

# New Horizons

Housing | nat Supports Independence

## **The Breathtaking Performances of PyeongChang 2018 Paralympic Winter Games**

Reprinted from The Register: 27/03/2018

**The PyeongChang 2018 Paralympic Winter Games have come to an end, bringing a close to one of the most successful Paralympic events in history. New heroes rose, while familiar favorites showed the world what achievements hard work and dedication can bring. No matter the sport or discipline, each athlete lived up to their top flight Paralympic status.**

It was smooth sailing for the USA's Para ice hockey team on the road to the final, with the mix of Paralympic Games veterans and rookies putting up high scores against each opponent.

Like many other Paralympians, Bibian Mentel-Spee from the Netherlands routinely overcomes monumental challenges outside of the Games that

make her participation in the Paralympics even more impressive. Consistently battling tumours in her body, by the time PyeongChang 2018 rolled around she was only two and a half months clear from her most recent operation to treat a tumor in her neck and retained her snowboard cross gold medal from Sochi.



17-year-old French para-skier Arthur Bauchet was a standout name among an impressive new generation of talent that shone bright in

snowy PyeongChang. The silver skier achieved four podiums during his busy campaign, earning him four Paralympic medals for his trophy case. Following his success in downhill, slalom, super-G and super combined in the standing category, was his wide-eyed smile that often stole the show, reminding spectators in attendance and at home the importance of a Paralympic medal.



Para skier Eui Hyun-sin had the expectations of a nation on his shoulders when he entered the 7.5 km cross country sitting category in the closing

days of the competition. Having already secured a 5th place position in the 15km biathlon, he defied expectations to take home the gold medal for his country. A wondrous occasion for the athlete and his host nation alike that will go down in history.



The People's Republic of China caused an upset in the status quo of wheelchair curling after Haito Wang, Chen Jianxin, Wei Liu, Meng Wang and Qiang Zhang defeated Norway to take the gold.



Marie Bochet of France saw gold several times at PyeongChang 2018, winning four gold medals in downhill, slalom, giant slalom and Super-G alpine para-ski in the standing category. Her success in Korea is added to her impressive performances at the Paralympic Games in Sochi in 2014.



Canada's Mark Arendz had an unbelievable Paralympic Games in PyeongChang, South Korea. He took part in six events out of a possible seven and won a medal in every single one of them. His main goal was to win a gold medal in his preferred discipline of biathlon. In the 6km sprint he won the silver medal behind Frenchman Benjamin Daviet and in the 10km he took the bronze.



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# “My Two Cents”

By *Tim Doherty, Executive Director*



Project Freedom continues to grow our housing units by partnering with several local municipalities in Mercer County as well as those from across the State. Over time we have modified our housing design and amenities to better reflect the needs and wants of our tenant consumers. Our target population has also changed from strictly the physically disabled to also include “regular” non-disabled folks and their families. So, now, we do house families with children and folks who may not be disabled. This is because our State, New Jersey, like so many other states, have recognized that inclusionary housing, that is disabled and non-disabled provides a better more natural and wholesome environment for everyone to live.

Although recognizing this kind of change, we still have continued to make our disabled population a priority. That means we continue to build and design all of our units as accessible, so that someone who uses a wheelchair can easily manage any of our apartments. Anyone can use the roll in showers, the lowered counter tops and the accessible kitchens and appliances. Our overall site topography is also created so that there are no serious hills or slopes for which a wheelchair would find difficult to manage.

We also are trying to use less land as the large sites are also much more expensive to develop....more roads and sidewalk to build and maintain. So, in order to maintain our numbers, we are designing a three story building, with elevator, that can provide cost savings overall. We are hoping that these changes will enhance our building design while creating a lower overall cost.

The emphasis on cost reduction is because of the change in the new Federal Tax Law, which has reduced the tax liability for large companies and investors from 35 % to 21%. By doing so, this change has reduced the value of the Tax Credit pricing over .05 Cents on the dollar, which overall can mean we lose about \$500,000 for our projects. This loss means that we need to become much more efficient, overall, when budgeting for our projects. The trick here is to figure out what to eliminate without compromising quality and valued amenities.

