

# DDD Today

A Publication of the Division of Developmental Disabilities

Chris Christie, Governor  
Kim Guadagno, Lt. Governor

Volume VI, Issue III March 2012  
dddnewsletter@dhs.state.nj.us

Jennifer Velez, Commissioner  
Dawn Apgar, Deputy Commissioner

## DDD Celebrates Developmental Disabilities Awareness Month

### A Message from Dawn Apgar, Deputy Commissioner of the NJ Department of Human Services:



March is Developmental Disabilities Awareness Month. It is estimated that one percent of the U.S. population has an intellectual or developmental disability (I/DD). That means about 90,000 people in New Jersey.

DHS relies on formal and informal relationships with nearly 300 public and private organizations to meet the needs of about 43,000 New Jersey residents with I/DD and their families. Within DHS and among our partner agencies, there are an estimated 30,000 dedicated employees statewide who provide these services with skill and compassion.

The Department is using this occasion to say thank you to our partners and to celebrate our collaborative efforts to increase community based services, promote disability employment options, and grow community living opportunities for adults with I/DD.

With our current DDD budget and the new budget that Governor Chris Christie has recently proposed, there will be people served who are currently on the waiting list, high school graduates who will receive day programs, and for many individuals who have been living in developmental centers, movement into community homes. The current and new budget also provides necessary funding for DDD to assist individuals with developmental disabilities who are confronting an emergency situation.

Governor Christie also has announced the restructuring of some aspects of state government services starting in July 2012, with many of these changes taking place in 2013. One of these changes includes the Department of Children and Families serving children with developmental disabilities. DDD will then work with young adults and their families to plan their transition from the Department of Children and Families into adult services within DDD. This realignment will enable all children in need of services to be assisted by one department and it will enable DDD to focus on the transitioning of young adults into an adult service system for people with developmental disabilities.

With the support of the Governor, families and advocates, much progress has been made and more advances are on the horizon.

## MESSAGE TO STAKEHOLDERS FROM DEPARTMENT OF HUMAN SERVICES

It has been a busy start to the New Year. Fiscal year 2013 budget discussions are well underway; in fact, recently, I testified on the status of the comprehensive Medicaid waiver.

I hope you all received my post-budget address email, which outlined the Governor's proposed restructuring of state government and this Department's role. To summarize:

- On July 1, programs and services for seniors will move from the Department of Health to DHS to form the new Division of Aging Services, which will be led by Kathy Mason, with Nancy Day continuing on that leadership team. Jeanette Page Hawkins will continue to manage the Division of Family Development, along with her Deputy Director, Natasha Johnson. Both Divisions will report to the Department's newly appointed Deputy Commissioner, Lowell Arye, former policy advisor to the Governor and an expert in the fields of aging, disability, and anti-poverty issues.



- Another significant part of the Governor's plan is to integrate all programs, services, and supports that serve children into the Department of Children and Families (DCF). Over the upcoming fiscal year, all children including children now served by the Divisions of Developmental Disabilities and Mental Health and Addiction Services – will transition to DCF.
- And, Graduate Medical Education and the Hospital Relief Subsidy Fund, currently managed by DHS' Division of Medical Assistance and Health Services, will transition to the (newly-renamed) Department of Health, which is also responsible for the distribution of Charity Care funding.

It's important to note that funding for Olmstead and community services for both DD and mental health consumers has been increased. In addition, the Governor boosted funding for the community services waiting list. Programs and services among the Department's other divisions were kept whole.

On a final note, March is a big month for service designations. It's National Brain Injury Awareness Month, Professional Social Workers' Month, Intellectual and Developmental Disabilities Awareness Month, and Save Your Vision Month. We expect this month's Department activities to include proclamations, letters to the editor, and a few press releases. We'll be sure to forward them to you as the month progresses.

Submitted by: (DHS) Commissioner Jennifer Velez

THE ELIZABETH M. BOGGS CENTER  
ON DEVELOPMENTAL DISABILITIES

Department of Pediatrics



ROBERT WOOD JOHNSON  
MEDICAL SCHOOL

University of Medicine & Dentistry of New Jersey

## **New Jersey Self-Directed Supports Conference Building My Life: Practical Tools**

**\*Friday, May 4 and Saturday, May 5, 2012\***

**Doubletree Hotel & Executive Meeting Center in Somerset, New Jersey**

**Sponsored by:**

***NJ DHS' Division of Developmental Disabilities***

**In partnership with:**

***Caregivers of New Jersey***

***Easter Seals New Jersey***

***The Elizabeth M. Boggs Center on Developmental Disabilities***

***Neighbours, Inc.***

***Values Into Action***

**The NJ Self-Directed Supports Conference is a fun and welcoming place to learn and share experiences related to self-direction. It is a place to share successes and struggles from all perspectives, whether you are someone purchasing supports, a family member, or a provider organization. Individuals and organizations not yet involved with self-directed supports are highly encouraged to come and learn more.**

More details on the next two pages!

