

New Horizons

Housing | nat Supports Independence



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Avalanches. Frostbite. Double Amputation. Still, He Scaled Mt. Everest.

Reprinted from The New York Times, May 14, 2018

KATHMANDU, Nepal — The Chinese mountain climber tried to scale Mount Everest almost half a dozen times. The climber, Xia Boyu, ran into avalanches. He was turned back by an earthquake. He suffered frostbite and lost both feet.

Years later, he was diagnosed with lymphoma and doctors amputated both of his legs above the knee. But Mr. Xia never gave up.



ADVERTISEMENT

“Everything is possible,” said Ang Tshering Sherpa, who recently stepped down as president of the Nepal Mountaineering Association. “I have found that disabled climbers work hard and they are very committed. It’s a great example to the world about their success.”

Mr. Xia isn’t a spring chicken either. He is in his late 60s, though recent photos show him looking trim and fit.

He received a climbing permit two months ago after Nepal’s Supreme Court issued an interim order that allowed double amputee climbers to try for Everest’s summit. Last year Nepal had tried to limit double amputees from climbing the mountain.

He was at least the third double amputee to make it to the top, according to climbing records.

Mr. Xia, who comes from Sichuan, lost both his feet to frostbite while trying to reach the summit in 1975, when he and his team were caught in a huge storm.

The weather was clear on Monday morning, when Mr. Xia made it to the summit, with a team of Sherpas helping him.

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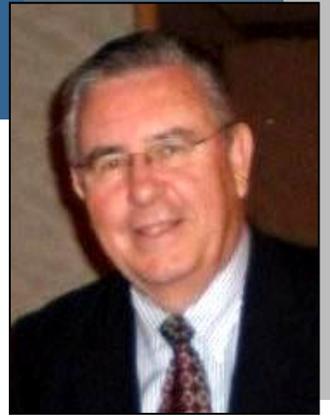
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“My Two Cents”

By *Tim Doherty, Executive Director*



Well it's that time of year again, when the Governor and the State Legislature argue over the State Budget, which must be passed by June 30. If not, then the government is supposed to shut down.

Now the Governor has said that he doesn't want to pass a budget that doesn't have a realistic forecast that shows that the revenue to support the budget will indeed come in. He acknowledges that other governors have played games with the budget, often presenting very optimistic forecasts as to the amount of revenue that the State would generate, only to fall very short of that forecast, thereby having a severe shortfall at the end of the year. This is why he advocates for higher taxes which only further burden the citizens of New Jersey-- A state that is the sixth most expensive state in which to live.

The opposition both from the Democrats and Republicans are urging some combination of tax cuts also with some tax increases. The problem is that the Governor has laid out such ambitious goals and has promised increased spending almost across the board, that there doesn't seem to be any amount of money sufficient to pay for his new programs.

Along with this scenario, is the fact that the Governor wants to confiscate the money which is still in the municipal housing trust fund accounts, to help balance his State budget. These funds were raised as fees paid by for profit developers when they build commercial and market rate housing. They cannot be used for anything else but affordable housing, however, in the past governors have taken similar monies from dedicated fund accounts. Witness the gasoline tax, which was only supposed to fund repairs to our roadways, but has often found itself being put into the general fund to balance the budget. As a result, this past year, that tax was raised.

Furthermore, as a result of the Supreme Court's ruling with regard to COAH and the municipality's affordable housing obligations, municipalities need those funds more than ever now, in order to fund their required housing needs. Without these funds, towns could legitimately tell the court that they are unable to comply because the State has confiscated their housing trust funds. These funds survived the several attempts of the Christi Administration to scarf them up, so it would be a shame for the new Democratic governor to now arbitrarily do that now.

So, a call to action is needed. Call you State lawmakers and tell them that you don't want those funds put into the General Budget but to be used for what they were intended—and that is creating more affordable housing.



From Norman's Desk

Our nation celebrates its Declaration of Independence from Great Britain on July 4th. We celebrate the idea that this nation wanted to be free from rules, regulations, and laws created without input from the Colonies.