By building a three story building, rather than a two story, and reducing the total number of buildings from six to four, we hope to save around 20% of the cost of our project costs. These are changes that we need to do, in order to keep within our available funding. Along with these negative pressures on funding, we are seeing more and more demands from local towns to fulfill their affordable housing requirements, which is a positive change. The Affordable Housing issue is currently being dealt with in the courts, with judges negotiating the final numbers. And from what we are seeing, those towns that don't settle along the way, are getting higher final quotes on housing than they like. This is what is fueling the current demand for affordable housing in New Jersey towns.

So, Project Freedom continues to change and adapt to the current housing market in order to continue to serve our Mission.



## ***From Norman's Desk***

It is May! It is time for my annual rant as we near Hurricane Season.

"In the next decade, the probability of a major hurricane hitting the Northeast is one and a half to two times greater than in recent years. We are returning to the earlier decades where landfalls were more common," SAID from Dr. William Gray, Emeritus Professor, Department of Atmospheric Science, Colorado State University :

That prediction came true five years ago with Hurricane/Super-Storm Sandy slamming into New Jersey. This year's predictions by Colorado State University's team, now headed by Dr. Philip J. Klotzbach, is for a "slightly above" average season for 2018. This is worrisome since last year's initial prediction was for an "average" season.

This is the 35th year that the CSU hurricane research team has issued the Atlantic basin seasonal hurricane forecast. Recently, the Tropical Meteorology Project team has expanded to include Michael Bell, associate professor in the Department of Atmospheric Science. William Gray launched the report in 1984 and continued to be an author on them until his death in 2016.

Dr. Klotzbach's team's initial prediction is: A total of 14 named storms with seven hurricanes and three of them becoming major hurricanes.

Last year's prediction was 12 named storms, six becoming hurricanes, and two reaching the major threshold.

The actual number for the 2016 season was 18 Tropical Depressions turning into 17 named storms; ten of these storms turned into hurricanes with six being "major" in power and scale. Remember Hurricanes Harvey and Maria?

The prediction also estimates the probabilities of at least one major hurricane making landfall:

For the Entire U.S. coastline – 62% (Last year it was 42%)  
For the U.S. East Coast including Peninsula Florida – 39% (32% last year)

With this year's prediction in mind, it is not too early to start thinking about severe weather and being prepared for it. The first step is being more aware of both the potential threat and the "emergent" or imminent threat. Here is what FEMA recommends that people with disabilities do to address that need.

### **Severe Weather Preparedness for People with Disabilities—It is important to know in advance what steps you need to take to keep yourself and your family safe.**

Do you know the best way to get emergency alerts and warnings? If you have a disability that affects your communication, identify the best ways for you to access emergency information in advance. What television stations in your area offer live captioning? Can you sign up for text, email, or telephone alerts through your municipality? Keep phones and communication devices charged, and always have a backup way of learning about emergencies. Some options for alerts and warnings are listed below.

- Television stations with live captioning
- Emergency Weather Radio (some can support strobe lights, bed shakers and text readouts)
- Wireless Emergency Alerts – If you are in an area where the alerts are available and have a cell phone that is equipped to receive them, you may automatically receive a text message when an emergency alert is issued.
- Smartphone applications – Many smartphone apps will provide text and audio weather alerts. You can set the locations and types of alerts you would like to receive.
- Social Media – If social media is accessible for you, look for local emergency management agencies and news stations that also use social media to broadcast alerts and warnings. Save these organizations to your 'favorites' or begin 'following' them in advance.
- Local warning systems – Many localities have emergency alert services that will provide alert information to you in a format of your choice. Most locations can send messages to email addresses, mobile phones (text or voice), landline phones, TTYs and Braille readers. Contact your local emergency management agency to learn what options may be available in your community.
- Support network- Talk to trusted friends, family and neighbors and create a plan to notify each other of emergency information.