## NJ SELF-DIRECTED SUPPORTS CONFERENCE

### EVENT HIGHLIGHTS

#### FRIDAY:

#### **Semi-Formal Dinner Dance from 7 – 9:30 pm**

Come nurture your friendships and make new connections while having a lot of fun! The \$40 fee per person includes dinner buffet and dance with DJ. Space is limited to the first 100 registrants.

#### **Film and Discussion (Wretches & Jabberers) from 4 – 6 pm**

In *Wretches & Jabberers*, two men with autism embark on a global quest to change attitudes about the abilities of people with autism. Tracy Thresher, 42, and Larry Bissonnette, 52, travel to Sri Lanka, Japan, and Finland. Between moving encounters with young men and women with autism, parents, and students, Thresher and Bissonnette take time to explore local sights and culture; dip and dodge through Sri Lankan traffic in motorized tuk-tuks; discuss the purpose of life with a Buddhist monk; and finally relax in a traditional Finnish sauna. Along the way, they reunite with old friends, expand the isolated world of a talented young painter, and make new allies in their cause.

“Our goal was to shine a light on autism internationally. Larry and Tracy’s journey allowed us to portray the global face of autism through the personal stories of six men and women throughout the world,” explains Producer and Director Gerardine Wurzburg. The result is a provocative mixture of advocacy, personal portrait, and travel in an adventure film - seasoned with liberal doses of humor. Space is limited to the first 100 registrants.

#### SATURDAY:

#### **Keynote: Self-Direction Is the Cornerstone of My Everyday Life at 9:30 am**

Keynote speaker Mitchell Levitz is a Self-Advocacy Coordinator at the Westchester Institute for Human Development/UCEDD and a contributing faculty member providing training on transition, self-advocacy, and self-determination in Valhalla, NY. He will share his personal experiences in leading a self-directed life, providing practical strategies and first-hand examples in the areas of health, employment, and community living. The importance of self-advocacy and having a “circle of support” will be highlighted. A question and answer period will provide an opportunity for interactive dialogue.

Levitz currently serves as the WIHD liaison to the Self-Advocacy Association of New York State and the NYS Think Tank on Self-directed and Individualized Supports and Services. He is a national speaker and has written about disability issues, co-authoring the book *Count Us In: Growing Up with Down Syndrome* and contributing a self-advocacy perspective in ten other published books. He also has been featured in magazine and newspaper articles as well as on television and radio, including *Dateline NBC* with Jane Pauley and NPR’s *Brian Lehrer Show*. Levitz lives on his own in a townhouse; he enjoys visiting with family and spending time downhill skiing, kayaking, bike riding, and at social activities with The Friends Network.

**See next page for schedule and registration information.**

## NEW JERSEY SELF-DIRECTED SUPPORTS CONFERENCE

### CONFERENCE SCHEDULE

#### FRIDAY (PRE-CONFERENCE EVENTS)

12:30 - 1:00 PM	REGISTRATION FOR WORLD CAFÉ
1:00 - 3:30 PM	WORLD CAFÉ
4:00 - 6:00 PM	FILM AND DISCUSSION
7:00 - 9:30 PM	SEMI-FORMAL DINNER DANCE (\$40 FEE)

#### SATURDAY (CONFERENCE)

**ALL DAY! RESOURCES...ART AND MUSIC SHOW...AND MORE!**

8:30 AM	REGISTRATION AND CONTINENTAL BREAKFAST
9:00 AM	WELCOME
9:30 AM	KEYNOTE: MITCHELL LEVITZ
10:15 AM	BREAK: VISIT EXHIBITORS AND ART & MUSIC SHOW
10:45 AM	WORKSHOPS
12:00 PM	BREAK: VISIT EXHIBITORS AND ART & MUSIC SHOW
12:30 PM	LUNCH
1:30 PM	BREAK: VISIT EXHIBITORS AND ART & MUSIC SHOW
2:00 PM	WORKSHOPS
3:15 PM	DESSERT, MUSIC, AND DOOR PRIZES
3:30 PM	WRAP UP