We also celebrate the concept that each person has equality in the eyes of the law. Although many are still tramping upon this basic concept today, its promise has survived thanks to the sacrifice, blood, sweat, and tears of many.

As we celebrate Independence Day, we need to remember what we are celebrating and why. We need to remember the sacrifices of those who have died for the concepts of independence, liberty, and freedom. We must also remember that the fight is not over for people with disabilities, and, indeed, remember that the fight is only beginning for many of us.

The promise has been slow in coming for people with disabilities, and for many of us, equality is still not here, is still a concept enjoyed by others, and is a promise that still needs to be kept.

The promise is a lofty one, yet for some people with disabilities the promise translates into more practical considerations: the freedom to make choices in their daily lives, to be responsible for their lives, and to be a contributing part of their community.

Freedom and independence are grand sounding words, but for some they mean the right to do simple tasks. **Freedom and independence are empty and hollow words when a debate about the worthiness of the lives of people with disabilities is encouraged by silence in one of our nation's oldest institutions of higher learning.**

Expecting the promise of freedom to be kept without struggle and sacrifice is foolhardy. Again, our history teaches that participatory governance over oneself or one's country means stepping up to participate and sacrifice. Individuals must take up the cause of freedom, work together, and battle for the promise to be kept. This is true now for people with disabilities.

So, while we celebrate what happened 242 years ago, let us remember for many of us with disabilities the struggle for freedom continues! Join me on July 16 to "RevUp the vote by people with disabilities at our rally at the NJ State House Annex on the next page.

Norman A. Smith,
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Follow me on Twitter [@normansmith02](https://twitter.com/normansmith02)
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CELEBRATE WITH US IN TRENTON!

On **Monday, July 16th from 12:00 to 2:00 PM**, REV UP NJ and the Alliance Center for Independence, will be celebrating National Disability Voter Registration Week by hosting an event at the **NJ State House Annex (131-137 West State Street, Trenton)**.

COME OUT, HAVE A GOOD TIME, AND LET YOUR VOICE BE HEARD...YOUR VOTE COUNTS!

This event is part of REV UP's on going efforts to participation from the disability community in the elections process. The day will include live entertainment, voter registration, prominent speakers, resource tables, and giveaways. This year's mid-term elections are important for New Jersey's voters with disabilities!



REV UP NJ is part of a national campaign to include 54 million Americans in the Election process.



REGISTER

adacil.org • 732-738-4388 • acaba@adacil.org

This work is supported with a grant from the NJ Council on Developmental Disabilities.



Lawrence PF tenant Becky Scheick won 3 metals recently at the Special Olympics. She brought home 2 SILVER metals and a GOLD! Her silver metals were for the 4x100 Team Relay and the 100 Meter Dash. She crushed it in the Softball Throw earning herself the GOLD! We are so proud of Rebecca and everyone who participated in the Special Olympics.

Lawrence Events

DATE	DAY	PROGRAM (in Community Room)	TIME
7/3/18	Tue	Massages	Sign up
7/5/18	Thu	Movie Day	2:30 pm
7/6/18	Fri	Games and Ice Cream with Dana	3-5:30 pm
7/11/18	Wed	Tropical Games at Lawrence	1-3 pm
7/17/18	Tue	Keep Calm and Color On	3-4:30 pm
7/18/18	Wed	Nutrition	7 pm
7/24/18	Wed	Christmas in July Board Games	4-6 pm



Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
7/9/18	Mon	Day Program—Wind Chimes and Games	2-4 pm
7/12/18	Thu	Hamilton Games	2-4 pm
7/17/18	Tue	Hamilton Games II	2:15– 4:15 pm



Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
7/3/18	Tue	Heart to Hearts Chair Massage in Comm Rm	1:15 PM -3:00 PM
7/13/18	Fri	Mercer Home Health Hosting Pokeno in Comm Rm	3:00 PM
7/18/18	Wed	Heart to Hearts Chair Massage in Community Room	9:30 AM -11:30 AM
7/27/18	Fri	Parent and Child Movie Afternoon in Community Rm	1:30 PM



Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
7/2/18	Mon	Day Program– Tie-Dye Pillowcases	2-4 pm
7/20/18	Fri	Christmas in July Board Games	1-3 pm
7/23/18	Mon	Day Program in Robbinsville	2-4 pm
7/24/18	Tue	Stroll/Roll to Concert by Lake	6:30 pm
7/31/18	Tue	Day Program at Robbinsville	2-4 pm

BMS Volunteers Spruce Up PF Robbinsville

On Wednesday June 19, 24 enthusiastic employees of Bristol Meyers Squibb arrived at our Robbinsville complex to lend a hand with landscaping, painting and window washing. What an exceptional crew they were and we thank, thank, thank them!



