

# Freedom News

QUARTER 2, 2011

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## Third Annual Walk n' Roll for Disabilities

Roads To Freedom CIL is once again hosting its annual **Walk n' Roll for Disabilities** event on Saturday, September 10, 2011. The funds raised from this event are used for programs that empower people with all disabilities to obtain individual freedom in their lives.



This year's event will be held at our facility located at 24 East Third Street and will utilize the scenic Susquehanna River Walk & Timber Trail for our walk. You can elect to



“walk or roll” the full loop of the river walk or simply a 1 ½ mile portion of the trail. All areas are accessible.

Food and entertainment will be available at our 24 East Third Street building before and after the event. The event will run from

9 AM – 2 PM. Prizes will be available for the most money raised by a family team, corporate team and individual. Everyone who registers will receive a chance to win a 24” LED TV. Use the form inside this newsletter to organize your team TODAY and start raising money for this great event. For information about the event, please call Jaime Lewis at 570-327-9070 or email [walknroll@cilncp.org](mailto:walknroll@cilncp.org).

# Letter from Renee



**Renee Sluzalis**  
Executive  
Director

*Always*

*Unique*

*Totally*

*Intelligent*

*Sometimes*

*Mysterious*

Dear Consumer,

The Summer of 2011 marks an important occasion, the 21st anniversary of the signing of the Americans with Disabilities Act (ADA).

The Americans with Disabilities Act of 1990 is a law that was enacted by the U.S. Congress. It was signed into law on July 26, 1990, by President George H. W. Bush, and later amended with changes effective January 1, 2009. The ADA is a wide-ranging civil rights law that prohibits discrimination based on disability.

At RTF, we have not forgotten our roots and we remain focused on one of the very basic ideals of independent living, and that persons

with disabilities deserve to have an equal playing field in all areas of society.

I agree entirely with the comment by Shirley Davis, director of Global Diversity and Inclusion at the Society for Human Resource Management, who said, "People with disabilities represent a critical talent pool that is underserved and underutilized."

How would you like to take a more active role in advocating against discrimination of people with disabilities? Call our office now, we need you.

Together we will make a difference!

Sincerely,  
*Renee Sluzalis*  
CEO - RTF

## ASD Support/Socialization Group

The ASD Group is an open group whose main purpose is to allow anyone affected by the Autism Spectrum Disorders (ASD) find support and make friends. The group is open to

people with ASD, their family members, professionals, and the public who are in-

terested in learning about

autism or looking for a safe place to socialize with others.

The group meets weekly in the CIL lounge area at 10 a.m. on Fridays and lasts one to two hours.

Frequent activities the group participates in include: movie days, playing board games, roundtable discussions, and disability rights education. A light snack is provided. Attending the group is free of cost, but we ask that everyone signs in at the front desk.



# Need a Specialized Phone?

## TELECOMMUNICATION DEVICE DISTRIBUTION PROGRAM (TDDP)

Pennsylvania's TDDP program provides specialized equipment, without charge, to eligible Pennsylvanians who have disabilities that impede independent access to telephone services. Created through PA ACT 34-1995, the TDDP is implemented by Pennsylvania's Initiative on Assistive Technology (PIAT).

### To be eligible, you must:

- Be a Pennsylvania resident with a disability or disabilities that prevent you from making and/or receiving phone calls independently;
- Be six years of age or older;
- Have individual gross income of 200% of the federal poverty level or less (low income);

- Have current telephone service;
- Have the ability to learn how to use the requested device (s).



*For more information  
about*

*The TDDP program  
e-mail: Julie Bair  
jbair@cilncp.org*

*or call:*

*Voice (570)-327-9070*

*TTY (570)-327-5254*

## Reflecting on Independence Day By: Lucina Campbell

Many people across America celebrated the 4<sup>th</sup> of July with family and friends, picnicking, enjoying fireworks, music and other summertime activities. My only hope is that in the midst of all the celebration, Americans took time to really focus on the true meaning of this day...FREEDOM. Freedom is never a sure thing and should never be taken for granted. No one knows this any better than the men and women serving in our nation's armed forces. As a former member of the U. S. Army, I knew that every time I put on my uniform, the ultimate sacrifice might be asked of me, and because of my love for my country I was willing to pay that price.

Yes, we all celebrated on the 4<sup>th</sup> of July, but I wonder how many Americans,

took a few moments to think of, and perhaps even say a prayer for, the brave men and women a half a world away.....away from the life they once knew, and waved an American flag, the undying symbol of everything our servicemen and women stand for and countless have given their lives for.....FREEDOM, which has never come freely and never will.

RTF hosts an informal gathering of Veterans monthly.

Meetings are held the third Wednesday of every month from 6:30pm-7:30pm. For more information contact

*James Baker.*

*American flag, the undying symbol of everything our servicemen and women stand for and countless have given their lives for.....FREEDOM, which has never come freely .*



# Fitness Center Journal



## RTF FITNESS CENTER GRAND OPENING!!!

*Fit Fact: There are 3500 calories in a pound of fat. By removing an extra 250 calories a day (through diet/exercise), the average person will lose a pound of fat every 2 weeks.*

Daikon Rising Crow (formerly know as Jesse McKinney ) former 2005 national wheelchair bodybuilding champion gives an inspirational presentation. Jesse will be holding meditation classes at the RTF Fitness Center.