**REGISTRATION IS NOW OPEN!**

#### **TO REGISTER:**

**[VIEW COMPLETE BROCHURE WITH CONFERENCE DETAILS AND REGISTRATION FORM \(PDF\)](#)**

**[VIEW ADDITIONAL CONFERENCE INFORMATION ON THE BOGGS CENTER WEB SITE](#)**

**REGISTRATION CONTACT: [DEBORAH.MAHOVETZ@UMDNJ.EDU](mailto:DEBORAH.MAHOVETZ@UMDNJ.EDU) OR CALL 732-235-9543**

## THE ARC OF NEW JERSEY TO HOST THE 23RD ANNUAL CONFERENCE ON MEDICAL CARE FOR PERSONS WITH DEVELOPMENTAL DISABILITIES

The 23rd Annual Conference on Medical Care for Persons with Developmental Disabilities will be held on Friday, June 1, at the Westin Princeton Hotel in Forrestal Village. The conference is being sponsored by Mainstreaming Medical Care, a program of The Arc of New Jersey, and the theme is “Promoting Quality Healthcare.”

There will be two keynote presentations as well as a selection of 10 workshops, of which attendees may choose two. Moreover, up-to-date information on the Comprehensive Medicaid Waiver will be provided by Jennifer Velez, Esq., Commissioner of the NJ Department of Human Services; Dawn Apgar, Ph.D., LSW, ACSW, Deputy Commissioner of the NJ Department of Human Services and Acting Director of the Division of Developmental Disabilities; and Valerie J. Harr, Director of the NJ Division of Medical Assistance and Health Services.

Jeffrey J. Guenzel, MA, LPC, Director of the Division of Child Behavioral Health Services, NJ Department of Children and Families, will provide an overview of the integration of children with intellectual and other developmental disabilities into the system of care within the Department of Children and Families.

The morning keynote presenter will be Lauren Charlot, Ph.D., a Developmental Psychologist, Assistant Professor of Psychiatry, and Director of ID/MH Services at the UMass Medical School/UMass Medical Center in Worcester. Dr. Charlot has been working with individuals with intellectual/developmental disabilities (I/DD) and severe co-occurring psychiatric disorders and challenging behaviors for over 25 years. Her presentation will address strategies to identify when a medical problem may be the real cause of clinical changes in patients who were sent for psychiatric interventions. The UMass Multidisciplinary Collaborative Care Model for treating psychiatric outpatients with ID will be briefly described, and implications for lowering high cost intrusive care for individuals with ID who have severe mental health problems or challenging behaviors will be discussed.

There will also be an afternoon keynote presentation by Marc Edenzon, President and CEO of Special Olympics New Jersey. Edenzon has worked in the developmental disabilities field for 37 years, and the past 28 years have been with the Special Olympics movement. Edenzon will speak about the Special Olympics Healthy Athletes Program, which advocates for the upside of wellness through the creation of healthy and fit athletes, promoting health as a fun-

damental element to success on the playing field, and acceptance in the community through sports. Edenzon’s presentation will provide a look at health and wellness, and it will offer a perspective on how individuals with disabilities benefit from good health and success on the playing field.

Continuing education credits are pending from the American Academy of Family Physicians (AAFP), the Developmental Disabilities Nurses Association (DDNA), the American Academy of Nurse Practitioners (AANP), and the Commission for Case Manager Certification (CCMC).

A registration fee of \$60 includes a continental breakfast and materials (with lunch on your own); the fee of \$90 includes lunch. For every four registrations from the same non-profit agency, a 5th employee attends free. The registration deadline is Friday, May 18.

For additional information, including the conference brochure, and online registration, please visit [www.mainstreamingmedicalcare.org](http://www.mainstreamingmedicalcare.org). Exhibitor information is also available on the Mainstreaming Medical Care page. You may also contact Helen Rivera with any questions at [hrivera@arcnj.org](mailto:hrivera@arcnj.org) or 732-246-2525, x35.



**Autism Family  
Services of  
New Jersey**

## Spring Autism Webinar Series

### **Increasing Independence through Effective Toilet Training**

March 27, 7:00 p.m. to 9:00 p.m.

Frank Cicero, Ph.D., BCBA

The first half of the workshop will introduce the audience to behavioral theories and techniques that promote toilet training in individuals on the autism spectrum. The second half of the workshop will introduce the audience to behavioral techniques designed to assess issues with inappropriate bowel movements and interventions to promote bowel training in individuals on the spectrum.

**Link to register:**

<https://www3.gotomeeting.com/register/729491526>

### **Employment**

April 25, 6:30 p.m. to 7:30 p.m.