Senators Call For End To Subminimum Wage Amid Accusations Of Exploitation

Reprinted from April 27, 2018 Disability Scoop by Courtney Perkes

Subminimum wages for workers with disabilities came under fire this week as a group of U.S. senators called for an end to the “discriminatory” practice and an Illinois manufacturing company was accused of exploiting nearly 250 employees.

Lawmakers sent a five-page letter to the U.S. Department of Labor on April 23, the same day that the department announced that Rock River Valley Self Help Enterprises had violated federal employment law and owed two years’ worth of back pay to workers who earned less than minimum wage. Seven Democratic senators, including Elizabeth Warren of Massachusetts and Tammy Duckworth of Illinois, wrote that the lower pay “permits employers to discriminate against workers on the basis of disability status and unjustifiably sets low expectations for workers with disabilities.”

The lawmakers called for a phasing out of so-called “Section 14(c)” jobs where employers, under the Fair Labor Standards Act, apply for certificates that allow them to pay people with disabilities less than minimum wage. Subminimum wages are based on the productivity of a person with a disability compared to someone without a disability. For instance, the letter noted that Goodwill Enterprises had paid some workers as little as 22 cents an hour.

The senators requested information on how many workers with disabilities across the country are employed under 14(c) certificates and how much they earn. As of Thursday, the Department of Labor had not responded to the letter, Duckworth’s office said.

In the Self Help investigation in Sterling, Ill., federal officials revoked the nonprofit’s certificate and said the group had failed to conduct proper time studies of jobs in order to calculate wages and had sometimes unlawfully paid workers with gift cards.

“The Department of Labor is committed to protecting Americans with disabilities from exploitation in the workplace,” Ruben Rosalez, acting regional administrator for the agency, said. “When employers violate federal law and obstruct investigators, we take decisive action to protect vulnerable workers, their families and other employers who play by the rules.” The department said Self Help must pay all current workers at least the full federal minimum wage of \$7.25 per hour going forward and pay back wages. Self Help Executive Director Carla Haubrich issued a statement saying the organization had served the “developmentally disabled workforce” for 54 years.

“We are obviously disappointed in the decision made by the United States Department of Labor, disagreeing with this outcome, but will take all necessary steps to comply with the decision as we pursue our available options to have the matter duly reviewed,” the statement said.

According to the National Council on Disability, an independent federal agency, subminimum wage programs are primarily operated by nonprofit or state-run social service providers rather than private businesses. The programs are also ineffective at transitioning employees into the general workforce, the agency said.

But other advocates and families say that jobs that pay less than minimum wage play an important role, especially for those with the most severe disabilities, by fostering self-esteem and productivity.

Nike Turns To Runner With Cerebral Palsy To Help Design Next-Gen Shoe

Reprinted from May 4, 2018 DisabilityScoop by Michelle Diament

One of the world's largest athletic brands is expanding its lineup of shoes specially designed for people with disabilities.

Nike said this week that it will add a new product to its FlyEase collection — which features sneakers that include special accessibility features — this summer.

The Nike Air Zoom Pegasus 35 FlyEase was developed in consultation with Justin Gallegos, a member of the University of Oregon track club who has cerebral palsy, the company said.

Nike designers indicated that they worked with Gallegos as he trained for his first half marathon, studying his unique gait and stride and listening to his needs in order to make a shoe that would be easy to get on and off, be durable in the forefoot, offer good cushioning and provide a stable platform.

