

New Horizons

Housing | nat Supports Independence



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Amber Tatro, Whose Suit Gave Rights to Disabled Students, Dies at 42

By Sam Roberts Reprinted from NY Times Aug. 14, 2018

In 1979, just a few months before Amber Tatro turned 4, her family notified the Irving, Tex., school district that she would be ready for classes that fall.

Born with spina bifida, a congenital defect that causes partial paralysis and impaired speech, she was unable to urinate on her own. She required catheterization every few hours to prevent kidney damage, a process that took only several minutes but that she was too young to perform herself.

School districts that receive federal funds are required to provide handicapped students with "related services," which could include transportation, recreational facilities, occupational therapy and other benefits. But Irving school officials considered catheterization a medical service that was beyond the scope of the law. They refused to provide it.

Amber's family sued. In 1984, after a long legal battle during which the district was required to offer the procedure, the United States Supreme Court ruled unanimously that catheterization was a modest procedure encompassed in the related services that the law required in order for children to receive special education.

The decision, the court's first to distinguish legally between a related health service and a medical service under the Education for All Handicapped Children Act, expanded the definition of related services to include certain health care measures that did not require a doctor.

A decade after the decision, refusing to use a wheelchair that was available, Amber Tatro struggled to the stage with her braces and crutches to receive her diploma from MacArthur High School in Irving. She also received a standing ovation.

Ms. Tatro (pronounced TAY-troe) died on Aug. 8 at a Dallas hospital. She was 42. Her grandmother, Mary Louise Tatro, said the cause was complications of multiple infections resulting from her congenital spinal defect. "They had tried everything," Mrs. Tatro said. "We just had to let her go."

"Amber's legacy," said Perry A. Zirkel, professor emeritus of education and law at Lehigh University in Pennsylvania, "amounted to a major step forward for students with disabilities generally and the mission of the public schools altogether."

Steven Aleman, a staff lawyer with Disability Rights Texas — which under an earlier name, Advocacy Inc., argued the case before the Supreme Court — described the suit as "one of the landmark special education cases in this nation and an enormous precedent in providing access to public schools for students with disabilities."

"The school said, 'We're not a medical provider, we're a school,'" Mr. Aleman said. "The court said, 'You do have to take that extra step.'"

Mrs. Tatro said the six years of litigation against the school district "was worth the fight." "I knew that if I quit fighting, every kid who was getting services would have lost," she said.



Above: Ms. Tatro at 18 as a high school senior in 1994 with Marilyn Qualls, her special education teacher for four years. Ms. Tatro received a standing ovation when she graduated. Credit Erich Schlegel/Dallas Morning News/TNS

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“My Two Cents”

By *Tim Doherty, Executive Director*



In early October, HMFA will be putting on the Governor's Conference on Housing. This is usually a three day affair in Atlantic City, and it gives businesses and agencies such as Project Freedom the opportunity to see the latest products and services in the housing industry, but to also attend the various learning seminars on housing management and financing. It is also an excellent opportunity to meet face to face with HMFA and DCA officials, staff and other agencies, that impact affordable housing in New Jersey.

This year I have been asked to be part of a panel on Supportive Housing in New Jersey, which I have done in the past. This kind of workshop is very timely now, since the affordable housing industry has recently faced some significant changes due to the Federal Tax Reform Act passed last year. That act, significantly de-valued the price for Tax Credits by lowering the corporate tax rate from 35 % down to about 15 %. The net effect was to give a tax break to most corporations, who previously would invest in Tax Credits as a way to reduce their federal tax burden. Since taking affect last year, this new law has significantly lowered the price for tax credits, ultimately reducing the total paid by as much as \$ 500,000.