Bret Li-Vaks, MBA

This training will focus on strategies to assist youth and adults with ASD's prepare for and enjoy successful, community-based productive lives, through gainful employment. Strategies for success will include how to build both social and work-related skills, as well as on-the-job support strategies.

**Link to register:**

<https://www3.gotomeeting.com/register/750495494>

### **Autism and Epilepsy**

April 18, 7:00 p.m. to 8:00 p.m.

Mark Mintz, M.D.

Epilepsy can occur in up to 40% of individuals with Autism Spectrum Disorders (ASD), associated with an increasing risk with age. Epilepsy and Autism may have common origins, so that understanding the causes of Epilepsy can give insight into the mechanisms of ASDs. Since Epilepsy can often be successfully treated, proper identification and diagnosis is essential, particularly for clinically "silent" forms.

**Link to register:**

<https://www3.gotomeeting.com/register/792723678>

For more information, please  
contact Lauren McAllister:

By phone:  
(732) 262-8020 ext. 116

By E-mail:  
[LMcAllister@autismfamilyservicesnj.org](mailto:LMcAllister@autismfamilyservicesnj.org)

### **Sexuality Instruction and ASD: What Behavior Analysts Need to Know**

May 9, 7:00 p.m. to 8:00 p.m.

Peter F. Gerhardt, Ed. D.

Individuals on the Autism Spectrum are sexual beings. However, individual interest in sex or in developing an intimate sexual relationship with another person varies widely across (and within) individuals at all ability levels. This workshop will provide a brief overview of issues associated with sexuality education and the role behavior analysis can play in this complex and important area.

**Link to register:**

<https://www3.gotomeeting.com/register/889291654>

### **Proactive Strategies for Addressing Challenging Behavior**

June 13, 6:30 p.m. to 7:30 p.m.

Bridget Taylor, Psy.D., BCBA-D

Problem behavior can significantly interfere with and limit educational and social opportunities, negatively impact family functioning, and if not addressed can limit overall community integration experiences. This talk will provide an overview of the potential reasons why problem behavior exists and practical strategies parents and teachers can implement to potentially prevent challenging behavior from emerging.

**Link to register:**

<https://www3.gotomeeting.com/register/172306054>

### **Transportation**

July 2012 (check website for additional details)

Louis Hoffman, Travel Instructor/Project Manager, NJ TIP  
Transitioning from the school bus & being driven by others to different forms of public transportation. You will learn about the programs NJ TIP, Inc. offers and the 27 skill sets NJ TIP uses to determine success so that parents can feel confident about their adult children arriving safely at their destinations.

an affiliate of  
  
**The Family  
Resource  
Network**

#### **Space is limited!**

Only the first 100 attendees logged on will be able to view that evening's session. All webinar presentations will be archived at [www.autismfamilyservicesnj.org](http://www.autismfamilyservicesnj.org) within a week of completed presentations.

## NJ Partnership to Aid Employability of Individuals with Developmental Disabilities

TRENTON - The Family Resource Network (FRN), in partnership with the New Jersey Chamber of Commerce Foundation (NJCCF), is in development of an adaptive program based on the existing LearnDoEarn program of the NJCCF, which is specialized for individuals with developmental disabilities.

The existing LearnDoEarn Student Achievement System focuses on educating students to enable them to set employment goals and objectives, achieve financial literacy, and become informed of personal responsibility, ethics, appearance, and attendance. The NJCCF uses the power of the business community as the students' future employers to motivate them to work harder in middle and high school so that they will be prepared for college and the workplace. The adapted program "LearnDoEarn- All Students Participate" will provide students with developmental disabilities similar lessons on how to access and maintain employment.



Data from the Bureau of Labor cited that as of January 2012, only 20 percent of individuals with a disability were employed, compared to 68.9 percent of those without a disability. The overall goal of the adapted program is to increase the employability of individuals with developmental disabilities as they exit high school.

Focus groups will be critical to the development of this adaptive program. Participants will review and provide feedback on existing LearnDoEarn modules to help identify the specific needs of individuals with developmental disabilities to successfully access and maintain employment. Feedback from each focus group will help make recommendations for needed adaptations to ensure a successful "LearnDoEarn - All Students Participate" program.

Elizabeth Sims-Pottle, project coordinator for The Family Resource Network, explained, "I was overwhelmed with the number of people who wanted to participate in the focus group. Within a day of advertising the dates and locations, I was turning people away. This reaction demonstrated the significant need and interest in a program to help individuals with disabilities transition into the workforce."



Funding for this project is provided through a grant from the New Jersey Council of Developmental Disabilities (NJCDD). For further questions, please contact Elizabeth Sims-Pottle, Ed.D at (609) 610-0862 or via email at [epottle@familyresourcenetwork.org](mailto:epottle@familyresourcenetwork.org).

