

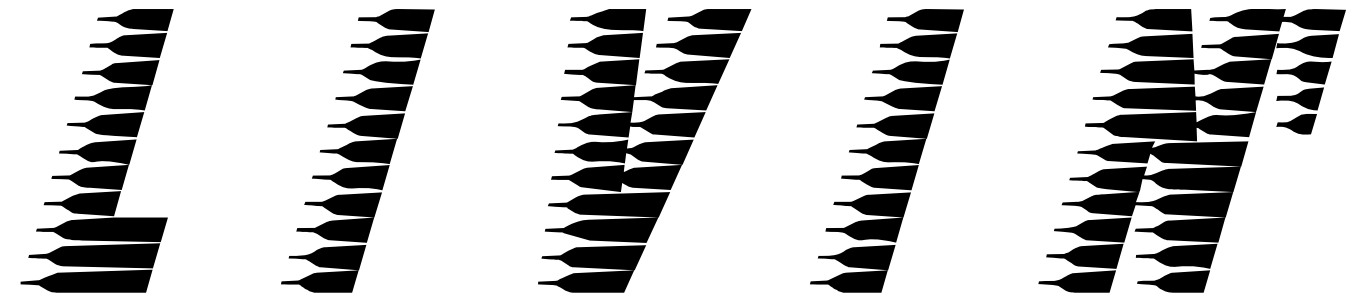
Lehigh Valley Center  
for Independent Living, Inc.  
435 Allentown Drive  
Allentown, PA 18109-9121

“Providing services to persons with all types of disabilities” A member of the **PA Council on Independent Living** (PCIL), a consumer controlled state association of Centers for Independent Living (CIL's)

**LIVIN'** is a quarterly publication of the **Lehigh Valley Center for Independent Living, Inc.** LVCIL provides information and services to people with disabilities, and other service organizations in Lehigh and Northampton Counties. Businesses or Individuals may sponsor issues of **LIVIN'**.

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LEHIGH VALLEY  
**Center** FOR  
**Independent**  
**Living**

The Official Newsletter of the  
Lehigh Valley Center For  
Independent Living, Inc.

435 Allentown Drive  
Allentown, PA 18109-9121

December 2006-February, 2007  
Edition  
Volume 42

Contact us:

Phone: (610) 770-9781  
Fax: (610) 770-9801  
TTY: (610) 770-9789  
Email: info@lvcil.org  
Web Site: www.lvcil.org

**See Inside For:**

- Sign Language Class Information
- Don't Cook for a Month!
- *Holidays and Mental Illness*
- Transportation Information

**Editor:** Corrina Passaro  
corrinapassaro@lvcil.org  
**Graphic Design:** Bob Amelio  
bamelio@lvcil.org

**LVCIL Receives Human Relations Award**

On Tuesday, October 24, 2006 LVCIL was honored to receive an award from the Allentown Human Relations Commission (AHRC). The award was presented to LVCIL for outstanding advocacy and outreach on behalf of persons with disabilities. The award was presented to LVCIL by Robert Graves. Robert (Robbie) is the LVCIL Advocate, and he himself had been recently honored with an appointment to the Allentown Human Relation Commission. Below are words Robbie said about LVCIL:

“Independence. It is a strong word that means a lot of things to many people. For people with disabilities, it means not taking for granted many of the things that other people do. Things such as just getting out of bed, getting dressed and going down the street to the grocery store.

The great thing about the Lehigh Valley Center for Independent Living is that they help give people the tools to make choices to empower themselves to live lives of independence and dignity. When someone calls or visits the Center for Independent Living, chances are they will find a staff member, volunteer or board member that has first hand experience living with and overcoming whatever problem or situation they may be facing.

I must also say, that it is a great place to work, as I also work there. So it is with great pleasure that I present this award to Amy Beck, Executive Director of the Lehigh Valley Center for Independent Living.”

