



Center for Independent Living
of North Central Pennsylvania

Freedom News

QUARTER 1, 2011

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Wheelchair Basketball Tournament

Roads to Freedom Center for Independent Living would like to thank everyone who participated

and volunteered to make the 2011

Wheelchair Basketball Tournament a huge success. We would also like to con-

gratulate Play by Faith for win-

ning the 2011 Tournament. The trophy for most funds raised through sponsorships also went home with Play by Faith, a group from Lycoming College.

The tournament is designed as an awareness activity for people who don't use wheelchairs to compete in a fun activity and try on a disability for a few hours. On the sleeves of every team jersey was the letters HH. This stood for Holly Hurlbert, an employee and a close friend of Roads to Freedom

who died last year due to complications related to her disabilities. Holly was also an alumni

of Lycoming College and the Alpha Sigma Tau sorority. A portion of the proceeds will go toward improving accessibility on the Lycoming College campus



Pictured is the team Play by Faith from Lycoming College

in Holly's memory. The improvements will benefit students with disabilities at Lycoming College.

The competition was tough this year, with ten teams participating, up from four the previous year. After losing one game to Best Buy-Selinsgrove, Play by Faith came back to meet them again in the championship round and beat them in overtime in twice, due to the double elimination rule.

Letter from Renee



Renee Sluzalis
Executive
Director

“Leslie does a very good job! She is very professional, reliable and consistent.”

Dear consumer,
In case you haven't had the opportunity to stop by, Roads to Freedom has experienced many exciting changes in the past year. The biggest change has been the relocation to our new facility. Being situated in the heart of downtown Williamsport has helped to increase our visibility and vastly improve the recognition of our services. We are grateful to River Valley Transit for establishing a bus stop at our front door.

Another huge change for us has been the leadership of our board of directors. I would like to

thank Hank Colling who served unselfishly as our board president for over 15 years. His leadership made a tremendous impact as he guided us to improving the quality of life for people with disabilities. Continue to stay tuned to our website for upcoming events and the latest news on our services and programs.

Better yet, stop down to see for yourself the great things that we have to offer!

Sincerely,
Renee Sluzalis

Volunteer of the Quarter

Roads to Freedom Center for Independent Living would like to congratulate Leslie Haggerty for earning Volunteer of the Quarter.

“Leslie does a very good job,” says Meagan Murray - RTF Volunteer Coordinator. “She is very professional, very reliable and consistent.”

Every quarter Meagan nominates 3 volunteers to be eligible for the honor. The nominations are determined by the

number of hours they put in, the quality of their work and their professionalism in a work environment. Then all staff at RTF vote on those three names and whoever receives the most votes gets recognized as Volunteer of the Quarter. “Without the hard work and dedication of our volunteers, much of what we do wouldn't be possible,” says Meagan.

If you see Leslie, please congratulate her and thank her for her hard work!



Leslie Haggerty

iCommunicate with the iPad

The development of inexpensive mobile technology is beginning to dramatically change what is available for individuals with complex communication needs.

Currently an application called Proloquo2go is available for the iPad and iPod. This app. allows your iPad to be used as an Augmentative and Alternative Communication (AAC) device. The app. and the iPad are significantly cheaper than a typical AAC device, which usually costs around \$5,000.

Other advantages it has over other

AAC devices are the multitude of other uses such as: music, videos, games and internet.

Let's also not forget the "cool" factor of walking or rolling down the street with a sleek iPad.

If you want to try out the Proloquo2go app before you make a purchase, contact Julie Bair at Roads to Freedom to schedule a free demonstration!



The iPad offers affordable alternatives to other AAC devices.

Independent Living Needs Your Voice!

Independent Living is a philosophy and lifestyle choice that all Americans aspire to. IL means the individual chooses the direction their life takes, including the right to make choices, make mistakes and learn from them. For people with disabilities, there are many barriers to freedom of choice. Independent Living happens when people with disabilities advocate for themselves by making their voices heard. Now is the time to be heard!

The release of the President's 2012 budget proposal suggests drastic changes to the way IL is currently funded. The proposal would eliminate the current funding system for Part B and C-CILs, and replace them with a

new "Grants for Independent Living" program. Instead of funding going directly to CILs, like it has since 1992 as required by the Rehabilitation Act, this new proposal will put all of the funding into the hands of the state government to spend at their discretion. This could have a very negative impact on the IL community.

Your voice matters! You can make a difference by contacting the White House online at www.whitehouse.gov/contact or by calling them at 202-456-1111.

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**Roads To Freedom
Fitness Center**

Fitness Center Journal

ROADS TO FREEDOM

Center for Independent Living of North Central PA

By: Martin Grafius

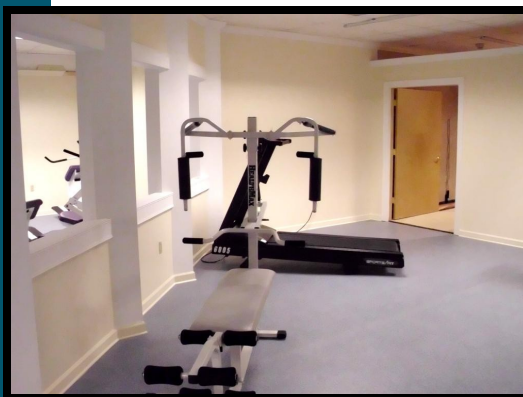
Welcome to the Fitness Center Journal! Even though our fitness center is not complete yet, our progress is very much like a diesel engine. Once we get started, just try and stop us!

Check Out Our Progress!