The Family Resource Network (FRN) is a comprehensive, family-focused, organization designed to meet the growing need for community-based programs and services to this rising population. FRN's affiliated organizations are Autism Family Services of NJ, Caregivers of NJ, Epilepsy Foundation of NJ, and the Family Support Center of NJ. Please visit [www.familyresourcenetwork.org](http://www.familyresourcenetwork.org) for more information.

**EMERGENCY PREPAREDNESS TRAINING FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES**

Is your loved one with a disability living in a supervised, supported, or group setting prepared in the event of an emergency? The Family Support Center of NJ is now offering New Jersey Council on Developmental Disabilities Emergency Preparedness Training for People with Developmental Disabilities to residential organizations in Bergen, Essex, Hudson, Hunterdon, Middlesex, Morris, Passaic, Somerset, Sussex, Union, and Warren counties.

Please contact Lorraine D'Sylva-Lee at [LD.Lee@fscnj.org](mailto:LD.Lee@fscnj.org) for more information.

## **SAVE THE DATE!**

8th Annual Women's Caregiver Retreat

Thursday, May 17, 2012

Join us for a day of outstanding presentations, exhibits, health screenings, renewal services, and much more...

At the Robert Wood Johnson Hamilton Center  
for Health & Wellness in Mercerville, NJ

Registration begins April 16, 2012  
Call (800) 372-6510 or register online at [www.fscnj.org](http://www.fscnj.org)

Presented By:  
*Family Support Center of NJ  
NJ Department of Health & Senior Services  
Office of Nutrition & Fitness  
Office of Women's Health  
Division of Aging & Community Services  
American Heart Association American Stroke Association*

## ENABLE, INC. EVENT FOCUSES ON ABILITIES AND KEEPING ACTIVE

*Submitted by Theresa McCutcheon, Senior Development Officer at Enable, Inc.*



A wheelchair tennis duo, followed by wheelchair rugby and basketball teams, took center court on February 25 at the “Walk n’ Roll with Enable” event at Rider University. This indoor walk spotlighted athletes with disabilities who demonstrated skills and challenged spectators in fun competition. The event was a fun-filled day of movement, entertainment, and motivational speakers that raised funds to help persons with disabilities live full and independent lives.

Guest speakers Kelly Rouba, former Ms. Wheelchair New Jersey, and Wesley Brooks, an advocate personally affected by cerebral palsy, motivated the crowd along with Rider University’s “DTG” dance team and cheerleaders from the college and area high schools. Quadriplegic rugby players from the Magee Rehab Eagles and wheelchair basketball players from the young New Jersey Jr. Nets and Bulova Nets took on able-bodied spectators in an action-packed display of athletic ability. Youth walk teams from high schools throughout central New Jersey, including West Windsor-Plainsboro-North and West Windsor-Plainsboro-South, Montgomery High, Notre Dame, Princeton, and Robbinsville, and several faith-based groups, participated.

The event was sponsored by Enable, Inc., a non-profit helping men and women with chronic disabilities to live full and independent lives within the community. Enable delivers high-quality, individualized programming through residential, in-home, and day program services that support over 450 men and women each year. For more information, contact Enable at 609-987-5003 x124 or [info@enablenj.org](mailto:info@enablenj.org) or visit [www.enablenj.org](http://www.enablenj.org).



**Photos show rugby team members joined by some event participants at the “Walk n’ Roll with Enable” fundraiser at Rider University in Lawrenceville, NJ.**

## ANNOUNCEMENTS

THE ELIZABETH M. BOGGS CENTER  
ON DEVELOPMENTAL DISABILITIES

Department of Pediatrics



ROBERT WOOD JOHNSON  
MEDICAL SCHOOL

University of Medicine & Dentistry of New Jersey

# April – June 2012 Training Opportunities

**View training courses, dates, locations, and register online at:**  
<http://rwjms.umdj.edu/boggscenter/training/overview.html>

**View continuing education information for training courses at:**  
[http://rwjms.umdj.edu/boggscenter/contin ed/index.html](http://rwjms.umdj.edu/boggscenter/contin_ed/index.html)

- **Aging and End of Life**

Grief and Loss: Supporting Adults with Developmental Disabilities at End of Life

- **Community Building and Connection**

In Community: Supporting People with Developmental Disabilities in Establishing Meaningful Community Connections

- **Employment Specialist**

Employment Specialist: Introductory Level

Employment Specialist: Advanced Level

Employment Specialist Supplemental Training: Other Resources and Where to Find Them