After determining how you will be notified of an emergency, put together an emergency plan and kit. Involve your friends, family, neighbors, support staff and anyone else that you trust to assist you. Determine how you will contact them in an emergency and what they can do to assist you. Think about where you will take shelter in your home if you need to. Also consider any services you need (personal care assistance services, dialysis services, etc.) and how you will access those services in an emergency. Talk to provider agencies about their emergency plans. Learn more about preparing for severe weather at [www.ready.gov/severe-weather](http://www.ready.gov/severe-weather).



# Discounts Seniors Didn't Know They Could Get

**Shopping**—You might be surprised to learn that a lot of trendy shops give a senior citizens discount.

At **Banana Republic**, if you over 50-years old you can get a 10% discount at stores, simply by asking for it.

At **Kohl's** on Wednesdays, over 60s can get 15% off. And on Tuesdays, outlet stores Marshall's, Ross will offer up a 10% discount for seniors – though the exact age is determined by each store.

**Walgreens** hold a "Seniors Day" once a month too – which varies by location. Discounts of 20% are available for Rewards card members that are over 55 years old in store, and if you're shopping online you can get a 10% price reduction.

If you are 62 or older, you can get a 10% discount every Tuesday and Wednesday at **Dress Barn**. And that's not all, **Stein Mart** are treating over 55's with their clearance offer. On the first Monday of each month, you can get an extra 20% discount on clearance items. **Goodwill** gives 10%-20% discounts varying by store.

Just remember to check with the specific store in your area, as discounts might vary and change without notice.

**Eating Out**—From fast food to steak restaurants, our compiled restaurant list will definitely help you make your choice.

Keep in mind that deals may vary at participating locations and can change without

notice.



- **McDonald's**: discounts on coffee and beverages (55+)
- **Whataburger**: free drink with purchase of a meal, depending on location (55+)
- **Wendy's**: give free coffee or other discounts depending on location
- **Piccadilly Cafeteria** – 10% discount with "Prime Time for Seniors" card
- **IHOP** – 10% discount (55+) and a menu for people aged 55 and over at participating locations
- **Golden Corral**: Senior discount varies by location
- **Krispy Kreme** Senior Discount: 10% off (50+) (age and discount varies depending on location)
- **Perkins Restaurants**: Fifty-Five Plus menu Offers special deals (55+)
- **Subway**: 10% off (60+) varies by location
- **The Old Spaghetti Factory**: Spaghetti Factory "Senior Menu" offers discounted list of menu items
- **Uno Pizzeria & Grill**: "Double Nickel Club" 25% off on Wednesday (55+)
- **Sizzler**: Offers "Honored Guest Menu" (60+) varies by location
- **Papa John's** Senior Discount: check with your local stores (no standard senior discount policy)
- **Old Country Buffet**: Daily discounts for seniors (55+)
- **Friendly's Restaurants**: 10% off meal w/ free coffee at breakfast or free small Sunday during non-breakfast hours
- **Fazoli's**: Join "Club 62" for special senior menu items (62+)
- **KFC**: free small drink with any meal depending on location (55+)
- **Country Kitchen**: Great Senior Menu (55+)
- **Burger King**: 10% discount on purchase depending on location (60+)

**Theaters**—It's lovely to visit the cinema every so often. Lots of theaters offer a senior discount too.

**AMC Theaters** offer a generous 30% discount to over 60s. While **Regal Cinemas** are going one better and will give you 35% off if you are 60 and over. With the money you're saving you can treat the grandchildren and get a bag of candies to eat while you all enjoy the movie.



## Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
2-May	Wed	Robbinsville Cinco de Mayo Celebration	5:30 -8:00 PM
23-May	Wed	Robbinsville Gardening & Art Books	6:30 -9:00 PM



## Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
3-May	Thu	Hamilton Cinco de Mayo Celebration	4:00 -7:00 PM
24-May	Thu	Hamilton Art Book	5:00 -7:00 PM
30-May	Wed	Hamilton Games	5:00 -7:00 PM



## Hopewell Events



DATE	DAY	PROGRAM (in Community Room)	TIME
1-May	Tues	Heart to Hearts Chair Massage	1:15 PM to 3:15 PM
4-May	Fri	Mercer Home Health Hosting Pokeno	3:00 PM
17-May	Thur	Heart to Heart Chair Massage	9:30 AM to 11:30 AM
22-May	Tues	Superior Court of New Jersey-Mercer Vicinage Hosting Careers in the Judiciary & Law Enforcement	3:30 PM
23-May	Wed	Hopewell Fire Dept. Hosting Fire and Safety Training	3:30 PM



