



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

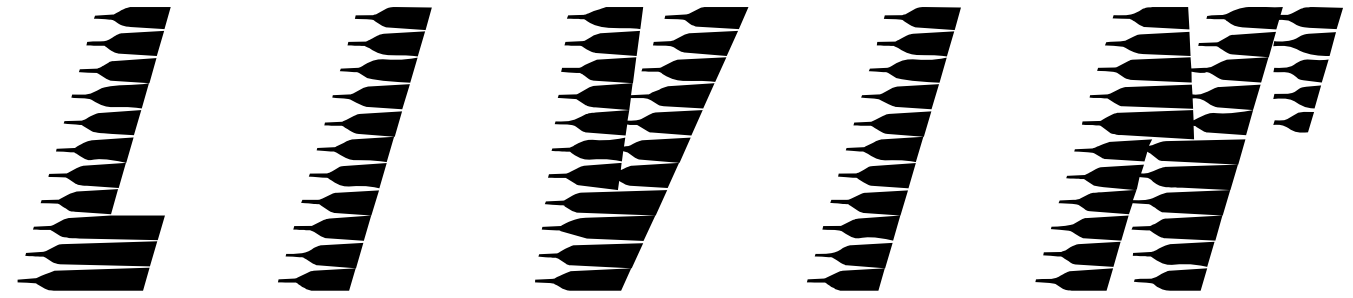
"Providing services to persons with all types of disabilities" A member of the **PA Council on Independent Living** (PCIL), a consumer controlled state association of Centers for Independent Living (CIL's)

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**.

June 2007 – August 2007 Edition
Volume 44



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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

June 2007- August 2007 Edition
Volume 44

Contact us:

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

See Inside For:

- ILM Award Recipients
- Housing News
- Important Phone Numbers
- LV Action Team News

Editor: Corrina Passaro
corrinapassaro@lvcil.org
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You Are Cordially Invited
to
The 17th Annual
Independent Living Month Celebration
Silent Auction
& Awards Ceremony
"Taking Life to the Mat and Winning"



Featuring our Keynote Speaker:
Tom Ferrante
2007 Lafayette College Graduate
& Championship Wrestler

Please Join Us
Thursday, July 26, 2007
Best Western Lehigh Valley Hotel
& Conference Center
Routes 22 and 512

Silent Auction: 4:00 – 5:30 p.m.
Buffet Dinner Starting at 4:45 p.m.
Keynote Speaker
& Award Ceremony: 5:30 – 6:30 p.m.

Cash Bar Available.

Look inside for additional Independent Living Month information including our award recipients and an R.S.V.P. card for your attendance.

Amy C. Beck
LVCIL Executive Director

2007 Independent Living Month Celebration Silent Auction & Awards Ceremony
Thursday, July 26, 2007
Best Western Lehigh Valley Hotel & Conference Center
Doors Open at 4:00 p.m.

- Yes, I will be attending
_____ # Of Persons Attending
\$ _____ Amount Enclosed at \$25.00 per person
 I am requesting a sponsorship to pay for the cost of my meal.
(Awarded at the discretion of the Executive Director)
 I am requesting the following accommodations: _____
 No, I will not be attending but have enclosed my tax-deductible donation of \$ _____

Name _____

Address _____

Phone _____

Payment Type: Cash Check Credit Card
Credit Card Type: Visa MasterCard
Account Number: _____ Expiration Date: _____

Phone number is required with credit card payments. Please make checks payable to LVCIL.

Please send RSVP to
LVCIL
435 Allentown Drive
Allentown, PA 18109
Please RSVP by Friday, July 13, 2007

Individuals are responsible for their own transportation arrangements.

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 Nicholas Butterfield
 Sheila Costanzi
 Glenn Firman
 Chris Gonella
 Tom Harp
 John Kinnaird
 Bob Linney
 Laird MacCubbin
 Ham Malek
 Gretchen Parseghian
 John Rohal
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Mike Smith (P)
 Jodie Steiner
Kathy Vastyshak (S)
Dr. Daniel Wilson (VP)

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Fiscal Coordinator:
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For Your Information (FYI)

Some Commonly Requested Phone Numbers

- ADA Technical Assistance
(Voice/TTY) 1-800-949-4232
- U.S. Department of Justice Information Line (ADA Enforcement)
(Voice) 1-800-514-0301
(TTY) 1-800-514-0383
- Pennsylvania Assistive Technology Foundation
(Low interest loans for assistive technology, vehicle & home modifications)
(Voice) 1-888-744-1938
(TTY) 1-877-693-7271
- Federal Transit Administration ADA Assistance
(Voice) 1-888-446-4511
(Federal Information Relay Service) 1-800-877-8339
- U.S. Dept. of Housing and Urban Development (HUD)
(Fair housing questions and information)
(Voice) 1-888-799-2085
(TTY) 215-656-3450
- PA Health Law Project
(Assistance with publicly funded healthcare coverage & services)
(Voice) 1-800-274-3258
(TTY) 1-866-236-6310
- Disability Rights Network of PA
(Advocacy)
(Voice) 1-800-692-7443
(TDD) 1-877-375-7139

Wellness For All Program 2007

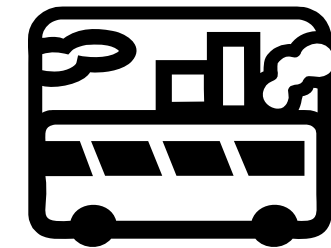
The Wellness for All Program kicked off on March 5, 2007 at LVCIL. This year there is a new time for the program **1:00-2:00 p.m.** Topics remain the same and deal with nutrition, health and wellness. For a complete list of topics visit www.lvcil.org.

