

New Horizons

Housing That Supports Independence



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N.H. VOTERS WITH DISABILITIES ARE HAVING THEIR BALLOTS UNKNOWINGLY REJECTED OVER HANDWRITING

CONCORD, N.H. — The American Civil Liberties Union today sued New Hampshire for invalidating the absentee ballots of hundreds of voters, many of whom are disabled, without warning.

At issue is a state law that allows election officials — who have no handwriting-analysis expertise — to reject an absentee ballot, without giving notice to the voter, if they think there is a signature mismatch in the voter's paperwork. People with disabilities are far more likely to have fluctuating handwriting or to require the assistance of someone to sign their name, as allowed under federal disability rights law.

"People should not be denied their fundamental right to vote because of penmanship, but that's exactly what is happening in New Hampshire," said Gilles Bissonnette, legal director of the ACLU of New Hampshire.

Voters are never even informed that their ballots have been thrown out. Over the past five years, more than 500 voters have been disenfranchised under the law. They include plaintiff Mary Saucedo, a 94-year-old Manchester resident who is legally blind and allowed to obtain assistance in completing the absentee ballot process. For that, she relies on her husband of 51 years, Gus, an 86-year-old military veteran. In the 2016 general election, he assisted her in filling out her ballot, sent it in, and assumed her vote had been counted. Unbeknownst to them, it hadn't.

"Voting means we have a say as to who should be in charge. In my household growing up during the Depression, it was very important to vote. My father instilled the importance of voting in me. It was not about the party you voted for, but about picking the most qualified candidate. He taught me that everyone who is eligible should vote. It was our duty because voting is what makes our country independent," she said, adding it was shocking and deeply disturbing to have her ballot tossed out without notice.

"The decision to throw out a ballot and deprive a citizen of their vote is essentially arbitrary. There are no transparent procedures for evaluating voter signatures," said Julie Ebenstein, staff attorney with the ACLU's Voting Rights Project. "New Hampshire cannot create barriers that prevent individuals with disabilities from voting and having their votes counted. Period."

The lawsuit, *Saucedo v. Gardner*, cites violations of the federal Constitution and the Americans with Disabilities Act. It was filed in U.S. District Court of New Hampshire.

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“My Two Cents”

By *Tim Doherty, Executive Director*



It is always a pleasure to welcome new families into Project Freedom housing, especially the families that I have known over the years who have been peers of my daughter Jen. The early days were filled with getting Jen appropriate placement in school, making sure that she got the therapies that she needed. During that time, we forged friendships with many other families with disabled children, who now are all grown up. Some still care for their kids, and continue to wrap their entire world around that mission. They feel an absolute obligation to the care of their children, and keep them at home, even though they are now young adults. I understand their reasons, although I don't believe that that support is in the best interest of all parties.

For others, the light has dawned on them that they will not live forever, and that maybe they should look to get their kids settled into housing that can support their independence. They are starting to plan their young adult's life, and are realizing that Project Freedom housing just might fit their kid's needs. I know that watching Jen begin to handle her own affairs, and learn how to deal with people, has given Marion and me a great sense of pride. Jen has learned how to manage a budget, pay her bills, do her shopping and care for her cat. She interacts appropriately with people and resolves her own problems, most of the time, on her own. And when she does ask for advice, she insists on making her own decision.

I remember Jen moving into her first apartment at Lawrence. Jen was cool, it was her Mom and Dad that were anxious. We stayed overnight the first night, thinking she might be afraid. The next morning she told us that we need not stay again, that she was okay. And she has been living on her own ever since. She was also excited to furnish her apartment, pick out furniture and make her own home.

I see this excitement with our old family friends who are now doing the same thing for their adult kids. Helping them select their apartment, figure out the DDD process, go shopping for the furniture they need, their many questions on setting up their utilities, opening their bank accounts, getting cable, etc. All very exciting, but also a recognition that their son or daughter would soon be on their own. That reality may give them pause, but realizing that this road may be the best for their son or daughter allows a parent to let go. It wasn't until Jen's younger brother Tim, who is not disabled, left to be on his own, that we realized this is all really a very natural process. We weren't abandoning her, or shirking our responsibility—we were enabling her independence.

And independent she has become. That is what Project Freedom housing does for our disabled tenants. We believe that all people, disabled or not, have the right to live a life that they choose, and creating housing without barriers is just one step in that journey for independent.

