

Today's Quote: *"And as we let our own light shine, we unconsciously give other people permission to do the same."* - Nelson Mandela South African Statesman - b 1918 – Nobel Prize Winner 1993

**The Lower Central Community Services office located in Trenton has moved. It is now located in Hamilton, NJ. The address is:
11 A Quakerbridge Plaza, Hamilton, NJ 08619
The main phone number is (609) 588-2727.**

Athletes Seek Better Access at Ice Rinks for People with Disabilities

A group of athletes with disabilities is working to convince New Jersey ice rinks to allocate one hour of ice time per week, in season, to Disabled Hockey. In effort to raise awareness, they plan to visit all of the state's 54 ice rinks in just 54 hours over the weekend of January 29 - 31, which is designated as "Hockey Weekend Across America."

The whirlwind weekend of visits, called "EveryBODY Skates New Jersey (ESNJ)," will begin in New York and conclude at the Prudential Center during the New Jersey Devils home game on January 31 at 5 PM. The athletes also will attend and receive recognition at the Philadelphia Flyers home game on Jan. 30 at 1 PM.

To help bolster its efforts, ESNJ is encouraging anyone who supports making hockey more accessible to individu-

als with disabilities to sign an on-line petition that can be found, along with a ESNJ's schedule of ice rink visit <http://www.everybodyskates.com/>. Supporters also can follow ESNJ on Facebook and Twitter@54in54.

"Convincing these business owners to set aside ice time for disabled programs, especially ones they know little about, is a challenge," said Andrew Schwartz, co-organizer with his brother Jon of ESNJ.

"Most rink owners, managers and decision-makers within county and local governments do not understand that disabled Hockey programs can pay their own way. We're not looking for financial support or sympathy. Our programs just need a chance to grow, a small commitment from the rink on ice time and a little sup-

port from the community. Jon and Andrew Schwartz each coach a disabled hockey team. Jon coaches the West Orange-based NJ Dare Devils Special Hockey Team, which has more than 50 players between 5 and adult with developmental disabilities. It is one of only a handful of similar ice hockey programs for people with disabilities in New Jersey.

Andrew coaches a team in New York that is comprised of players with physical disabilities, and competes all over the East Coast.

ESNJ has the support of both USA Hockey (www.usa-hockey.com), which is the national governing body for the sport of ice hockey in the U.S., and the National Hockey League (www.nhl.com) through its "Hockey is for Everyone" initiative.



How many people have recently moved to the community from developmental centers?

Year One: July 2007 - June 2008 = 121

Year Two: July 2008 - June 2009 = 112

Year Three: June 2009 – January 15, 2009 = 42

Cancer Screening Guides Available from The Arc of New Jersey

Three helpful booklets about appropriate screenings and risk-reduction strategies for breast, prostate and colon cancer are now available through The Arc of New Jersey. The guidebooks were developed by The Arc of New Jersey with a grant from The Horizon Foundation for New Jersey. They booklets are intended to help raise awareness, and educate individuals with developmental disabilities and their caregivers.

In addition to specific information about different health screenings for each of the three different types of cancer, the ten-page booklets also provide general information about cancer, its risk factors and suggestions about lifestyle changes that can help reduce the chances of getting cancer.

Links to the booklet can be found on The Arc of New Jersey's website at <http://www.arcnj.org/resources/issues.html>. A limited number of the booklets have been printed and are available at no cost. Call 732-246-2525, Ext. 35, or send a request by email to info@arcnj.org, to obtain booklets.

ANNOUNCEMENTS

NJACP 2010 Workshop Series

Peter Leidy, Doing Our Best Work: 10 Ingredients of Quality Support on February 4th.

Please note registration is through cvent:

<http://guest.cvent.com/i.aspx?4W%2cM3%2c1024a2d6-9d0e-4197-8ee7-9f4cbbdf253b>.

For more information, please visit the NJACP website at www.njacp.org.

"The Family Support Center of New Jersey is re-establishing The Training Calendar, an online resource for information about training opportunities, lectures, and other activities for caregivers and the individuals they are caring for. Please visit www.thetrainingcalendar.org for more information."

Workshop:

Navigating the New System -- What Families Need to Know about Major Changes in the Service System for Individuals with Intellectual / Developmental Disabilities

New Jersey's system of service provision for individuals with developmental disabilities is currently undergoing a major shift. Significant changes to services for individuals with developmental disabilities will mean that individuals and their families will need to develop a new set of skills and understand new terminology.

This workshop, developed in partnership with The Arc of New Jersey (Arc) and the New Jersey Division of Developmental Disabilities (DDD), will provide families with valuable information regarding what it means to be on the Community Care Waiver, the changes to the waiting list, the shift to self-directed services with individualized budgets and other significant changes.

Join other families at this workshop, and learn how to navigate the service system as changes occur for people with developmental disabilities.

Details on the upcoming workshop are below:

Date: Tuesday, January 26, 2010
Time: 7:00 PM
Location: The Arc of Burlington County (Day Program)
Park Plaza, 4313 Route 130 South, Edgewater Park, New Jersey 08010

RSVP: the Arc's main office at (609) 531-0211
or (856) 764-9494, ask for Linda or Charlene.



DDD Presents County-Based Forums

DDD invites individuals who are in Real Life Choices, Self-Determination, or at the top of the Priority and Priority-Deferred categories of the Waiting List for Waiver Services (formerly known as Community Services Waiting List [CSWL] or Residential Waiting List) to attend a county-based family forum.

These forums are geared toward the family's need to plan and prepare for the well-being of their adult child/children with developmental disabilities. Forums are being held in each state county.

For information, contact Janice Delorenzo at 609-689-1794 or janice.delorenzo@ddd.state.nj.us

Monmouth County Forum

Family Forum:

- Date: Thursday, January 21, 2010
- Time: 6:30 - 9:00 PM
- Location: ARC of Monmouth, 1158 Wayside Road, Tinton Falls, NJ 07712

Upcoming Counties for the Fall/Winter: Burlington and Passaic