Employment Specialist Supplemental Training: Returning to Work After Brain Injury

- **Faith Based Supports**

Building Connections and Community Supports with Your Congregation or

Faith Community: A Workshop for Individuals, Families, and Community Members

- **Individual Habilitation Plan**

IHP Plan Coordinator Training

- **Management**

Survival Skills for Managers in Community Supports

Leadership Skills for Managers in Community Supports

Personal Skills for Managers in Community Supports

- **Person Centered Thinking**

Person Centered Thinking

- **Positive Behavior Support**

Basic Positive Behavior Support

## TRANSPORTATION SURVEY PARTICIPANTS NEEDED

The Mercer County Coalition for Coordinated Transportation is excited to announce that two members, The Greater Mercer TMA and The Arc Mercer, have each been awarded New Freedom grants for a combined \$383,000. This Federal Transit Administration (FTA) funding is geared towards enhancing the transportation options for individuals faced with mobility challenges, including seniors, low income individuals, and people with disabilities.

Through the New Freedom Grants initiative, we are working to develop a more responsive transportation system and we need your help. We are trying to identify transportation needs to pinpoint solutions to provide better services. As a community member, we value your input and would greatly appreciate your assistance in completing our survey. There are two ways to complete the survey:

**Download & Print:** Click the link below to download our survey. Please complete the survey and fold, tape, and mail it to the return address. Click here to download the form:

<http://www.arcmercer.org/online-survey-form.php>

**Complete Online:** Follow the link below to the online survey. Upon completion, it will be electronically submitted to The Arc Mercer. Click here to take the survey online:

<http://www.arcmercer.org/online-survey-form.php>

Thank you so much for your help! If you have questions, contact The Arc Mercer at: (609) 406-0181 ext. 127

**To show our appreciation, those who participate will be entered into four drawings. Each winner will receive a \$50 Visa gift card!**

## STORY IDEAS?



E-mail us at: [DDDnewsletter@dhs.state.nj.us](mailto:DDDnewsletter@dhs.state.nj.us)

**We will happily consider your request!**

### CHECK OUT ABLE NEWSPAPER FOR MORE DISABILITY-RELATED NEWS

Able Newspaper is an established, widely known publication in the disability community. The New Jersey edition of Able can be read online for free. Just visit [www.ablenews.com](http://www.ablenews.com) and click on the "[Click Here for Free Edition](#)" at the top of the page.



## HUNTERDON DEVELOPMENTAL CENTER (HDC) NEWS

### HDC RECYCLES

**By: Ryan Casciole**  
**Instructor Counselor and Recycling Coordinator at HDC**

As many of you already know, Recycle HDC has been a very productive and promising program that has drawn many clients and encompasses all residential and professional buildings at the Hunterdon Developmental Center.



There are 70 bins throughout the HDC campus. The recycling bins are in all the break rooms on campus and throughout other areas.

Historically, HDC has contributed to the decrease of our waste stream through recycling cardboard, paper, oil, batteries, scrap metal, concrete, aluminum, and plastic. Whether the recycling process was done formally or informally, recycling has always been a part of the backdrop here at HDC. An extensive group of people and departments have played a huge role and will continue to play a huge role in this program.

Recycle HDC was originally developed as a program aimed at training potential clients for off-grounds supported employment positions. This goal has not changed; however, this program has evolved into much more and looks to have a promising future at HDC. Through this program, clients are becoming environmental stewards, helping to care for their homes and their community in an energetic and effective way.

The skills that individuals in this program are developing and mastering are broad in scope, allowing clients to take an active role in correctly collecting, identifying, and processing recyclable materials. HDC clients are not only getting vocational and occupational training, but they are also becoming self aware of their impact on Earth. They are also working on skills, such as cause and effect, switch use and activation, orientation to task, working in a group setting, multi-stepped commands, work safety, and general house-keeping skills. These skills are intrinsically valuable to our individuals as well as being extremely relevant in society.

Through teamwork and cooperation, clients and staff alike are taking a stance helping to change the world in which they live, preserving its beautiful and majestic wonders for many generations to come. Keep your eyes open in the future for more evidence of this program as it occurs at HDC. Consider all that you dispose of while you're at work and be conscious of items that can be recycled. If we work together, we can accomplish great achievements.