*These **Before** pictures show when we started painting the walls.*



*These **After** pictures show the completed walls and some of the equipment.*



Your Road to Wellness!

“Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.” ~Plato



Martin Grafius - NSCA CPT

Coming Soon!!!!

With introductions out of the way, we do not have much space to get to the actual point of the newsletter; to inform you about fitness and wellness. I promise you that in upcoming issues I will blow your mind with info on such topics as:

Martin is the Fitness Coordinator for the Independent Living department at Roads To Freedom. He received his Physical Fitness Specialist A.A.S in 2009 and is currently pursuing a Bachelors of Applied Health at Pennsylvania College of Technology. Martin has many hobbies but the ones that continue to pique his interests are fitness and being a GIANT nerd. Martin’s future goals (outside of living a long, healthy, and happy life) are: never stop learning, continue to fight for the rights of the down-trodden, and to own a jet-pack (which he will use to help the down-trodden). “I have worked at several places: I was a Barista, a rock climbing wall instructor, a gym attendant, and a personal trainer. None of the jobs I listed consistently bring the satisfaction and joy that Roads To Freedom gives me on a daily basis.”

- Our Gym!!!!!!
- An overview of what equipment and services to expect
- Fitness Trends
- Q & A with Martin
- Fitness Myths
- Nutrition & Diet
- Wellness Tips
- Interesting Fitness Studies
- Upcoming Fitness Events
- Success Stories
- Plus so much more!

For more information about the RTF Fitness Center, e-mail: [Martin Grafius at mgrafius@cilncp.org](mailto:mgrafius@cilncp.org) or call: 570-327-9070

Sammy's Story

by: Lucina Campbell

Jerry
Samuel
Webb
"Sammy"



After a summer visit to his parent's home in 2009, Sam Webb decided he wanted to leave West Philadelphia and make Williamsport his new home. Since he's been here, he's made a lot of new friends and found his way to Roads to Freedom where he volunteers his time assisting staff member Miriam Pagan in keeping the building clean. Sam is also taking classes at RTF to enhance his reading and writing skills. Those who've gotten to know Sam say that he's "a very kind-hearted person and if he's ever given a task or asked to do something he never says no." Sam's never seen without a smile or giving people a friendly greeting. He considers himself a happy person and likes to make others happy by doing things for them. Sam said that Roads to Free-

dom is like his home away from home. He enjoys the opportunities he's been given and the way everyone makes him feel welcome.

HCBS Director, Thea Bird said that ever since she's started locking up in the evenings, Sam has given her "little" reminders when it's 4:30 and has actually hunted her down so she wouldn't forget. She said he always looks forward to helping her lock up and on days when he's not here, she said it's just not the same. "His excitement really shines through when he comes to the agency and he lets me know I will be seeing him at 4:30," said Thea. Staff has noticed that since Sam has become a volunteer, his professionalism has really improved. "It's evident when he comes up to you to shake your hand," said Thea. Staff would all agree that having Sam as a volunteer at Roads to Freedom has really made a difference.

Way to go Sam!!!

Valentine's Day Dance

The Valentine's Dance was a huge success this year, reaching our highest attendance to date. There were roughly 200 people in attendance. DJ Jammin James provided the music while people also enjoyed pizza, soda, baked goods, chips and let's not forget, dancing!

Admission for the Valentine's Dance is free every year, so if you didn't get a chance to come and enjoy the festivities this year, make sure you check out our calendar of events so you can join us for a good time next year!



CILNCP Consumer Referral Program

Roads to Freedom - CILNCP appreciates our consumers and your business. In return for your support, we are now offering you the chance to participate in our Consumer Referral Program. For every three people with disabilities who are eligible and enroll for Attendant Care Services with CILNCP, you will receive \$100. The requirements for eligibility are; they must be able to manage their own affairs, have a physical disability lasting at least 12 months or a disability that is life threatening, and they must require assistance with personal care. There may be other waivers available for those that don't meet all of the criteria.

Attendants can assist with transferring, bathing, toileting, hair care, oral care, shaving dressing, health maintenance, ROMs, bowel programs, bladder care, meal preparation, assistance with eating, basic housekeeping services and errands.

If you have questions or to make a referral to Maximus, contact Roads to Freedom CILNCP at 570-327-9070

For every three people with disabilities who are eligible and enroll for Attendant Care Services with CILNCP, you will receive \$100!



Where your journey begins!

Free Matter for the Blind and
Other Physically Handicapped

**Center for Independent Living
of North Central Pennsylvania**

24 East 3rd Street
Williamsport, PA 17701

Phone: (570) 327-9070

TTY: (570) 327-5254

VRS/VP: (866) 790-3708

Fax: (570) 327-8610

Our Mission is:

To empower people with all disabilities by providing

Resources

Options

And

Disability related

Services needed **To** obtain individual **Freedom** in their lives

www.cilncp.org

We want to Hear from You!

If you are a consumer of Roads to Freedom - Center for Independent Living, we want to hear from you! In all future Freedom News issues, this space will be reserved for you. If you want to share your experiences, news and opinions, please let us know!

We're looking for important Independent Living related information you would like share, your personal IL related experiences, IL ideas, or important issues you would like to share with the IL community in our area.

All editorials submitted are subject to Roads to Freedom's printing discretion. Please refrain from submitting anything with unprofessional topics or language.

If you would like to send something for us to put in the next issue, please email:

Marc Garside - IL Program Manager
mgarside@cilncp.org

Or mail to:

Marc Garside
24 East 3rd. St.
Williamsport,
PA 17701