From Norman's Desk



For most of my life and well into adulthood, June represented the end of school and the beginning of the Summer season. Even after leaving college too many years ago, June felt like the end of a period of intense work.

More recently, as my readers are keenly aware, June became my month to remind everyone to be prepared for Hurricane Season, which “officially” begins June 1.

Much more recently, June has been the month to write about being a father. I have only celebrated Fathers’ Day nine times as a father before this year. Celebrating the day as a father is far different than celebrating as a son with my father. For one thing, a son is trying to show his Dad his love and appreciation that he feels for him while the Dad wants to show his son (or daughter) the wonderment and pride of being Dad. Being Dad to any child is wonderful and awesome. Father’s Day is the icing on the proverbial cake.

Fatherhood and Motherhood can be daunting and pleasurable at the same time. Every parent knows this mixture of feelings. I think, however, those of us with obvious disabilities also feel an additional mixture of emotions. Indeed, there is pride of your child and pride of being a parent when others think you should not or cannot be a parent.

There is also the apprehension of being judged by others because you have a child and a disability. Your capabilities and skills as a parent are constantly being scrutinized to see if, indeed, you can take care of your child. This scrutiny is always in the back of your mind as you try to let your child experience what other children experience.

This is the unfortunate price we pay by being parents with disabilities. Last years the White House sponsored a conference on parenting with disabilities because more people with disabilities are paying that price nationally. The price can be minimal for some, higher for others, but well worth it to hear your son say “Happy Fathers’ Day, Dad!”

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Heart to Hearts Has Provided Wellness Classes To Project Freedom For 11 Years

by Sue Methot, Vice President, Heart to Hearts, Inc



Our collaboration with Project Freedom tenants has been a long standing one, having started with a Wellness Day event in 2005 at the Lawrence residence. Heart to Hearts is a non-profit wellness organization based in Lawrenceville, NJ. Our mission is to educate people to make informed decisions so they can lead and live healthy lifestyles. We focus on nutrition, fitness and stress management. Our core belief is that men and women who are well informed can make better decisions as consumers when it comes to their health. We also firmly believe that prevention is a key to wellness, in mind, body and spirit.

Under the direction of our president and founder, Terry Tucker, RN, we developed a nutritional program that teaches the residents how to shop, prepare, and consume the foods necessary for a healthy diet. Nutrients and micronutrients are essential to our well-being. Our classes teach what and how to eat (fresh vegetables and fruits, lean proteins, portion control) and what to avoid (fatty foods, salt and sugar, especially hidden sugars in processed foods).



From left to right: Terry Tucker, Liz Wilks, Carol Duncan, Ray Truitt, and Sue Methot.

For the past 11 years we have held classes at the Lawrence Community Center and have seen remarkable improvements in the eating patterns and an increase in knowledge of our attendees. These classes have been funded by the Lawrence Township Community Foundation. We have also received funding from the Zonta Club of Trenton/Mercer. They have also benefitted from the HealthCare Portfolio class. Some of the programs we offer include:

- **HealthCare Portfolio** - Healthcare Portfolio workshop teaches you how to gather — and manage — all that information in one easily accessible binder. This workshop is ideal for anyone who wants to make the most of doctor visits or be best prepared for emergencies.
- **Dietary Detox** - under the guidance of a physician and nurse this program helps your body eliminate toxins, identify food allergies and re-experience clear thinking and better energy.
- **Micronutrient Testing Program** - purpose is to identify nutritional deficiencies at the micro (cellular) level using diagnostic testing by SpectraCell Labs. Individual client results are shared with the participants who receive class instruction by a physician as well as individual consultation with a nurse with recommendations on how to correct through nutritional changes and supplements if necessary.

In April we held a class in making chocolate fruits and nuts as a special treat for Easter (see photos). Other classes have included portion control, the proper use of vitamins and minerals, the value of fresh versus canned vegetables and fruits, and the sources of lean proteins.

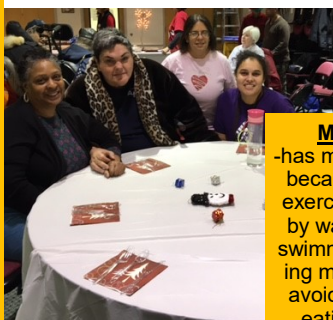
We have also had programs and classes at other PF facilities, including Robbinsville, Hamilton, and Trenton (Greenwood Ave). We have viewed and discussed movies, such as the FED Up film about sugar addiction, and had interactive cooking classes. Several years ago we participated in a Wellness Fair in Lawrence. The residents are encouraged to share their personal experiences with the group in a supportive environment and have reported successes in making lifestyle changes. Their health has improved along with their knowledge. We have developed a special relationship with our Nutrition Group and are committed to continuing to help them on the path to healthy lifestyles.