Continued on Next Page

## HUNTERDON DEVELOPMENTAL CENTER (HDC) NEWS

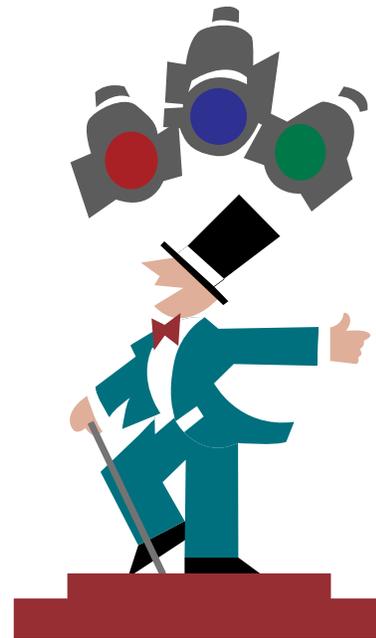


### THE ADAPTIVE LEARNING CENTER'S THEATRE GROUP

In 2010, a newly formed Summer Theatre Company created a “theatrical experience” that has grown into a weekly Drama Club program enjoyed by 20 clients from seven different homes at Hunterdon Developmental Center.

The Drama Club provides the participants with the chance to be involved in the whole experience of putting on a play, from conceptualization to production, culminating with the summer performance! Our first year’s production of “Snow White and the Seven Dwarfs” was an exciting foray into the theatre and musical arts. It was a 20-minute showcase of the many talents of our budding actors. In 2011, our adaptation of “The Wizard of Oz” allowed participants to lend their skills to all aspects of production, from story narration, to set building, to acting in the production. The result was a 35-minute show casting 44 ambulatory and non-ambulatory actors.

Production of our 2012 show, “Peter Pan,” is underway with anticipation of another outstanding experience.



### READ ACROSS AMERICA

Hunterdon Developmental Center celebrated Read Across America on March 2 with a tribute to Dr. Seuss (Theodor Geisel), who was born on March 2, 1904. The Adaptive Learning Center hosted reading rooms where our individuals got involved in activities associated with some of Dr. Seuss most popular works, including ‘Green Eggs and Ham’, ‘The Lorax’, ‘The Cat in the Hat’, ‘One Fish, Two Fish, Red Fish Blue Fish’, ‘Bartholomew and the Gobleck’, and ‘Horton Hears a Who!’. Participants were encouraged to take part in the story reading with characters acting parts of the stories, as well as making Gobleck, and eating green eggs and ham!

## NEW JERSEY DEVELOPMENTAL CENTER CELEBRATES NATIONAL NUTRITION MONTH

*Submitted by Deborah O'Rourke, RD & the NJDC Nutrition Department*



**T**his year, the Academy of Nutrition and Dietetics campaign “Get Your Plate in Shape” and icon focuses on the importance for Americans to make informed nutrition choices in the food we eat along with being physically active.

In honor of National Nutrition Month, the NJDC Nutrition Services Department invited our clients and staff to attend an interactive Nutrition Program on March 22 in the Food Service Dining Room.

A seminar titled “My Plate Goes to the Supermarket” was presented by Little Falls ShopRite store Dietitian Laura Becker, MS, RD. She discussed the new “My Plate” icon and provide easy tips for making healthful selections while you shop at the grocery store.

Becker discussed how to make smart shopping choices in building a healthy plate and some participants won exciting prizes from her. Also, in the Food Service Dining Room, there is on display our NJDC clients’ creative renditions of the fun “Get Your Plate in Shape” icon for National Nutrition Month. The Recreation Department partnered with the Nutrition Department in conducting a “My Plate” contest as part of their active treatment plans for March. Each cottage recreator was given qualifiers to follow and assist their clients in building a winning plate. Husam Abdallah, NJDC CEO, agreed to be one of the judges for the contest and two more judges will assist him.

Following the Lecture, Becker and the NJDC Dietitians were available to answer nutrition questions. Participants also had access to various nutrition resources, learning activities, and there were more opportunities to win prizes and pick up a healthy snack.

The NJDC Nutrition Department’s goal for the 2012 National Nutrition Month is to enlighten our clients and staff in making healthy eating choices along with being more active so we all can enjoy the benefits of a healthy lifestyle.

### **Here’s a bonus question to get you started:**

Can you name the food groups represented in the new “My plate” icon?

Hint: The answer can be found in the 2012 February Exchange Article: Introducing “My Plate.”



*“Using antiquated, degrading terms to describe individuals with disabilities is an affront to the integrity of the person and their family, and below our common decency as a people.”*

– Governor Chris Christie, Bill Signing Ceremony, Trenton, NJ, August 16, 2010

In August 2010, Governor Chris Christie signed legislation that removes outdated, disrespectful language referring to individuals with intellectual or developmental disabilities from all New Jersey statutes and regulations because **words matter**.