The result is a sneaker that features a zipper-and-strap enclosure so that Gallegos can easily slip in and out of them and does not need to worry about laces becoming undone mid-race. “I want people to know that this technology exists, and regardless of what your sport is, the Nike FlyEase technology can help you; it can change your quality of life in incredible ways,” said Gallegos who clocked a time of two hours and three minutes in the race.

Nike first unveiled its FlyEase concept in 2015 after hearing from a teen with cerebral palsy who wanted a shoe he could take on and off independently. Since then, the athletic-wear giant has grown the line to include sneakers for adults and kids.

The new FlyEase shoe will be available July 1 on Nike's website.



Preventing Tick Bites



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Tick exposure can occur year-round, but ticks are most active during warmer months (April-September). Know which ticks are most common in your area (https://www.cdc.gov/ticks/geographic_distribution.html).

Before You Go Outdoors

Know where to expect ticks. Ticks live in grassy, brushy, or wooded areas, or even on animals. Spending time outside walking your dog, camping, gardening, or hunting could bring you in close contact with ticks. Many people get ticks in their own yard or neighborhood.

Treat clothing and gear with products containing 0.5% permethrin. Permethrin can be used to treat boots, clothing and camping gear and remain protective through several washings.

Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone. EPA's helpful search tool can help you find the product that best suits your needs. Always follow product instructions.

Do not use insect repellent on babies younger than 2 months old.

Do not use products containing OLE or PMD on children under 3 years old.

Avoid Contact with Ticks

Avoid wooded and brushy areas with high grass and leaf litter.

Walk in the center of trails.

After You Come Indoors

Check your clothing for ticks. Ticks may be carried into the house on clothing. Any ticks that are found should be removed. Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors. If the clothes are damp, additional time may be needed. If the clothes require washing first, hot water is recommended. Cold and medium temperature water will not kill ticks.

Shower soon after being outdoors. Showering within two hours of coming indoors has been shown to reduce your risk of getting Lyme disease and may be effective in reducing the risk of other tickborne diseases. Showering may help wash off unattached ticks and it is a good opportunity to do a tick check.

Check your body for ticks after being outdoors. Conduct a full body check upon return from potentially tick infested areas, including your own backyard. Use a hand-held or full-length mirror to view all parts of your body. Check these parts of your body and your child's body for ticks:

Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day-packs.

Preventing ticks on your pets

Dogs are very susceptible to tick bites and tickborne diseases. Vaccines are not available for most of the tickborne diseases that dogs can get, and they don't keep the dogs from bringing ticks into your home. For these reasons, it's important to use a tick preventive product on your dog. Tick bites on dogs may be hard to detect. Signs of tickborne disease may not appear for 7-21 days or longer after a tick bite, so watch your dog closely for changes in behavior or appetite if you suspect that your pet has been bitten by a tick.

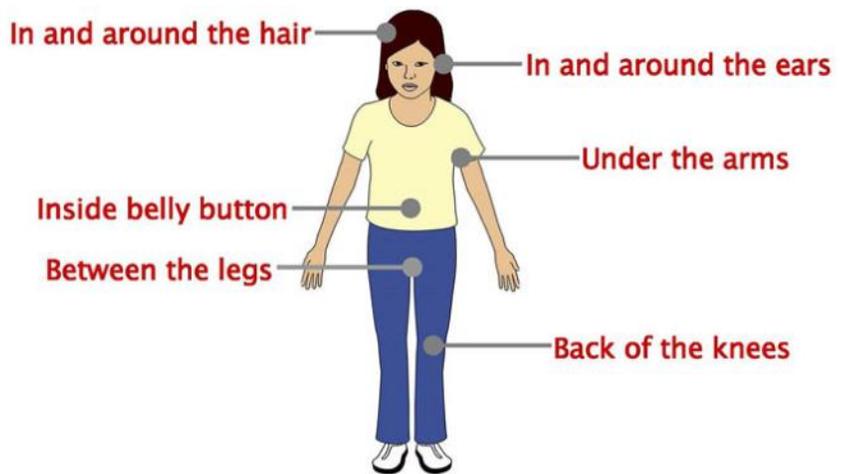
Talk to your veterinarian about:

- The best tick prevention products for your dog
- Tickborne diseases in your area

To further reduce the chances that a tick bite will make your dog sick: Check your pets for ticks daily, especially after they spend time outdoors.