For Project Freedom, that reduction in total price paid, put a big hole in our financing for our Gibbsboro project. Our investor syndicator, did help by scrambling to find some other funds, such as the penalty money paid to the Justice Department for claims against some of the largest banks. However that money was limited and did not provide all the needed funding for this project. We had to do extensive value engineering to our buildings, that is to say, to give up some amenities, so as to bring the cost of the project more in line with our budget or available funds. Now under construction, we are hoping that we can save all of our contingency money so as to put back some of those enhancements.

Couple that issue with the fact that the State of New Jersey's Budget continues to run a deficit, with expected revenues to fall short of the expected spending. In addition, our new governor, Phil Murphy continues to want to increase spending for other social programs, without really knowing that the funds will be there for their expense.

Finally, although many towns have settled in court on their Affordable Housing plans for the third Round, there are a number of new proposed bills in the legislature that will impact getting new affordable housing completed. Without giving the bill numbers here, one bill was to have every proposed project do an extensive, and costly, feasibility study before moving ahead, with another wanting to eliminate the PILOT programs which reduce the real estate taxes paid by these affordable housing projects. A third bill would require using Davis Bacon Wage scales to all construction projects which are funded with any federal or State funds. This alone provision would increase the cost of the projects by 30%, and thereby reduce the available funds for more projects. So, with the fact that the Towns have had to go through the courts in order to get approval of their housing plans, many now are asking for the return of COAH. Funny, what goes around comes around.

From Norman's Desk



New Jersey will be holding its Eighth Annual Disability Pride Parade and Celebration in Trenton this month. The event is organized by the Alliance Center for Independent Living based in Edison, and I'm proud to have been a part of the parade since the beginning.

I have told this story many times, and the underlying philosophy remains important to emphasize each year. I have recruited people with disabilities to march in past parades. One year my neighbor sarcastically asked me: "Are you proud of that stutter of yours?" Since I'm always reminding him that he cannot see too well and that he is dangerous in a power-chair, this well-aimed barb is routine banter between people comfortable with their disabilities. His comment, however, started me thinking about the incongruity of pride and disability.

It is incongruous to take pride in not being able to do something. There must be some onlookers at the parade each year asking: What are these "broken-down people" with crutches and in wheelchairs doing marching around proclaiming their pride? How can they be proud when they can't do anything for themselves?

Well, that is the point. Society's view of people with disabilities can be so negative, so weakening, so smothering of spirit that overcoming that negativity can be empowering and something to be proud about.

As people with disabilities, we put up with so much crap imposed upon us by society, the government, the system, and the people in our lives that it is a wonder that any of us have the energy and initiative to be independent, productive, or active.

But we are independent, productive, active, and we need to own it and show our pride in what we do!

This applies to every person with a disability no matter what their situation. Our lives are a precarious "high-wire acts" of low income with under-funded supports that keep us more dependent than independent. One false step drops us into the abyss of institutional living to be trapped and robbed of personal initiative, independence, and dignity.

Yet every day we get up to perform on the "high wire" defying negative attitudes, preconceptions, prejudices, and fears. Some do it with drudgery. Some do it with gusto. Most people with disabilities live our lives somewhere in between. We do it every single day.

This is why we should have pride. This is why we need to display our pride publicly and loudly. This is why we celebrate our pride in ourselves and our community.

Norman A. Smith, Associate Executive Director - ProjectFreedom1@aol.com
Follow me on Twitter @normansmith02
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Facebook Accused Of Disability-Related Discrimination

by Shaun Heasley *Reprinted from DisAbility Scoop*, August 21, 2018

Facebook is being accused of allowing advertisers to discriminate against people with disabilities and other groups in violation of federal law.

In a formal complaint from the U.S. Department of Housing and Urban Development, the social networking giant is facing allegations that it “unlawfully discriminates by enabling advertisers to restrict which Facebook users receive housing-related ads.”

Specifically, the federal agency notes that Facebook uses its massive trove of data to allow landlords and home sellers to choose not to show ads to those with interests in categories like “assistance dog,” “mobility scooter,” “accessibility” and “deaf culture,” among others.

