:00 -8:00 PM
6-Apr	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
11-Apr	Tue	Hamilton Easter Crafts	Prog. Time 5:00 -8:00 PM
19-Apr	Wed	Hamilton Games	Prog. Time 5:00 -7:00 PM



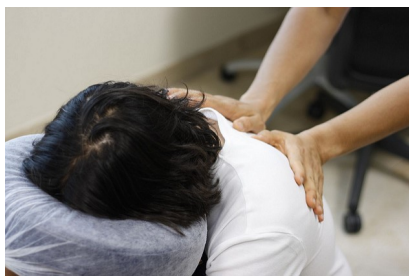
Lawrence Goings On

DATE	DAY	PROGRAM (in Community Room)	TIME
5-Apr	Wed	Lawrence Game Night	Prog. Time 3:00 -5:00 PM
6-Apr	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
12-Apr	Wed	Lawrence Game Night	Prog. Time 3:00 -5:00 PM



Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
1-Apr	Sat	Robbinsville Games	Prog. Time 6:30 -8:30 PM
6-Apr	Thu	Robbinsville Easter Crafts	Prog. Time 6:30 -9:00 PM
10-Apr	Mon	Robbinsville Baking with Dana	Prog. Time 6:30 -9:00 PM
17-Apr	Mon	Robbinsville Gardening & Games	Prog. Time 6:30 to 9:00 P
18-Apr	Tue	Robbinsville Chair Yoga	Prog. Time 6:00 -7:00 PM



Hopewell

Events

DATE	DAY	PROGRAM (in Community Room)	TIME
4/4/17	Tue	Heart to Hearts Chair Massage	1:15 PM to 3:15 PM
4/7/17	Fri	Mercer Home Health Hosting Pokeno	3:00 PM to 4:00 PM
4/19/17	Wed	Heart to Hearts Chair Massage	9:30 AM to 11:30 AM
4/21/17	Fri	Senior Care Hosting Bingo	3:00 PM to 4:00 PM
4/24/17	Mon	Mercer Home Health Hosting a Health Fair	10:00 AM to 12:00 PM

For a Half-Century, She Has Led the Blind With Chutzpah (and Often, No Cane)

By COREY KILGANNON MARCH 23, 2017 New York Times



Rose Romano, 79, who is visually impaired, works at Helen Keller Services for the Blind. “The main thing I bring to the table,” she says, “is that the students see how I function, and getting them to realize they can have a life again.” Credit Todd Heisler/The New York Times

“It’s like the blind leading the blind,” Rosemary Romano, 79, said folding up her cane. “But with a positive connotation.” Ms. Romano, who is blind, has been leading blind students through life and work lessons for 54 years.

As an instructor of typing and assistive technology at Helen Keller Services for the Blind in Downtown Brooklyn, she dispenses tricks and tips, such as where to find the hyphen on a computer keyboard — the key to the right of the zero, best

hit with your right pinkie — or what keystroke will locate a lost cursor.

But more than touch-typing, basic Braille and clerical skills, Ms. Romano’s real lessons come from the way she lives her life and leads by example. “The main thing I bring to the table is that the students see how I function, and getting them to realize they can have a life again,” said Ms. Romano, whose determination to maintain a fiercely independent life includes living on her own in a meticulously neat and impressively decorated apartment in Howard Beach, Queens, and commuting by public transportation. She has inspired generations of blind students to become office workers, teachers and lawyers, and has delayed retiring for years because, she said, “I still had something to bring to the table.”

But this month at work is her last, and even as she wraps up lessons with her students, she stays firm with them. She has never coddled. “You’re not doing them any good by going easy on them,” said Ms. Romano, who summons the style of Anne Sullivan, the indefatigable instructor of Helen Keller, to be a sensitive but stern taskmaster.

Still, she said, she can teach her students how to function, but she cannot shape them as people. “If you were a big-mouthed jerk before, you’ll be a big-mouthed jerk after,” she said. “If you had some class before, you’ll likely still have class.” Just then, Chaya Berger, 30, a visually impaired student at Hellen Keller, arrived for a typing lesson with Ms. Romano. “I’ve never met anyone like her before,” said Ms. Berger, a mother and part-time secretary from Borough Park, Brooklyn. Ms. Romano brushed off the compliment, saying, “I’ve had 54 years of practice.”

Another instructor, at an adjacent training space, Horace Smith, 52, praised Ms. Romano. “Some students who come from enclosed worlds and feel sorry for themselves, they only have to meet Rose once and they realize she takes none of that nonsense,” he said.

Ms. Romano moved around the office with a defiant matter-of-factness to match her personality, often dispensing with her cane. “I’m famous for leaving my cane everywhere — when anyone finds a cane around here, they know it’s mine,” said Ms. Romano, adding that she started working at the school in the early 1960s as a switch-board operator, but quickly became an instructor. I made \$50 a week, but I probably would have done it for nothing,” she said. “A lot of blind people were kept in the background, at that time, but I wanted to work.”