To assist the media and public in using appropriate terminology for individuals with disabilities, the NJ Departments of Human Services and Children and Families have compiled the following helpful tips.

**Three Things to Remember:**

- **Only reference** a person’s disability if it is relevant to the conversation.
- **Always use** *People First* language whenever referring to people’s disability.
- **Avoid using** *suffers with, a victim of, or afflicted with* when discussion someone’s disability.

Phrases Not to Use	People First Language
the handicapped or the disabled	people <b>with</b> disabilities
the mentally retarded or retarded	people <b>with</b> intellectual or developmental disabilities
birth defect	<b>has</b> a congenital disability
wheelchair bound or confined to a wheelchair	<b>uses</b> a wheelchair or a mobility device
crippled or lame	<b>has</b> a physical disability
s/he is brain injured	is a <b>survivor</b> of brain injury or sustained a brain injury
dwarf or midget	<b>has</b> short stature or is a little person
mute	<b>requires</b> or <b>needs</b> communication assistance
is learning disabled	<b>has</b> a learning disability
suffers from or victim of	person who <b>has</b> ...
emotionally disturbed, crazy or lunatic	<b>has</b> a mental illness
normal or healthy	a person without a disability
quadriplegic or paraplegic	<b>has</b> quadriplegia or paraplegia
s/he is in special ed	<b>receives</b> special ed services
handicapped parking or handicapped restroom	<b>accessible</b> parking or restroom
person is high or low functioning	<b>has</b> low or high support needs

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## EARLY CHILDHOOD AND ASSISTIVE TECHNOLOGY

The Family Center on Technology and Disability (FCTD) has posted a new PowerPoint presentation on their website entitled Early Childhood and AT. The presentation provides a range of assistive technology (AT) examples appropriate for young children and discusses issues to be considered when using AT with this age group.

Permission to copy and distribute portions of the PowerPoint without prior consent is provided, as long as attribution is given to the FCTD, under U.S. Department of Education Grant H327F080003. The FCTD also has additional PowerPoint Presentations on Assistive Technology available on their website.

## SPRING 2012 DEVELOPMENTAL DISABILITIES LECTURE SERIES

The Spring 2012 Developmental Disabilities Lecture Series is a community and continuing education activity of *The Elizabeth M. Boggs Center on Developmental Disabilities at UMDNJ-Robert Wood Johnson Medical School, Department of Pediatrics*. There is no registration fee, but advanced registration is required. Sessions are held from 9:30 am -12:30 pm. For more details and to register, visit our website at:

[http://rwjms.umdj.edu/boggscenter/dd\\_lecture/DD\\_lecture.html](http://rwjms.umdj.edu/boggscenter/dd_lecture/DD_lecture.html)

**Friday, April 13:**

**Creating Community Based Individualized Housing Opportunities for People with Disabilities**

(Led by Joe Wykowski, MS, at Hilton-Woodbridge)

**Friday, April 20:**

**Patient Centered Health Homes for Adults with Developmental Disabilities**

(Led by Tamsen Bassford, MD, at Hilton-Woodbridge)

**Friday, May 11:**

**Pivotal Response Treatment for Autism** (Led by Lynn Koegel, PhD,  
at Doubletree Guest Suites in Mt. Laurel)

**Friday, May 18:**

**Maximizing Quality of Life with Person-Centered Cognitive Support Technologies**

(Led by Daniel Davies, MA, at Doubletree Guest Suites in Mt. Laurel)

If you have any questions, please call 732-235-9310 or e-mail [robyn.carroll@umdj.edu](mailto:robyn.carroll@umdj.edu).

## DDD Today

A Publication of the Division of Developmental Disabilities

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**DDD Information and DHS  
Central Registry Hotline:  
1-800-832-9173**

The Division of Developmental Disabilities (DDD) was created in response to the need for better and more effective services for state residents with developmental disabilities. Advocates for those services included many parents and other family members who wanted community-based alternatives to the institutional care that had been their only option for many decades.

Today, more than 43,000 individuals are eligible to receive services funded by the division, including a growing number who are under the age of 22. Most DDD-eligible individuals live in the community, either with family or in a community residence such as a group home or supervised apartment or in a Community Care Residence with a family caregiver. Almost 2,600 individuals reside in one of the seven developmental centers now administered by DDD.

**Visit us on the Web at: [www.state.nj.us/humanservices/ddd](http://www.state.nj.us/humanservices/ddd)**

**Find us on Facebook@ [www.Facebook.com/NJDHS](http://www.Facebook.com/NJDHS)**