**Thank you AHRC, for this great and humbling honor!**  
(Amy and Robbie pictured below at the Award Ceremony.)

Amy C. Beck

LVCIL Executive Director



Lehigh Valley Center for Independent Living  
435 Allentown Drive, Allentown, PA 18109  
610-770-9781  
www.lvcil.org

- Yes, enclosed is my tax-deductible donation to LVCIL's Carl F. Odhner Fund in the amount of \$ \_\_\_\_\_
- Yes, enclosed is my tax-deductible donation to LVCIL's Claire E. Michaels Fund in the amount of \$ \_\_\_\_\_
- Yes, enclosed is my tax-deductible gift to LVCIL in honor/memory of \_\_\_\_\_ in the amount of \$ \_\_\_\_\_
- Yes, I am enclosing a tax-deductible donation to LVCIL, in the amount of \$ \_\_\_\_\_
- Please use it wherever you have the greatest need.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

- I would like to be contacted for more information about LVCIL.

**Thank you!**

Please send completed form to LVCIL, 435 Allentown Drive, Allentown, PA 18109

## For Your Information (FYI)

LVCIL Board of Directors:

**Tom Burns (T)**  
Nicholas Butterfield  
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Jodie Steiner  
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**Dr. Daniel Wilson (VP)**

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Cara Steidel,  
*Fiscal Coordinator:*  
carasteidel@lvcil.org ext. 13

### Halloween Dance

On Friday, October 27, 2006 the Lehigh Valley Center for Independent Living got spooky for a Halloween Dance. *Remember When with DJ Steve* was on hand, spinning tunes throughout the night. We had lots of Halloween treats but thankfully, no tricks! It was a great time!



### Don't Cook for a Month Winner

Congratulations to **Marianne Skrapits**, the winner of our *Don't Cook for a Month* fundraiser!

### Don't Cook for a Month Thank You

Thank you to the following restaurants that donated gift certificates to our fundraiser:

Beck's Land and Sea House	Olive Garden
Pie's On Pizzeria	Giant Food Stores
Carrabba's Italian Grille	Wegman's
TGI Friday's	Queen's Nutritional Products
Friendly's	Damon's
Applebee's	Pasta La Vista
Denny's	Marblehead Grille and Chowder House
Red Robin	Star City Restaurant
Red Lobster	Dad's Hot Dogs
Buca di Peppo	Coopersburg Diner

### Legislative Forum

The Legislative Forum was held on Friday, September 22, 2006 at LVCIL. Many of our RATs came and discussed important issues like transportation with some of our local legislators. Pennsylvania State Representatives Karen Beyer, Doug Reichley and Steve Saumeulson were present.



### Holiday Coffee Fundraiser

LVCIL will be selling coffee again from the Lehigh Valley Coffee Roasting Company to benefit persons with disabilities in Memory of *Claire E. Michaels*. Order forms will be available at LVCIL or you can order from any staff member. Orders will be taken until January 12, 2007 and will be available for pick up at the offices on 435 Allentown Drive on January 26, 2007. Limited delivery is available for orders over \$100.00 but you must contact LVCIL in advance. For more information, please call **Corrina Passaro at (610) 770-9781 ext. 20** or e-mail her at [corrinapassaro@lvcil.org](mailto:corrinapassaro@lvcil.org). For more information about the Lehigh Valley Coffee Roasting Company, you can visit their website at [www.lehighvalleycoffee.com](http://www.lehighvalleycoffee.com).

Continued on pg. 3

True ID#  
(Continued from pg. 5)

### Wheelchair Lifts/Vehicles

**FOR SALE:** 1993 VW Eurovan and Braun Handicap Lift. Lift suitable for short adult or child. 44,000 miles inspected with new tires. \$5,000 or best offer. Contact **John Ulicny at (610) 797-7149**.

### Bed/Bath Items

**FOR SALE:** Two sets of safety grab bars for \$30 (for the pair) and an adjustable tub transfer bench for \$35. Contact **Marlene E. Whiting at (610) 865-8063**.

**FOR SALE:** 2002 Craftmatic Adjustable Bed, asking price is \$2,000.00. Also has a backboard purchased for the bed which is for sale for \$200.00. Contact **Francis Margle at (610) 746-2885**.