Louie

-has stopped drinking soda, is drinking more water, staying away of sodium because of high blood pressure

Dawn
-cooking more vegetables, eating more fruits and vegetables and less carbs, watching her sugar intake, using protein shakes with almond milk, fruits and vegetables which helps keep her blood sugar at a good level



Meghan

-has more energy because she is exercising more by walking and swimming, drinking more water, avoiding soda, eating more vegetables



Theresa

-eating more fish, chicken, and frozen green beans





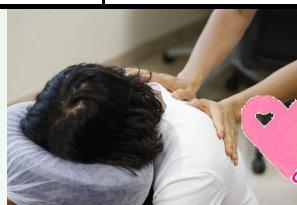
Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
1-Jun	Thu	Hamilton Wellness	Prog. Time 5:00 -6:30 PM
8-Jun	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
12-Jun	Mon	Hamilton Father's Day Cards & Crafts	Prog. Time 6:30 -9:00 PM
13-Jun	Tue	Hamilton Games & Salad Making	Prog. Time 5:00 -7:00 PM
21-Jun	Wed	Hamilton Father's Day Cards & Crafts	Prog. Time 3:00 -5:30 PM
29-Jun	Thu	Hamilton Baking with Dana	Prog. Time 5:00 -8:00 PM



Lawrence Goings On

DATE	DAY	PROGRAM (in Community Room)	TIME
7-Jun	Wed	Lawrence Games	Prog. Time 3:00 -5:00 PM
8-Jun	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
14-Jun	Wed	Lawrence Games	Prog. Time 1:30 -3:30 PM
29-Jun	Thu	Lawrence Games / DP	Prog. Time 1:30 -3:30 PM








Beverly Kline tending the flowers at Robbinsville



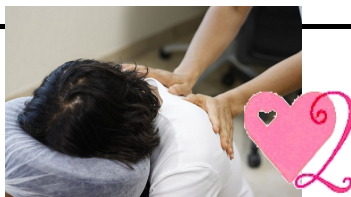
Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
5-Jun	Mon	Robbinsville Gardening & Games 	Prog. Time 6:30 -9:00 PM
9-Jun	Fri	Betty's Retirement Party!	Prog. Time 12 PM-3 PM
14-Jun	Wed	Robbinsville PCIL Cooking Class	Prog. Time 6:00 -7:00 PM
15-Jun	Thu	Robbinsville Meditation Class	Prog. Time 6:00 -7:00 PM
21-Jun	Wed	Robbinsville PCIL Cooking Class	Prog. Time 6:00 -7:00 PM
22-Jun	Thu	Robbinsville Gardening & Salads 	Prog. Time 5:30 -9:00 PM
26-Jun	Mon	Robbinsville Gardening & Roll/Walk to Lake	Prog. Time 6:30 -9:00 PM
27-Jun	Tue	Robbinsville Baking with Dana 	Prog. Time 6:30 -9:00 PM
28-Jun	Wed	Robbinsville PCIL Cooking Class	Prog. Time 6:00 -7:00 PM

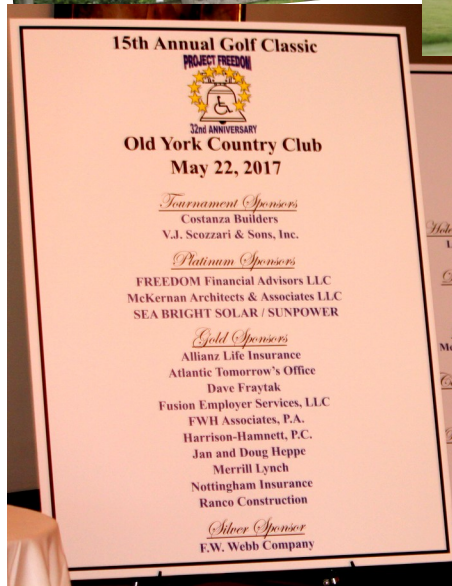


Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
6/6/17	Tue	Heart to Hearts Hosting Chair Massage	1:15 PM to 3:15 PM
6/7/17	Thur	TD Bank Hosting Checking Account/ Check Book Training 	10:00 AM to 11:00 AM
6/16/17	Fri	Mercer Home Health Hosting Pokeno	3:00 PM to 4:00 PM
6/21/17	Wed	Heart to Hearts Hosting Chair Massage	9:30 AM to 11:30 AM