Doing so is in violation of the Fair Housing Act, which bars discrimination in housing transactions — including advertising — according to HUD.

“The Fair Housing Act prohibits housing discrimination including those who might limit or deny housing options with a click of a mouse,” said Anna María Fariás, assistant secretary for fair housing and equal opportunity at the agency. “When Facebook uses the vast amount of personal data it collects to help advertisers to discriminate, it’s the same as slamming the door in someone’s face.”

Aside from disability, the federal housing agency contends that Facebook’s ad platform enables housing providers to limit who sees their ads based on sex, race, color, religion, national origin, zip code and whether users have children or have kids of certain ages.

When the Department of Housing and Urban Development initiates a complaint, it triggers a formal fact-finding investigation that can lead to a charge of discrimination, the agency said.

The HUD complaint follows a lawsuit filed earlier this year by the National Fair Housing Alliance against Facebook outlining similar housing discrimination claims. The U.S. Attorney for the Southern District of New York filed a statement of interest in that case last week.

Facebook said it plans to respond in court to the statement of interest and will work with HUD to address the agency’s concerns.

“There is no place for discrimination on Facebook; it’s strictly prohibited in our policies,” Facebook said. “Over the past year we’ve strengthened our systems to further protect against misuse.”



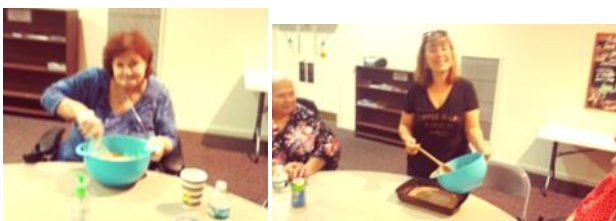
Lawrence Events

DATE	DAY	PROGRAM (in Community Room)	TIME
10/2	Tues	Massage	Sign up
10/2	Tues	Sugar Free Cookies	5:00 - 7:30 pm
10/4	Thurs	People & Stories	1:00-2:30 pm
10/9	Tues	Life Insurance Presentation	2:00-4:00 pm
10/10	Wed	Fall Colored Tie Died Pillow	4:00-7:00 pm
10/11	Thurs	People & Stories	1:00 -2:30 pm
10/17	Wed	Nutrition	6:00 pm
10/18	Thurs	People & Stories	1:00-2:30 pm
10/20	Sat	Games	1:00-3:30 pm
10/23	Tues	Caramel Apples	4:00-6:00 pm
10/24	Wed	Movie Day	2:00 pm
10/25	Thurs	People & Stories	1:00-2:30 pm
10/25	Thurs	Medicare Open Enrollment Seminar	3:00 pm
10/26	Fri	Medicare Open Enrollment Seminar	10:00 am
10/27	Sat	Halloween Games	1:00-3:00 pm



Do You Know Anyone Who Has
a Passenger CDL License and
Would Like to Volunteer to
Drive for Our Various Rec
Programs?





Hamilton Happenings

DATE	DAY	PROGRAM (in Community Room)	TIME
3-Oct	Wed	Hamilton Fall Crafts	Prog. Time 5:00 -8:00 PM
4-Oct	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
5-Oct	Fri	Disability Pride Celebration	Bus Leaves PFR 9:00 AM
6-Oct	Sat	Hamilton Games	Prog. Time 1:00 -4:00 PM
18-Oct	Thu	Hamilton Carmel Apples	Prog. Time 5:00 -8:00 PM
24-Oct	Wed	Hamilton Games	Prog. Time 5:00 -8:00 PM



Robbinsville Events

DATE	DAY	PROGRAM (in Community Room)	TIME
17-Oct	Wed	Robbinsville Funnel Cake Making	Prog. Time 6:30 -9:00 PM
19-Oct	Fri	Robbinsville Crafting	Prog. Time 6:30 -9:00 PM
30-Oct	Tue	Robbinsville Games	Prog. Time 6:30 -9:00 PM