**FOR SALE:** Oversized adult bathroom chair. Good condition used once. \$250 or best offer. Contact **Francis Margle at (610) 746-2885**.

**FOR SALE:** Adult shower bench in good condition. Was used less than 10 times and is for sale for \$25. Contact **Francis Margle at (610) 746-2885**.

### For Free

**FOR FREE, AS IS:** 1997 Car Chair topper. Opens to drivers side and is for a manual wheelchair. In good condition mechanically. Brackets and wiring is included but assistance needed to remove chair topper from vehicle. If interested please call **Corrina Passaro at (610) 770-9781 ext. 20**.

**FOR FREE:** Adult bathroom chair, never used. Does NOT come with a lid. Also, a shower bench in excellent condition. For more information, please contact **Francis Margle at (610) 746-2885**.

**FOR FREE:** A commercial toilet seat. Never used. Also, a walker in good shape comes with skis on the back. Contact **Francis Margle at (610) 746-2885**.

### Free Services, Part 2

Continued from pg. 6

**Health Choices:** The Enrollment Specialists at the Enrollment Assistant Hotline are available to help consumers enroll into the Physical Health Plan that will best meet their needs. Help consumers choose a PCP, or if they already have a doctor they would like to keep seeing, find out what plan(s) he or she participates with. Give information about the three Physical Health Plans that are available, prior to enrolling. Answer questions about Health Choices.

**The Red Smart Phone** that has been installed in the lobby area of the local County Assistance Office, connects directly to an Enrollment Specialist at the Enrollment Assistant Program toll free Hotline. Consumers can ask questions and enroll right over the phone. Our goal is to empower consumers to take charge of their own health care; we always refer consumers who are already enrolled in a Physical Health Plan to that plan to get help with their medical coverage.

**Benefits Check Up** is a program that was developed by the United Way to help thousands of people every day to connect to government programs that can help them pay for prescription drugs, health care, utilities, and other

needs. The comprehensive survey will help you find help with rent, property taxes, heating bills, meals and more. It also helps find prescription programs for people both with and without Medicare. It's a quick, easy way to discover the benefits you or someone you care about deserves. Survey generally takes 20-30 minutes and is completely confidential. It is sponsored by AARP, Verizon, and Foundation of Donor Advised Funds and powered by the National Counsel on the Aging. If interested in the Benefit Check-up Program, go to [www.aarp.org](http://www.aarp.org), link to family, home, and Legal. Scroll down to public benefits for grandparents and there is a link to benefits checkup

**Opt-out.** You can now opt-out from receiving offers of credit in the mail that are based on your credit report, such as; "you have been pre-approved." When calling you will be asked to supply your Social Security Number, in order for them to match your information with your file. You will no longer receive much unwanted junk mail. This also helps prevent identity theft, since there is quite a bit of personal information listed on some of these pre-approved forms. In order to Opt-out, just call **1-888-5-opt-out or 1-888-567-8688**

**For the latest in legislative and governmental news,** call The Washington Connection toll free at **1-800-424-424-8666**. Call between 5 PM and midnight, Eastern Standard Time, or visit The Washington Connection online at [www.acb.org](http://www.acb.org)

**The National Service for the Blind and Physically Handicap** of The Library of Congress publishes books and Magazines in Braille and large print. The materials are loaned to eligible readers. Materials are sent and returned in postage free mailers, because of a temporary or permanent visual or physical disability. Special equipment is loaned to individuals who qualify for the service indefinitely. You are eligible for the program if you are legally blind, you cannot see well enough or focus to read standard print. You cannot hold, handle, or see well enough to read conventional print. You can sign up and get more information from The Library of Congress by calling: **1-800-222-1754**.

**Valley Wide Help:** If you are in search of any other number that may not be listed here try calling: **610-435-7111**

## Community Support Corner

### *Holidays and Mental Illness*

By Carol Olson

For many people, the holidays are a time of stress, sadness and despair rather than the happy times most of us associate with winter. With the holidays fast approaching, it can be a stressful time with all of its demands; parties, work, caring for elderly parents, cooking, baking, cleaning, etc. The demands are numerous and the added stress can be overwhelming for some people. Even the post-holiday letdown can be stressful for some.