If you find a tick on your pet, remove it (https://www.cdc.gov/ticks/removing_a_tick.html) right away.

Reduce tick habitat in your yard (https://www.cdc.gov/ticks/avoid/in_the_yard.html).



Note: Cats are extremely sensitive to a variety of chemicals. Do not apply any tick prevention products to your cats without first asking your veterinarian!

July General Recreation

Club Freedom Events Highlighted

7/2/18	Tue	Day Program at Robbinsville	2-4 pm
7/4/18	Wed	Holiday	
7/9/18	Mon	Day Program at Hamilton– NO BUS	2-4 pm
7/14/18	Sat	Trenton Thunder Baseball	Bus leaves PFR 5 pm
7/16/18	Mon	Day Program Trip to Disability Rally	Bus leaves PFR 10:30 am
7/17/18	Tue	Hamilton/Lawrence Shopping	Bus leaves PFR 9:30 am
7/19/18	Thu	Seaside Trip– 5 people needed to go	Bus leaves PFR 9:30 am
7/23/18	Mon	Day Program at Robbinsville	2-4 pm
7/24/18	Tue	Moorestown Mall Trip– 5 needed to go	Bus leaves PFR 9:30 am
7/25/18	Wed	Shoprite Grocery Shopping	Bus leaves PFR 9:30 am
7/26/18	Thu	Columbus Farmers & Flea Market	Bus leaves PFR 9:30 am
7/31/18	Mon	Day Program at Robbinsville	2-4 pm



No matter how you consume them, if you love pickles, then you will be happy to know that they can **help improve your mental and physical health.**

There was a study done that examined how pickles and other fermented foods affect the mind. The researchers found that pickles and other fermented foods **can reduce anxiety symptoms.**

Pickles also have probiotics. That is why they can help improve your digestive health. Researchers have concluded that a healthier digestive system can lead to a healthier mind. This in turn **can reduce anxiety-fueled thoughts.**

Additionally, the probiotics in pickles can **strengthen your immune system.** This can make it easier for you to fight off illnesses.

If you are worried about an upcoming event, then having a pickle may help put your mind at ease. In fact, some researchers believe that eating a fermented food while you are nervous might be the equivalent to popping a Valium.

Reprinted from May 16th, 2018 [LifeStyle](#)

July 4
Janis Parker

July 10
Pete McKelvey

July 11
Frieda Applegate

July 24
Carol Duncan

July 26
The Americans with
Disabilities Act 28 Years Old
and Still Kicking (and Being
Kicked!)

Happy Anniversary

July 2
Joe & Danéen Morelli

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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

WAVE YOUR FLAG CHEESECAKE

Serves: 16-20(1 square each)

Ingredients

- 1 qt strawberries, divided
- 1 1/2 c boiling water
- 1 pkg red jello (any flavor 8 serving size or 2 of the 4 serving size)
- ice cubes
- 1 c cold water
- 1 pkg Sara Lee pound cake(10.75 size cut into 10 slices)
- 1 1/3 c blueberries, divided
- 2 pkg cream cheese(8oz size)
- 1/4 c sugar
- 1 tub of cool whip(8oz)

Directions

1. Slice 1 cup of the strawberries. Halve the remaining strawberries at this time and set aside.
2. Stir boiling water into dry Jello mix in large bowl for 2 minutes or until completely dissolved.
3. Add enough ice to cold water to make 2 cups.
4. Add to Jello mixture and stir until ice is melted. Refrigerate for 5 minutes or until slightly thickened consistency of unbeaten egg whites).
5. Meanwhile line the bottom of a 13x9 glass dish with the cake slices.
6. Stir sliced strawberries (not the halved ones) and 1 cup of blueberries into the Jello mixture and spoon over cake slices. refrigerate 4 hours or until SET.
7. Beat cream cheese and sugar until well blended then gently fold in the cool whip. Spread over SET Jello.
8. Top with strawberry halves for the "stripes" and use remaining blueberries for the "star." Store in the refrigerator.