It's official, on July 8th, 2011 at 2:28 PM, the Roads To Freedom Fitness Center opened its doors and is proud to be the area's first accessible gym.



From left: Renee Sluzalis, Rep. Richard Mirabito, and Commissioner Jeff Wheeland.



From left: Samantha Daily, Martin Grafius, Renee Sluzalis, Stacey Lee.

RTF would like to thank the following for their support in making the Fitness Center a reality: Best Buy, CEDA-COG, Daikon Rising Crow (formerly Jesse McKinney), Holistic Health Center, and the Lycoming County Planning and Community Development.

# Your Road to Wellness!

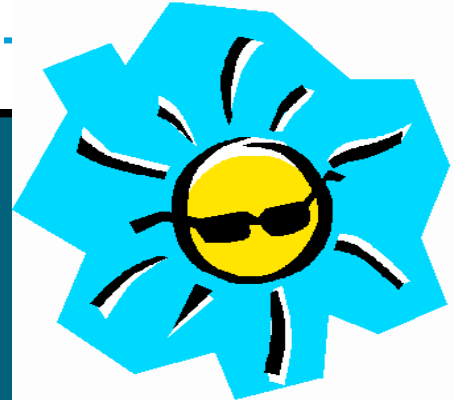
*“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” ~Edward Stanley*



## Sleep Matters

Everyone needs to eat right, stay physically active, and avoid unhealthy behaviors to maintain optimum health. These are facts but if you are like most adults in America, you are probably missing a vital component of health, sleep. Without sleep, your body cannot efficiently operate the millions of metabolic processes that take place everyday. If you are suffering from a sleep deficit, the most apparent sign is drowsiness during the day, but it can manifest itself in many other ways including: depression, weakened immune function, irritability, unexpected weight loss or gain, difficulty concentrating, and much more. The average person needs at least 8 hours of sleep a night.

## Summer Exercise Safety



- Drink more fluids, and avoid beverages containing alcohol or caffeine.
- When temperatures are extreme, stay indoors, ideally in an air-conditioned place.
- Take a cool shower or bath to lower body temp and to reduce heat-related discomfort.
- Avoid exercise between 11 a.m. and 4p.m.; it is hottest this time of day.
- Protect yourself from the sun with a wide-brimmed hat, light-colored, loose-fitting clothing and use a sunscreen of SPF 15 or higher.

For more information please contact Martin Grafius at 570-327-9070 or e-mail me at [mgrafius@cilncp.org](mailto:mgrafius@cilncp.org)

# Dave's Story

by: Lucina Campbell

*David White*  
*"Dave"*



When David White's dad brought him to Roads To Freedom (RTF) last winter, David knew almost immediately that this is where he wanted to be.

"When I looked around I said to myself, Wow! This place is so big! I wonder what all they do here." Well, it didn't take him long to find out.

The first person David met was RTF

Employment Coordinator, Mike Ciccarelli, who took him on a tour of the facility and talked to him about services, trainings and volunteer opportunities.

While all the services were quite appealing to David, what he wanted most was to find a job. It wasn't long before he made arrangements to meet with Mike and after a lot of hard work, determination, and applying for numer-

ous positions he finally found what he was looking for.

David's a good guy, who just wants to make it on his own," said Mike.

"He's not only a hard worker, but he

also has leadership qualities and shows responsibility. He's definitely a go getter with excellent work ethics," he concluded.

When asked what he likes most about RTF, David replied, "It's the people. The staff here are awesome. Everyone makes you feel like you belong and belonging is very important to me," said David.

David is an active volunteer at RTF and helps out whenever and wherever he's needed. Both staff and volunteers see him as polite, respectful and very friendly, someone who would go out of his way to lend a helping hand.

Because David's most important goal is to live independently, he's wasting no time getting prepared. He's currently participating in a cooking class provided by the Independent Living Department, so if you happen to be visiting and smell something really good it might just be David in the kitchen preparing a great recipe.

And, if you'd happen to ask him what keeps him coming back to RTF he wouldn't hesitate to tell you, "Because I like it."

# Jesse's Garden

After a long winter, the RTF volunteers were able to get outside and do a little gardening. Jesse, also known as Daikan Rising Crow, has turned a dream of growing and selling organic vegetables into reality.

Jesse and the RTF volunteers were able to take a vacant lot and transform it into a healthy growing garden. Jesse plans to sell the vegetables at the local farmers market and a local restaurant. If the garden prospers this could lead to job opportunities for some of the volunteers.



If you are interested in volunteering at RTF, please contact:  
Meagan Murray  
mmurray@cilncp.org  
Voice: 570-327-9070  
TTY: 570-327-5254

## 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, range of motions, bowel programs, bladder care, meal preparation, assistance with eating, basic housekeeping services and errands.

If you have questions or to make a referral, 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

**R**esources

**O**ptions

**A**nd

**D**isability related

**S**ervices needed **To** obtain individual **Freedom** in their lives

[www.cilncp.org](http://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 to 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](mailto:mgarside@cilncp.org)

Or mail to:

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