There are 3 main trigger points, which cause most of the stress and depression with the holidays. Understanding these 3 areas may help to make your holiday season more enjoyable.

**Relationships** - This can be a problem any time of the year, but when you have the family thrust together, especially if it's for several days, things can intensify. Also, if you are facing the holidays after the loss of a loved one, it can be very stressful, with feelings of loneliness.

**Finances** - Overspending during the holidays and then trying to pay off those bills afterwards can be very overwhelming. Trying to buy gifts for everyone to make them happy and then struggling to meet your finances can add to an already high stress level.

**Physical Demands** - Trying to attend all the parties, the added cooking, baking and shopping will add to your stress level and make you physically tired and exhausted. In addition, sleep and exercise, two stress reducers, may take a back seat at this busy time of the year. Overindulging in food and drink can make you ill, adding to the stress level.

When stress is at its peak, it is not the time to try and assess your situation. At that point, you will not be thinking clearly or you may not have the energy to regroup and de-stress. Here are some tips to pre-plan your holidays and hopefully allow for a more pleasant and stress-free time.

**Don't deny your feelings** - If you have recently lost a loved one, it's ok to feel sad. This is normal. If you feel like you have to cry now and then, it's ok, don't deny your feelings. You don't have to feel like you must be happy all the time just because it's the holidays.

**Find support** - Whether this is

through family or friends don't isolate yourself. Find companionship through your family or friends. Volunteer at an organization. Don't try and plan everything by yourself. Ask for help. This will also prevent the isolation some people feel at this time of the year.

**Be realistic** - Times change and maybe, with extended families, you may not have the same holidays you've had in the past. Don't keep looking back. Start new traditions or share memories of the past holidays through pictures or videotapes.

**Put differences aside** - The holidays are not a time to bring up past disagreements. Accept family members as they are, even if you don't live up to their expectations. Also, remember, they may also be under a lot of stress at this particular time. Try and be more patient with these particular people.

**Don't try and buy happiness** - Make a budget and then stick to it. Otherwise, you may be stuck with the stress of trying to figure out how to pay the bills; months after the holidays are over.

**Make a schedule** - Plan ahead when the days will be that you are going shopping, baking or decorating. Make up a grocery list ahead of time so there aren't any forgotten ingredients. Leave early for a trip so any delays won't put you behind.

**Know your limits** - Learn how to say no. People will understand if you can't do everything. You will also avoid the feeling of being overwhelmed or resentment if you say yes only to the things you are interested in.

**Stick to your healthy eating** - The holidays are not a time to abandon good eating habits. To avoid guilt and stress by overeating, have a healthy snack before going to any parties. This will help you to avoid overloading on sweets, fattening snacks and drinks.

**Take time for yourself** - Even if it's only 15 minutes a day, find time to spend just with yourself. Take a walk, listen to relaxing music, stare at the stars. Whatever it may be. Allowing one to relax and calm down may be just enough to help you through the holidays.

**No "perfect" holidays** - There is no

such thing as a "perfect" holiday. Did you ever see those beautiful layouts on the cover of magazines? The pretty table, covered in perfect dishes of a variety of mouth-watering foods, decorations in the place, no spills or messes on the table? Those layouts look so good because they're not real. No kids running through the room, no guests to accidentally spill wine on your best silk tablecloth. Those displays only last as long as it takes for the pictures to be taken. So expect that imperfections will happen.

**Family problems will not be resolved overnight** - Family members may bring old arguments up. If you prepare yourself for the possibility these things may happen, you may find your stress level is lower.

**Seek medical help as necessary** - You may find yourself with a persistent feeling of sadness, despite your best efforts. You should contact a medical professional if this feeling lasts longer than several weeks.