May 22nd Golf Classic A "Go" Despite the Rain





ABLE for ALL Savings Plan Now Available For People with Disabilities

Reprinted from Disabled World Jan 8, 2016

For too long, individuals with disabilities could not save enough out of fear of losing much-needed government benefits. With an ABLE for ALL account, U.S. citizens living with eligible disabilities can now save for qualified expenses and invest for the future in a tax-advantaged account without affecting state and federal benefits (like SSI, SSDI, Medicaid, SNAP, TANIF, HUD Assistance, etc.).

"Families and individuals with disabilities face many challenges on a daily basis from emotional and physical pain and stress to significant financial strain -- everyone feels the pressure," said David Bell, outreach director for ABLE for ALL. "The new ABLE for ALL plan aims to help alleviate some of the financial stress and provide participants with the tools they need to deal with daily expenses, save for their future and invest for a better life."

The ABLE for ALL Savings Plan is a unique plan available nationwide to U.S. citizens living with eligible disabilities diagnosed before the age of 26. Created under the Stephen Beck Jr., Achieving a Better Life Experience Act of 2014, the ABLE for ALL program is different from other savings programs as it was created in collaboration with disability focused nonprofit organizations, government agencies, people with disabilities and those working with the disability community. In addition, the program provides ways for participants to get in-person assistance with highly trained in-state partners in case they need additional support.

Opening the tax-advantaged account takes only 10 minutes to set up online with a minimum opening deposit of \$25.

Participants can withdraw money from the account as often as desired and use it for eligible expenses associated with living with a disability, including living expenses, education, housing, transportation, employment, job training, career support, assistive technology, personal support services, health, prevention, wellness, financial management, administrative services, legal fees, funeral costs, burial expenses and more.

For each account, there is a \$14,000 yearly savings limit and a lifetime maximum value for the account of \$310,000. When participants reach the maximum, they can still accrue earnings but cannot add more funds until the balance goes below the maximum. There is also a limit of \$100,000 before funds start to count against a \$2,000 asset limit for Supplemental Security Income (SSI).

For more information or to sign up for the ABLE for ALL Savings Plan, please visit www.ABLEforALL.com



QUOTES OF THE DAY

Always laugh when you can.
It is cheap medicine.

Lord Byron
English poet & novelist (1788 - 1824)

June General Recreation

Club Freedom Events Highlighted

5-Jun	Mon	No Day Program	
6-Jun	Tue	Parx Casino - Philadelphia - 5 Needed	Bus Leaves PFR 9:30 AM
10-Jun	Sat	Trenton Thunder Baseball Game	Bus Leaves PFR 5:00 PM
12-Jun	Mon	Day Program	Prog. Time 10 AM-3 PM
13-Jun	Tue	Mall Trip Jackson - 5 People Needed	Bus Leaves PFR 9:30 AM
15-Jun	Thu	Grocery Shopping - Shop Rite 	Bus Leaves PFR 10:00 AM
17-Jun	Sat	Aquatics Hamilton YMCA 	Bus Leaves PFR 11:30 AM
19-Jun	Mon	Day Program	Prog. Time 10 AM-3 PM
20-Jun	Tue	Shore Trip - Pt. Pleasant—5 People Needed	Bus Leaves PFR 9:30 AM
22-Jun	Thu	Columbus Farmers & Flea Market	Bus Leaves PFR 9:30 AM
24-Jun	Sat	Englishtown Flea Market - 5 Must Go	Bus Leaves PFI 9:30 A
26-Jun	Mon	Day Program -- Robbinsville	Prog. Time 10 AM-3 PM
28-Jun	Wed	Grocery Shopping - Shop Rite 	Bus Leaves PFR 9:30 AM

★HAPPY★ BIRTHDAY!

June 6
Margaret Reynolds

June 14
Amy Barclay

June 7
Christopher Price

June 22
Margaret LaPorta

June 11
Mary Keubler

June 30
TJ Taylor

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TRIPS



ARTS & CRAFTS



GAMES



MOVIES

BIRTHDAY PARTIES



Join the PF Day Program
Mondays from 10:30–2:30 pm
Call 977-1234 if interested