- | | |
|-----------|---|
| June 18 | Easy Food Options: Healthy Cooking Made Easy |
| June 25 | Craniosacral Therapy |
| July 2 | Book Group |
| July 9 | Coping with Anger, Part I |
| July 16 | Coping with Anger, Part II |
| July 24 | Sexuality and Disability, Part V |
| July 30 | Eastern Medicine Options for Western Minds and Bodies |
| August 13 | To Be Announced |
| August 20 | Sexuality and Disability, Part VI |
| August 27 | You Are Not Alone: Mental Health Resource Organizations to Assist You |

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please contact me at the CIL, as our meeting days do vary, so I can give you the most up to date meeting information.

For people living with Multiple Sclerosis, the heat and humidity of summer can aggravate symptoms of MS. The National Multiple Sclerosis Society has an air conditioner exchange program, which connects donors of air conditioners with people in need on a first come, first served basis. Air conditioners of any size are accepted and donations are tax deductible. Anyone interested in making a donation or in need of an air conditioner can contact Barbara Marriott at 1-800-548-4611.



As I reported in my last article, LANTA has received the PwD Shared Ride grant to expand paratransit service to those areas not currently served under the existing rules. While the program has not yet begun, if you live in an area of Lehigh or Northampton Counties that is currently outside the current ADA boundaries for paratransit service, you may soon be able to get a ride under the Shared Ride program and you may apply for service now. I have applications and will be glad to send you one or help you with the application process. Once completed, send the application to LANTA and they will notify you of your eligibility and when you can start scheduling trips.

Every day I get calls from people looking for information. In the box on page 2 of the newsletter are some of the most frequently requested phone numbers.

Finally, a great website that I refer people to quite often, and I myself reference almost daily, is the ADA Home Page, maintained by the U.S. Department of Justice. It has information and links to a wealth of information about the ADA and is very useful. It can be found at: www.ada.gov.

Have a wonderful summer and I hope to see everyone here at the CIL!

Lehigh Valley Action Team News

By Robbie Graves

These are exciting times for the Lehigh Valley Action Team! We have a new time slot on the same day, which seemed to work well last month. We still meet on the second Wednesday of every month, but we are starting our meetings at 11:30 am and ending at 1:30 pm. Please feel free to bring your lunch and come when you can! Additionally, some people are arriving at 10:30 am to enjoy arts and crafts and casual conversation with each other for an hour before the meeting starts. At each meeting, we will try to have a speaker to make a presentation for about thirty to forty-five minutes on a subject of interest to the group. Most everyone seems enthusiastic about our new format, but I can use some help! If you would like to lead the group in an art and craft activity, or if have a special hobby or interest you want to share with the group, please let me know. Also, if you have an idea for a speaker, or for a topic you would like learn more about, please let me know. I would like to create a schedule of topics for our meetings and possibly even a schedule for the hour sharing time before the meetings so every knows what to expect and can plan accordingly.

We will be taking on two new goals beginning in July. The Statewide Action Team has changed its goals to working on increasing the voting block of people with disabilities and increasing access to healthcare for people with disabilities. In short, we are looking to increase the number of people with disabilities who are registered to vote and to increase the accessibility of healthcare for people with disabilities throughout the Lehigh Valley. If you have any ideas or thoughts to share on either of these two areas, we want to hear from you!

The Future Advocates Now (FAN) Group continues to grow. We are meeting at the Lehigh Carbon Community College and planning activities and fundraising events. It is a fun group with new members joining us with each meeting. We are learning some skills and talking about various issues important to independent young adults. If you are interested in joining this group, or know someone who is,

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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 two times a month. Call for dates
or watch website for more info.

Tennis Practice

Wednesdays. Practice times vary depending on the
weather and are held at Bethlehem Municipal Tennis
Courts. The courts are located on Illicks Mill road. 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

September 22, 2007 at the Scottish Rite Center.
\$20 for 20 games.

Monthly membership meetings:

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

A weekly email is sent which lists our events. If you want
to receive it call or email Bob to be added to the list.