Hopewell Events

DATE	DAY	PROGRAM (in Community Room)	TIME
10/2	Tues	Heart to Hearts Chair Massage	:15 PM to 3:15 PM
10/4	Thurs	Hopewell Twp. Flu Shots	4:00 PM to 6:00 PM
10/12	Fri	Mercer Home Health Hosting Pokeno	3:00 PM
10/17	Wed	Heart to Hearts Chair Massage	9:30 AM to 11:30 AM
10/18	Thurs	Senior Store Hosting Medicare/Insurance Seminar	3:00 PM

Sedentary Behaviors Associated with Major Adverse Cardiac Events

Reprinted from American College of Cardiology September 24, 2018

Summary: Exercise and physical activity are of vast global importance to prevent and control the increasing problem of heart disease and stroke, according to a review article.

Exercise and physical activity are of vast global importance to prevent and control the increasing problem of heart disease and stroke, according to a review paper published in the *Journal of the American College of Cardiology*.

Physical inactivity is considered one of the leading modifiable risk factors for heart disease, along with smoking status and high low-density lipoprotein (LDL) cholesterol levels. A 2012 study found physical inactivity accounted for 9 percent of premature deaths worldwide and was shown to be the reason behind 6 percent of coronary heart disease, 7 percent of Type 2 diabetes and 10 percent of both breast and colon cancer diagnoses.

In this systematic review, the authors compiled the results of 25 published reviews that addressed both personal and environmental variables related to physical activity to determine how health care professionals can empower patients to adhere to a heart-healthy lifestyle.

"Proper physical activity should be a lifelong commitment," said Gerald Fletcher, MD, professor of medicine and cardiovascular disease at Mayo Clinic Florida and the review's lead author. "The benefits of being physically active exist regardless of sex, ethnicity or age. The most active individuals have an approximate 40 percent lower risk of developing heart disease than those who do not exercise at all."

To benefit overall heart health, current guidelines recommend at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic exercise per week. Aerobic forms of exercise have been shown to lower systolic and diastolic blood pressure as much as 15 and 9 mmHg, respectively, among hypertensive patients, as well as reduce ischemic stroke risk and decrease LDL levels with the aid of a proper diet.

Sedentary behaviors (e.g. sitting in front of a computer or watching television) occupy almost eight hours of the average person's day, but replacing one hour of sitting time with an equal amount of activity has been shown to effectively lower all-cause mortality. The researchers recommend incorporating more daily lifestyle activities into the day, such as yard work, household chores, or walking/biking to and from work. The authors list stand-up desks, stand-up conference rooms with no chairs and using the stairs instead of an elevator as a few of the ways a work environment can promote physical activity for its employees.

According to the review, both in-patient and out-patient cardiac rehabilitation have also been shown to successfully reduce all-cause mortality and empower heart disease patients to combat modifiable cardiac risk factors. The success of these preventive programs heavily relies on the patient's commitment to changing sedentary behaviors and consistent follow-up from the patient's health care provider.

"Just like medication, the right form of physical activity has to be specialized for each patient. Physical activity is no different from smoking cessation or eating a heart-healthy diet," said Fletcher. "It is up to health care professionals to set an example for their patients in all aspects of life."