## Lawrence Events

DATE	DAY	PROGRAM (in Community Room)	TIME
5/1	Tues	Massages AND Cinco de Mayo Tacos/Crafts	4-7 PM
3-May	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
8-May	Tue	Lawrence Crafts - Tie Heart Pillows	6:00 -8:00 PM
5/11	Fri	Keep Calm & Color On	3-4:30 PM
5/16	Wed	Nutrition	7:00 PM
5/18	Fri	Twice Baked Potatoes & Salad	4-7 PM
5/22	Tues	Lawrence Gardening/Planting Seeds	6-8 PM
5/23	Wed	Movie Day	2 PM
29-May	Tue	Lawrence Games	6-8 PM

### Living the Community Band Tradition

On Wednesday, April 12<sup>th</sup> Project Freedom at Lawrence hosted the Blawenburg Band. This band is the oldest band in NJ, being around since 1890.

40 band members and 30 plus PF staff and tenants from all over Mercer County attended! This made for a packed night of beautiful music, good food, and a fun atmosphere! The band was spectacular and everyone truly enjoyed themselves. The band played quite a mix of musical styles including a new composition, historical, comical and patriotic fare. Everyone left with a spring in their step, satisfied taste buds as the desserts went without complaint and even yummy treats to take home!

Founded in Blawenburg, New Jersey, in 1890, the Blawenburg Band, currently led by Dr. Jerry Rife of Rider University, is a community band - part of a great tradition that began when towns depended on their own people to provide live music. Blawenburg plays about 20-25 concerts a year at holiday parades, community celebrations, church socials, and several of the nursing homes and retirement centers in our area.

The 75+ members come from all walks of life; they range in age from their teens to their nineties, and include teachers and students, research scientists and computer specialists, homemakers and active retirees, lawyers, doctors, and a documentary filmmaker. Some players have had years of musical training and professional experience. Others learned to play as schoolchildren, and are dedicated amateurs.

Each are alike in one way, however: appreciating the enjoyment making music together.





# ***Families Moving Across The Country To Help Their Kids With Disabilities***

by Leslie Gray Streeter, Reprinted from The Palm Beach Post/TNS | March 29, 2018



Like early American pioneers, Richard and Carol Wygand felt the call to head west, to a strange land where they wouldn't know anyone but each other, where the weather would be stinging and colder than they'd ever known. It would be a risk. But earlier this year, they packed up their Wellington, Fla. home, strapped their son Luke into his car seat, and set out on a long journey to Colorado to start a new life. And to save Luke's.

"It's a bittersweet decision," Carol says. "We'll be building up from scratch. I don't really care as long as Luke's OK."

The couple, both former professional triathletes born in Brazil, uprooted their lives so that Carol could qualify for Colorado's caregiver CNA (Certified Nursing Assistant) program through the state's Medicaid system. It pays her to train and become the full-time caretaker of their 20 month-old son, who was born with Nemaline Myopathy, ACTA 1 mutation, a muscle weakness that affects Luke's ability to swallow or breathe, requiring him to wear a tracheotomy tube.

The Wygands left everything and everyone they know to settle in Broomfield, Colo. because the state offers a Medicaid related program that will train and pay Carol to be Luke's full-time caretaker. They're just one of three Florida families that spoke to The Palm Beach Post about making that choice for the sake of their children.

Colorado is not the only state in the union that offers similar programs — a study by the Office of Legislative Research of the Connecticut General Assembly showed that at least 42 states offer at least some limited payments to family members for caring for a relative. But it has become popular because of a recognized holistic approach to health and even for the availability of legal medical marijuana, which some of the families have relied on for relief for their children.

"This solution is a win-win because it helps with 'access to care' for these Medicaid members, and family members don't have to work outside of the house only to give their wages to pay someone else to care for their dependent. If you've ever taken care of a parent or child, you know that is a full-time job," says Marc Williams, spokesman for the Colorado Department of Health Care Policy and Financing.