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.**



LVCIL Freewheelers 2007 Basketball Team

Back Row: Jay, Justin, Joe, Bob, Tony, Phil
Front Row: Charlie, Andrew, Shelia
Missing from photo: Matt

For CIL

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 1/2 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: Quickie Power Wheelchair, Model #70. 3 years old in mint condition. New tires and charged battery. Asking \$3,500. Contact Mr. Bauer for more information at (610) 261-1567.

FOR SALE: 3-wheel Red Scooter. 2 years old. Hardly used, like new. Asking \$1,900 or best offer. Call for more information: (610) 770-8945.

FOR SALE: Jet3 Pride Power Chair. Like new. 2 batteries installed on 12-15-06. Also comes with one extra battery. Asking for \$2,000 or best offer. Contact Sam at (610) 443-1892.

Wheelchair Lifts/Vehicles

FOR SALE: Braun Automatic Wheelchair Lift for automobile. Currently on the car to be used as a demo for operation. Asking \$1,600. Contact Mr. Bauer for more information at (610) 261-1567.

For Free

FOR FREE, AS IS: 1997 Car Chair topper. Opens to drivers side and is for a manual wheelchair. In good condition. 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.

Independent Living Month Celebration, Silent Auction & Awards Ceremony
 Thursday, July 26, 2007
 Best Western Lehigh Valley Hotel and Conference Center

Our Guest Speaker – Tom Ferrante

Tom Ferrante is a 2007 graduate of Lafayette College in Easton, PA where he received a degree in Economics and Business. Tom is also a championship wrestler, having participated in the Collegiate Wrestling Association National Championships. Born in Brick, N.J. he has been wrestling throughout high school.

Tom Ferrante also has a disability, being born without a tibia in either leg and only a partial fibula in his right leg. His disability has not limited him in the world of sports and he will speak about his accomplishments at our 2007 Independent Living Month Event.



Guests at the 2006 Independent Living Month Event.

2007 Independent Living Month Award Recipients

*The Mark J. Turbedsky
 "Torch of Independent" Award*

This award is given in honor of the late **Mark J. Turbedsky**. He was the first Program Manager of LVCIL who exemplified the spirit of independent living for persons with disabilities.

2007's **Mark J. Turbedsky "Torch of Independence" Award** will be posthumously presented to John H. Kinnaird in recognition of his exemplary efforts to eliminate the barriers and stigmas faced by persons with disabilities.

*The Chester R. Collyer
 "Key to Living" Award*

This award is given in honor of the late **Chester "Bob" Collyer**. He was a charter LVCIL board member and a lifetime advocate for people with disabilities.

2007's **Chester R. Collyer "Key to Living" Award** will be presented to Cora Hook for her amazing commitment as producer and director of the *"Triumphs of Life...With a Little Inconvenience on the Side"* drama, which provides poignant disability sensitivity education.

*Partner in Independent
 Living Award*

A **Partner of Independent Living Award** is given periodically in recognition of an individual or organization's outstanding contribution to persons with disabilities.

2007's **Partner in Independent Living Award** will be given to Kate DeFrain, Manager of Social Work Services for St. Luke's Hospital, for her dedication to the Deaf and Hard of Hearing.

Housing News

By Debbie Rozear

Summer is just around the corner. This is the peak time of the year that most people decide to move. With the warmer days and longer daylight hours, many more things can be accomplished each day. As a person with a disability, however, I understand that it takes more time to complete certain tasks. We can accomplish the same goals, although the process may be entirely different between two people that have entirely different disabilities.



Join us throughout the year to obtain accessibility (R.A.M.P.), knowledge (Wellness Group), independent living skills (individualized training: check writing, cooking, taking buses, etc.), self-advocacy (LVAT and FAN), informative meetings (CMO; computer training classes), and just have fun (CMO dances and crafts).

Please read your newsletters and any other mailings that may come your way, they are sent to you for a reason. Below are tidbits of information to share with friends and family. If you are unsure of what may be going on at any given time, don't be afraid to get in touch with someone here at LVCIL.

On Tuesday, May 8, there was a program held at LVCIL called The Right Stuff About Renting. Todd Hacker of CACLV presented the training. Many people turned out for this. Since that time I have had several calls asking about another program of this sort. In the future I am planning to schedule another renting seminar. I have already begun compiling a list of interested clients and agencies. If you would be interested in attending, please call me, Debbie Rozear, at 610-770-9781 Ext. 24,

or send an e-mail to debbieroze@lvcil.org.

The Lehigh Valley Center for Independent Living (LVCIL) currently has grant funding for low-income homeowners with disabilities to build or replace wheelchair access ramps on owner-occupied homes through R.A.M.P. (Real Access Made Possible).

Grant funding is limited and is available in the Cities of Allentown, Bethlehem and Easton. Persons applying for grants must be City residents and meet strict Federal low-income eligibility guidelines. LVCIL R.A.M.P. grants are made possible through Community Development Block Grants.

For additional information about the LVCIL R.A.M.P. grants please contact Mark Piedmonte at (610) 770-9781 ext. 29 or send an e-mail to markpiedmonte@lvcil.org.