Information gathered from the Mayo Clinic Website ([www.mayoclinic.com](http://www.mayoclinic.com))

## Free Services, Part 2

By Debbie Rozear

Just look around, there are so many services available. With a bit of research and some networking among friends and family, one can almost find any type of information that you may be searching for. People who have read the last newsletter that we have published were pleased with the information provided. Sit back and let your fingers do the walking through the Livin' newsletter.

**Dating 4 Disabled:** There is a new website available, which is geared specifically for the disabled individuals. The website is designed to facilitate personal expression and connections via an online community. There is no cost. Visit the website to join at [www.dating4disabled.com](http://www.dating4disabled.com)

**National Do-Not Call Registry;** Call from the phone that you would like blocked from receiving telemarketing phone calls. This will block calls for the next 5 years. Call, **888-382-1222**. You can also go on the website at [www.donotcall.gov](http://www.donotcall.gov)

Continued on pg. 7

## Freewheelers Activities



### **Basketball:**

Practices are Thursdays 7:45 to 9:30 pm Bethlehem YMCA, Broad St. Bethlehem, PA  
Games held at Eastside Youth Center, Allentown

### **Bowling:**

Saturdays Dec. 23rd. Call for other dates or watch website for more info.

### **Tennis Practice**

Wednesdays from 12-2:00 pm at Lehigh University's Lewis Tennis Center. Call Bob for info.

### **Lehigh Valley Tennis Classic**

A Nationally Sanctioned wheelchair tennis tournament will be held July 13-15, 2007 at Lehigh University.

### **Basket Bingo**

Watch the LVCIL website for upcoming dates in February or March!

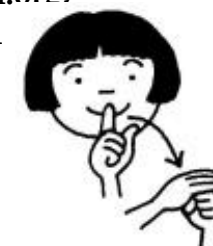
### **Monthly membership meetings:**

First Thursday of the month at the **Mezza Luna Restaurant in Allentown, PA**

All are welcome to attend and play whether you have a disability or not. **Call Bob Amelio** for more info or directions to any of our events at **610-770-9781 ext. 11**

## Meet Michele Marks:

My name is Michele Marks. I was recently brought on board at LVCIL as the SLIRS Program Coordinator. I am privileged to work with Jodi and Linda, who make up the rest of the SLIRS team. Although I know many of you who use our services, I hope, in time, to meet many more of you. Please feel free to contact me via email at [michelemarks@lvcil.org](mailto:michelemarks@lvcil.org) or by telephone at **(610) 770-9781 ext. 21**, or TTY at **(610) 770-9781**, with any questions or just to say "hello."



## FYI

Continued from pg. 2

### Wellness for All Wrap Up

On December 18<sup>th</sup>, the Lehigh Valley Center for Independent Living will hold a celebration of its *Wellness for All Program* from 2-5 pm. This event is open to all LVCIL clients and staff as well as other community individuals wishing to preview the *2007 Wellness for All Program Planning*. Join us and win health items included in our large raffle. Show up and you'll be eligible to win (no purchase, **just presence!**) Come and get your ticket.

We'll have a several special guests, such as Good Shepherd's new rehabilitation store, REHABILITY. The Reability Representative will offer a helpful display of assistive technology and daily care items. A variety of other healthy living activities will be available to educate and entertain you. Best of all, you can enjoy the CIL community. Come have some fun with friends.

### Winter SLIRS Information

**ASL Club Dates:** Wednesdays, Jan. 10 and 24, Feb. 21, March 14, 28.

### **ASL Classes:**

Beginner's classes taught by Gina Cafiero on Wednesdays from 6:30 - 8:30 p.m. at LVCIL.  
8-Week Program starting on March 7<sup>th</sup>  
Cost is \$90 per person or \$120 if you need the textbook.

Intermediate ASL class taught by Doni Piccerillo on Tuesdays from 6:30 - 8:30 p.m. at LVCIL.  
8 weeks starting on March 6<sup>th</sup>.  
Cost is \$125 per person.

Tuition must be paid at the time of registration. For more information or to register, please contact Jodi Jones at (610) 770-9781 ext. 16.