Columbus Discovers America



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Unlock the Potential

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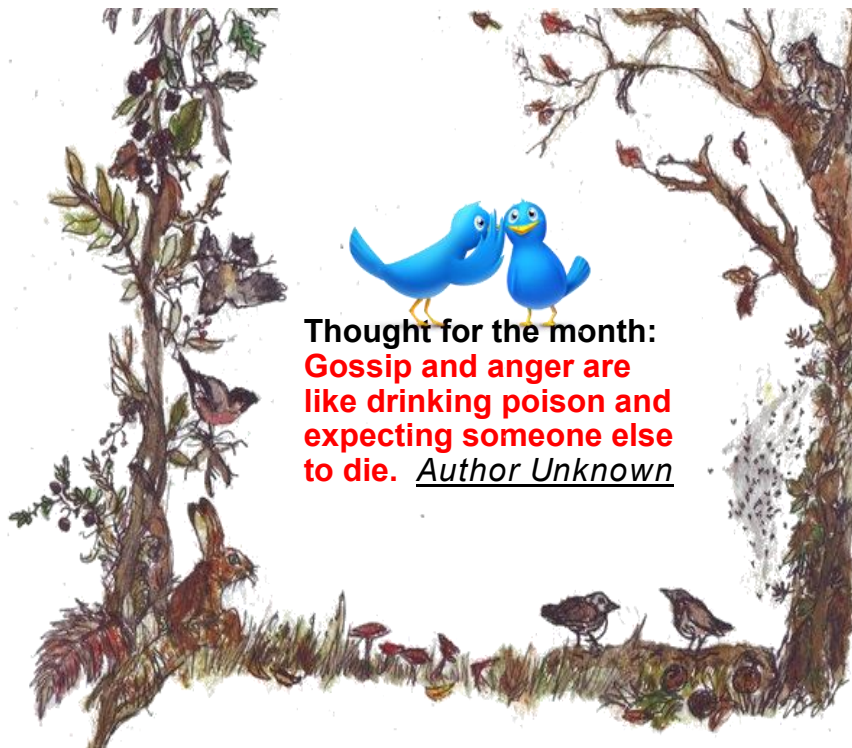
Tuckerton Seaport and Museum
Saturday, October 13, 2018
Bus is leaving between 9:00 - 9:30 am from
Robbinsville Complex.
Transportation Fee \$3 person
Bring money for lunch
Call Esther or Mary 609-448-2998 if interested



October 2
Frank & Becky Summers
October 21
Frank & Danielle Vitella



October 6
Mirtha Hernandez
October 7
Peter Swierk
October 8
Vinnie Chiavoni
October 12
Carol McKelvey
October 17
Jacqueline Smith
October 27
Gary Barris
October 28
Rosemary Ciampa



OCTOBER

General Recreation

Club Freedom Events Highlighted



1-Oct	Mon	Day Program - Hamilton	Prog. Time 2 PM-4 PM
3-Oct	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
4-Oct	Thu	Hamilton/Lawrence Shopping	Bus Leaves PFR 9:30 AM
5-Oct	Fri	Disability Pride Celebration	Bus Leaves PFR 9:00 AM
8-Oct	Mon	Columbus Holiday - PF Offices CLOSED	
10-Oct	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
11-Oct	Thu	Mall Trip Moorestown Mall 5 Needed	Bus Leaves PFR 9:30 AM
13-Oct	Sat	Tuckerton Baymen's Seaport Museum	Bus Leaves PFR 9:30 AM
15-Oct	Mon	Day Program - Hamilton	Prog. Time 2 PM-4 PM
16-Oct	Tue	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
17-Oct	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
18-Oct	Thu	Columbus Farmers & Flea Market	Bus Leaves PFR 9:30 AM
22-Oct	Mon	Day Program - Hamilton	Prog. Time 2 PM-4 PM
23-Oct	Tue	Dine Out - Dinner - Outback	Bus Leaves PFR 4:30 PM
24-Oct	Wed	Equestrian Riding at Hopewell	Prog. Time Varies
25-Oct	Thu	Grocery Shopping - Shop Rite	Bus Leaves PFR 9:30 AM
26-Oct	Fri	Mall Trip Jackson - 5 People Needed	Bus Leaves PFR 9:30 AM
29-Oct	Mon	Day Program - Hamilton	Prog. Time 2 PM-4 PM
31-Oct	Wed	Equestrian Riding at Hopewell	Prog. Time Varies

hello october,
please be good. ♥

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Day Program Crafts