It is exceedingly difficult to find specific numbers of how many people have moved specifically to Colorado or any other state because "when people go through that training and apply for licensing, there's not a box that they check" that specifies whether they relocated, Williams says.

But for many families and medical professionals, it makes sense that parents would do anything in their power to make sure their children were adequately cared for — by them. "Who will take better care of your child than yourself?" says Dr. Caecilia Garcia-Perez, Luke's pediatrician in Florida since he was an infant. "These parents go through so much, it's mind-boggling."

Through Facebook pages, the Wygands were able to tap into a community of families who participate in the Medicaid program, including two from Palm Beach County whose stories have been instructive to them.

Rachel Mohlman and partner Jeremy LaMott, as well as some of their extended family, made that change last May, moving from Lake Worth, Fla. to Colorado Springs, Colo. Like the Wygands, they didn't know anyone there. But they knew that daughter Riley, 7, who has cerebral palsy, needed her help full-time, something that was hard to do while Mohlman was working full-time as a massage therapist.

After more than a year, Mohlman says that "it's the best thing we have ever done. I can be her in-home nurse."

Another factor was that Riley, who had her first epileptic seizure when she was just hours old, had been on prescription drugs to control them. But after doing research, her parents found that a medical marijuana oil would be able to help ease the seizures. She didn't qualify for it through Medicaid in Florida, but does in Colorado.



“Being on the medical marijuana has changed Riley’s life. She’s been in physical therapy since she was three weeks old, and she now has the muscle tone to do things she could never do, like riding a horse without anyone holding her,” she says. “She’s scooting on her butt down the hall, and can do (activity) for much longer. She had her last seizure two years ago.”

Mohlman and LaMott’s family, which includes son Jack, 1 1/2 years old, are what’s referred to as medical marijuana refugees, one of thousands who have moved to states where medical marijuana is legal. Some of these families have formed networks that connect them with like-minded doctors, real estate agents and more. According to a 2014 CNN report, more than 100 families had moved to Colorado for medical marijuana within an eight-month period.

“Unfortunately, this happens quite often. Many families are forced to relocate for the love of their family (or) family member,” says John Malanca, founder of United Patients Group, a California-based advocacy group for physicians and patients navigating the medical marijuana process.

Stephanie and Christian Patriarca are another Florida family who relocated, selling their Lantana, Fla. pizza parlor, A Bronx Tale, in December 2016 so that daughter Sofia, now 4, could try two of the cannabinoid oils, THC and CBN. Moving was not an easy decision, but it was a matter of time — time that Sofia, who was having hundreds of seizures a day, didn’t have, her mother says. “We were looking for doctors but no one would sign off on the oil for Sofia,” she says. “They told us that any seizure could kill her. Florida was taking time to figure out the legislation, and we felt like she didn’t have another few months to figure it out.”

Within weeks of moving to Colorado Springs, they were able to purchase the oils, and “our daughter has absolutely flourished. She has far less seizures than she did. And she’s able to communicate with us and do all these things we were told she would never do,” she says.

The Patriarcas, also the parents of Aliana, 10, and Giovanni, 6, opened a restaurant in Colorado. Stephanie took accelerated classes to graduate with her nursing assistant’s degree, and started working the next day. She admits that “the holidays were a little tough, because usually it’s 15-20 family members but it was just the five of us. But I have no regrets. It’s all been amazing.”

Amazing is something the Wygands are looking forward to. As much as they cherish their time with Luke, a smiley kid named after “Star Wars” legendary Jedi knight Luke Skywalker, his condition, and his parents’ physical and financial ability to manage it in Florida, have had a great impact on the family. Richard, an Ironman-winning athlete, lost clients in his personal training business because Luke requires round-the-clock care. And Carol, an attorney in Brazil who was a local triathlon champion there, worked her job as the account manager of a translation company from home and even from the hospital when Luke was ill, but was eventually fired. “My boss said ‘I think you should be with him ... without pay. And not come back,’” she says now, laughing wryly.