## Talking Book 75<sup>th</sup> Anniversary

2006 marks the 75th anniversary of the creation of the Talking Book Program of the National Library Service for the Blind and Physically Handicapped (NLS), of the Library of Congress. The Congress established Talking Book program in 1931 to serve blind adults. It was expanded in 1952 to include children, in 1962 to provide music materials, and again in 1966 to include individuals with other physical impairments that prevent the reading of standard print.

NLS contracts with the American Printing House for the Blind (APH) to produce the Talking Books. In 1936, APH installed a model sound recording studio. It was later determined that processing and pressing equipment would be required. In 1937, APH was the only institution in the world equipped to manufacture Talking Book records, from wax recordings to finished pressings. APH issued its first Talking Book for the NLS in 1937. The "Book" was Gulliver's Travels and was narrated by WHAS radio announcer, Hugh Sutton.

NLS has progressed from phonograph records to cassette tapes and will soon go digital. Those who have a Talking Book tape player will in a few years be introduced to a smaller but sturdier player for a digital memory stick. This new audio book will be more mobile and more convenient.

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Free RN Supervision on All Cases  
Private Insurance, HMOs, Auto Insurance, Waivers and Private Pay Accepted

Call us for more information and discover how we can help:

**Call 24 Hours, 7 Days  
Lehigh Valley Office  
3400 Bath Pike  
Bethlehem, PA  
610-865-8100**

## Is it “OF” or “FOR” the BLIND?

By Jeanette Schmoyer

Sometimes it is confusing to remember which organizations use “of the Blind” and which ones use “for the Blind” in their names. Most people do not know the reason for the difference. This article will attempt to eliminate the confusion.

Organizations “for the Blind” denote agencies with paid staff who provide specific services to people who are blind or visually impaired. In the Lehigh Valley there are two Associations for the Blind. They are *The Association for the Blind and Visually Impaired of Lehigh County (ABVI)* and *Visual Impairment & Blindness Services of Northampton County (VIABL)*.

The Associations “for” the Blind perform specific services such as overseeing vision screening for kindergarten and senior citizens and home rehab teaching. They contract with the state *Bureau of Blindness and Visual Services* for evaluations and device purchases for those who qualify. Some Associations also have staff who teach mobility with a white

cane, provide a psychologist who deals with the emotional upheaval of losing eyesight, or a vision therapist who teaches a person how to use residual vision. Some Associations have a store to purchase devices that assist with daily living skills. Associations differ in some ways, as do *Centers for Independent Living (CILs)*.

Organizations “of the Blind” are comprised of consumers and advocates who are blind or visually impaired. *The Lehigh Valley Council of the Blind* is an example of this kind of organization.

*The American Council of the Blind, the Pennsylvania Council of the Blind and The Lehigh Valley Council of the Blind* are membership organizations. Their members are mainly consumers and advocates who are blind or visually impaired. Membership is not limited to people with vision impairments and include family members and other interested parties. Most paid staff in the state and national offices and most, if not all, board members and officers are blind or visually impaired.

*The Pennsylvania Council of the Blind* has fourteen chapters throughout the state. *The American Council of the Blind* is a 40-year-old organization. Officers of the Council serve terms. There is also a parallel organization to the American Council of the Blind. It is *The National Federation of the Blind*. The Federation is a sixty-year-old organization.

This is a brief education about the organizations “for” and “of” people who are blind or visually impaired. The differences between “for” and “of” are significant to understand because both types of organizations provide valuable services.

Below is additional information about each of the organizations.  
ABVI Phone: 610-433-6018,  
[www.abvi.org](http://www.abvi.org)  
VIABL Phone: 610-866-8049  
[www.viabl.org](http://www.viabl.org)  
PCB Phone: 800-736-1410  
[www.pcb1.org](http://www.pcb1.org)  
ACB [www.acb.org](http://www.acb.org)  
NFB [www.nfb.org](http://www.nfb.org)

## The Rat's Nest

By Robbie Graves

### Regional Action Team Notes

This past year was a busy one for the Regional Action Team. It was the first full year of activity as a new group, and I would like to take some time (and space) to talk a little about what we have done and about our future projects.