She met her husband, Frank Romano, at the school. He was an administrator and also blind. As a couple, they developed homemaking methods. To match clothes, she would sew little Braille labels into his suits and shirts as color indicators. She matched her own clothes by keeping them organized, separating prints and solids.

Since her husband's death almost 20 years ago, Ms. Romano has drawn on the toughness she learned growing up in the East New York section of Brooklyn. An avid Brooklyn Dodgers fan, she went often to Ebbets Field, using a little radio to follow the action. She cheered for her hero, Pee Wee Reese, at shortstop, and drank in the aroma of hot dogs and beer, and the surly sounds from the stands. "You could feel the energy, the thrill of being there," said Ms. Romano, adding that while living at the New York Institute for the Blind in the Bronx, she would listen to games on the radio. When the New York Giants' Bobby Thomson crushed the Dodgers with his pennant-winning home run in 1951, "My mother called the school to see if I was O.K.," she recalled.

Her father, Anthony Marcello, owned the Cactus pool room on Rockaway Avenue in East New York, which at the time was a heavily Italian enclave. "The Mafia guys, when something was about to erupt, they'd tell my father, 'Close up and go home,'" she recalled. "It was part of living there. You didn't ask questions."

Her father was a sharp dresser who impressed that quality on his three children. He held Rosemary to the same strict standards as her siblings, which instilled a sense of confident normalcy. "To this day, I wouldn't step outside without being put together," said Ms. Romano, who for years wore suits to work and always looked immaculate, down to her makeup.

Weekends are still for shopping and manicures. "Some people go to Mass; I go to the beauty parlor," she said. "The women in there used to treat me like a little glass ornament." "It took years to get them to understand I was a regular person with the same likes and dislikes as anyone else." Enough talk. It was time for another lesson. "Now," she said. "Where did I put my cane?"



One-Pot Mac 'n' Cheese

- 4 cups whole milk
- 3/4 pound elbow macaroni (about 3 cups)
- 8 ounces mild Cheddar, shredded (about 3 cups)
- 3 ounces part-skim mozzarella, shredded (about 1 cup)
- 2 ounces cream cheese, cut into small pieces
- 2 tablespoons unsalted butter, cut into small pieces
- 1 teaspoon Dijon mustard
- Large pinch cayenne pepper
- Large pinch freshly grated nutmeg
- Kosher salt

Put the milk and macaroni in a medium saucepan. Bring the milk to a boil over medium heat, stirring frequently to keep the macaroni from clumping, then cook, stirring frequently, until the macaroni is tender and the milk has thickened to the consistency of heavy cream, 4 to 5 minutes. Remove the saucepan from the heat, add the Cheddar, mozzarella, cream cheese, butter, mustard, cayenne, nutmeg and 1 1/2 teaspoons salt, and stir until smooth, thick and creamy. Serve hot. (The dish will thicken as it cools; thin it out with a little hot water if desired.)

Annual Easter Show

at Fountain of Life Center

April 8

Show Time 11:30am



Transportation \$3 per person

Bus leaves 9 am from Robbinsville Complex

Lunch is on you at Liberty Diner after show



Let Mary or Esther know if you are interested in attending- call 448-2998

Happy BIRTHDAY! to you.

April 4
Laurie Gallagher

April 8
Norman A. Smith

April 10
Maria Azcona
Tim Birk
Kathy Fuchs

April 15
Megan Paris

April 17
Salvatore John Mollica

April 18
Kathy Paris

April 20
Timika Cheek

April 22
Lillian "The Cake Lady"
Totaro



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



April General Recreation

Club Freedom Events Highlighted

3-Apr	Mon	Day Program	Program Time 10 AM-3 PM
5-Apr	Wed	Equestrian Riding at Hopewell	Program Time Varies
8-Apr	Sat	Easter Play & Dinner	Bus Leaves PFR 9:00 AM
10-Apr	Mon	Day Program	Program Time 10 AM-3 PM
11-Apr	Tue	Mall Trip Moorestown 5 People Needed	Bus Leaves PFR 9:30 AM
12-Apr	Wed	Equestrian Riding at Hopewell	Program Time Varies
13-Apr	Thu	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
14-Apr	Fri	Good Friday - PF Offices Closed	
15-Apr	Sat	Trenton Thunder Baseball Game	Bus Leaves PFR 11:30 AM
16-Apr	Sun	Happy Easter	
17-Apr	Mon	Day Program	Program Time 10 AM-3 PM
18-Apr	Tue	Parx Casino -Philadelphia-5 Needed	Bus Leaves PFR 9:30 AM
19-Apr	Wed	Equestrian Riding at Hopewell	Program Time Varies



Taken at Ringling Bros Barnum & Bailey Circus

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TRIPS

MOVIES

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

GAMES

ARTS & CRAFTS