Meanwhile, Luke was getting stronger, but his parents were running out of money and exhausted. Richard began driving Uber, “but these were not long-term solutions,” he says. So Carol started doing research online and found information on the Medicaid program in Colorado, the site of “one of only two vacations we’ve ever taken.” They chose Broomfield, a city “about the same size as Wellington” in the Denver area, because it’s near Children’s Hospital Colorado in Aurora, which has a breathing team.

“It’s very comforting to me that they have this great opportunity,” says Silvia Wygand, Richard’s mother. She and Carol’s mother, Lilliea Monteiro, both traveled from Brazil to Florida several times in their grandson’s young life to help out, and traveled to Colorado to help the family settle in before returning to Brazil. “This gives us some sort of joy, to know that they will be supported.” And so far, they have been. After about a month in Colorado, Carol Wygand reports that the family has made some adjustments, both to the weather and to their new medical team. Richard, who has now trained as a life coach, will maintain several of his Florida clients, and Carol will work with Luke.

“We did end up in the ER (during our) second week, but all the tests came back negative and Luke was only dehydrated,” she says. “I think he wanted us to get to know the local hospital and them to know him. It was also the biggest snow day so far, so we had to learn how to drive on snow at night on that day. That was part of Luke’s plan, too.”

Whether or not that was young Luke’s plan, his parents so far believe they’ve made the right decision, finding their son “back on track and thriving. I think we are finally on the right path.”

# BE SURE TO CHECK OUT THE ABILITIES EXPO TRIP



## AND TRENTON THUNDER BASEBALL



**ROEBLING TRIP  
COMING IN JUNE**



## May General Recreation

### Club Freedom Events Highlighted

2-May	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
<b>4-May</b>	<b>Fri</b>	<b>Abilities Expo</b>	<b>Bus Leaves PFR 9:00 AM</b>
5-May	Sat	Aquatics Hamilton YMCA	Bus Leaves PFR 11:30 AM
7-May	Mon	Day Program -- Robbinsville	Prog. Time 10 AM
<b>8-May</b>	<b>Tue</b>	<b>Parx Casino - Philadelphia - 5 Needed</b>	<b>Bus Leaves PFR 9:30 AM</b>
9-May	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
<b>11-May</b>	<b>Fri</b>	<b>Amish Market Bristol - 5 People Needed</b>	<b>Bus Leaves PFR 9:30 AM</b>
14-May	Mon	No Day Program	
16-May	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
17-May	Thu	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
<b>19-May</b>	<b>Sat</b>	<b>Trenton Thunder Baseball Game</b>	<b>Bus Leaves PFR 5:00 PM</b>
<b>21-May</b>	<b>Mon</b>	<b>PF Golf Outing Fundraiser</b>	
21-May	Mon	No Day Program	
<b>22-May</b>	<b>Tue</b>	<b>Shore Trip - Seaside 5 People Needed</b>	<b>Bus Leaves PFI 9:30 AM</b>
23-May	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
<b>24-May</b>	<b>Thu</b>	<b>Columbus Farmers &amp; Flea Market</b>	<b>Bus Leaves PFR 9:30 AM</b>
25-May	Fri	Pre-Holiday Groceries - Shop Rite	Bus Leaves PFR 9:30 AM
26-May	Sat	Aquatics Hamilton YMCA	Bus Leaves PFR 11:30 AM
<b>28-May</b>	<b>Mon</b>	<b>Memorial Day - PF Offices Closed</b>	
29-May	Tues	Day Program Trip-- Big E's Flea Market	Bus Leaves 10 AM
30-May	Wed	Equestrian Riding at Hopewell	Prog. Time Varies



**May 3**  
**Tim Doherty**

**May 7**  
**Bob Riskamm**

**May 4**  
**Ja'Kai Irving-Johnson**

**May 15**  
**Shanecqua Whitaker**

**May 6**  
**Esther Hohmann**

**May 20**  
**Dorothy Palmer**



**May 13**  
**Carol & Pete McKelvey**

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## Day Program—Weekly Fun

- Baking
- Crafts
- Trips



No Charge for  
Program Ex-  
cept For Trips