First of all, transportation continues to be a topic of serious interest. We have met with the Management Team of Easton Coach and will be having more meetings in the future, with a structured, problem solving agenda. Please call or e-mail me if you would like to be a part of those meetings. These meetings will be in addition to our regular Regional Action Team meetings held on the second Wednesday of every month.

Second, our Youth Regional Action Team (Future Advocates Now) continues to grow, but we are always looking for young people who are interested in hanging out with other young people (late teens, early twenties) to talk about issues that are important to you, including transitioning out of High School. Call or e-mail me if you are interested or know someone who might be interested.

In addition to transportation, we are focusing on “Barriers” this year. I know this is a very broad subject, it is meant to be. One of our projects will

be to educate the business community on barrier identification and removal. As we all know, barriers are not just physical and architectural issues, but they can also be attitudes as well, so we can have some fun with this. To get started, if you are aware of a business that can use some “education” on barriers, let us know and they will be on our list to “educate.” Our goal is not to be confrontational and antagonistic, but to provide a service to help the business community comply with the ADA and in the process provide them with **more** business by helping them make their business accessible to people with disabilities.

Along these same lines, I want to remind everyone of an on-going project. Several months ago, I asked people to let us know of medical facilities and doctor’s offices that have done well to be fully accessible. Please continue to do this. We want to compile a list of fully accessible medical facilities and doctor’s offices for reference. Also, some time ago we spoke at the Regional Action Team meeting about a project of collecting inspirational stories written by people with disabilities. If you have a story to tell about some triumph you experienced, please feel free to put it in words send it to me here at the CIL. If you need some help putting your

story into words but still want to contribute, please let me know, because all voices deserve to be heard!

I have had several requests for information lately concerning advice with Medicaid or other State funded health care programs, including waiver services. I usually refer people to the Pennsylvania Health Law Project. They have a toll-free hotline for help that people can call. The number is **1-800-274-3258**. They have always been very helpful.

Our Regional Action Team always meets here at the LVCIL on the second Wednesday of every month from 1:00 p.m. to 2:30 p.m. Please feel free to come and bring a friend! Along with addressing serious issues, we have a lot of fun and are always learning from each other. One of the most important things that come out the meetings is the peer support we provide for each other. Our disabilities and our backgrounds may be different, and we may disagree sometimes on how to approach some problems, but we always support each other, knowing that as people with disabilities, we are united with a common purpose: to exercise self-determination in making our own decisions and living our lives independently.

### True IO#

#### Wheelchairs/Stair Glides

**FOR SALE:** Jazzy 1103 Power Chair with EZ Lock Attachment and Jay contoured back. Very good condition. Asking price is \$1,200.00. Also selling a Roho Quad Select seat cushion 18.5 x 18.5 inches. Either included with the Jazzy 1103 or if bought separately, \$150.00. For more information, please call (610) 258-8880.

**FOR SALE:** 7 and a half foot stair glide by Excel. Originally used in a bi-level home. Has foldable vinyl swivel seat, foldable arm rests and foot rests. Includes two remotes. No special wiring necessary, plugs into home electrical outlet. Very easy to install. Hardly used. Asking for \$1,500 or best offer. Contact Andy at (484) 274-6337.

**FOR SALE:** William Comdo is selling a stair glide. For more information, please contact him at (610) 262-6980.

**FOR SALE:** 2004 Access Industry XL Stair Lift. In excellent condition, only used for approximately six months. Great run for a 12-step stairway. Right side insulation. Includes 2 remotes. Cost \$2500 new and is asking for \$1500 or best offer. Contact Marlene E. Whiting at (610) 865-8063.

**FOR SALE:** Chairman Entra Motorized Wheelchair. Goes up and down and is made for a larger person. Used for 11 months, is in great condition. Comes with an extra seat, which is brand new. Asking \$2,500 or best offer. Contact Francis Margle at (610) 746-2885.

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