

# FORWARD

Volume 31

Summer 2010

## Terrorist Attack—Blast kills 30?

On Sunday June 27, at Trenton's downtown train station passersby could see the mayhem. "As I looked down the platform between two smoking trains there were bloody victims, body parts, responders with K-9's and officers with breathing apparatus and weapons. From my experience I can tell you it looked and felt real."

New Jersey Transit staged a mock train explosion at the Trenton train station. The drill was a test of local responders' resources, skills and abilities to respond in emergency situations. Volunteer victims exhibited a myriad of simulated injuries including shrapnel injuries, broken bones, respiratory distress and chest pains.

The Trenton Fire Dept arrived to put out fires, assisted with removal of injured passengers, and evaluation of injuries, while prioritizing the volunteer victims and effectively removing them from the train.

The drill was the joint efforts of NJ Transit, NJ Transit Police, Trenton Office of Emergency Management, Mercer County Office of Emergency Management, Mercer County C.E.R.T. (Community Emergency Response Team), Trenton Fire Dept, Trenton EMS, Amtrak, SEPTA, and the NJ State Police OEM.

The Progressive Center, while working with Ed Hoff from NJT's ADA Services Dept, along with Dean

Raymond of Mercer Co. OEM, and Doreen Roberts, Mercer C.E.R.T. coordinator, was able to apply our expertise in several areas to assist in the success of this exercise.

Foremost, we shared our knowledge of emergency preparedness and people with disabilities



First responders don breathing apparatus to protect themselves from the smoke filled transit train

to the emergency responders. In addition, we recruited numerous persons with disabilities to be volunteer victims for the mock disaster. It was clear to everyone involved that valuable lessons were learned in the treatment of the disabled in disaster

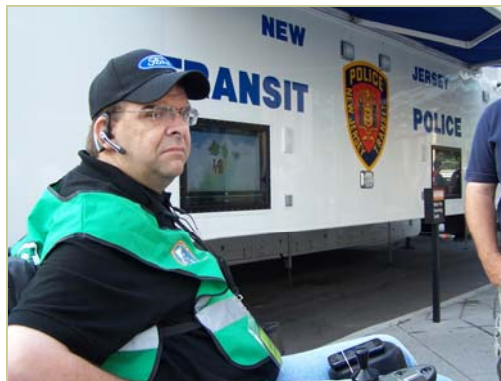
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## Emergency Drill continued



**Scott Ellis, Emergency Preparedness Coordinator**

situations. Scott Ellis, PCIL Emergency Preparedness Coordinator said, “While being (Evaluators) we had the opportunity to see the carnage first hand. Drills are designed to give first responders the knowledge they need to respond to an incident like this if it were to happen for real.”



**Trenton Fire Dept removing injured victim**

We commend New Jersey Transit for recognizing the need for this type of training, and we look forward to providing

them with more disaster trainings in the future. Certainly all the “victims” involved came away with the positive feeling that they will be well cared for if a disaster



**First Responders assist**

strikes on New Jersey Transit. For more information on the drill or to view video and story visit [www.Trentonian.com](http://www.Trentonian.com)

By Scott Ellis



**Trenton Fire Fighters and NJ Transit Officers**

## Gateway to Hunterdon

PCIL is proud to announce that “Career Gateway” has made it to Hunterdon County. This program, funded by the Kessler Foundation, and in collaboration with Allies, Inc., is one more step toward living independently.

Career Gateway is specifically designed to help recent graduates, with disabilities, prepare and enter the career of their choice.

The nine-week course will:

- Decrease the time span between leaving High School and entering adult services
- Provide basic work readiness and life skills
- Promote career choice using internships, based on interests and skill-sets
- Link Services with career objectives

Career Gateway focuses on the participant. They leave Career Gateway, a confident and prepared job candidate ready to take on the world!

Thanks to Renee Pfaff, Transition Specialist at the Mercer office for organizing the launch of this Hunterdon program. Mercer starts its 3<sup>rd</sup> session this summer.

*Thanks to  
John Ritchie,  
Principal, of  
Spring Run  
School*

Special thanks are sent to Mr. John Ritchie, Principal, of Spring Run School, where Career Gateway will be offered this summer. Mr. Ritchie has been a staunch supporter of PCIL for many years and without hesitation, with his big smile, welcomed this program. We begin on July 1<sup>st</sup> and run through the first week of September, with 8 enrollees!

Consider this an invitation for our next session if you have missed this one. For more information please contact PCIL’s Hunterdon or Mercer office.

Pamela Vernon,  
Career Gateway Coordinator/ Hunterdon

## In Loving Memory—PCIL has lost a precious member and dear friend.



**Christina C. Beckman**  
*truly missed, never forgotten*

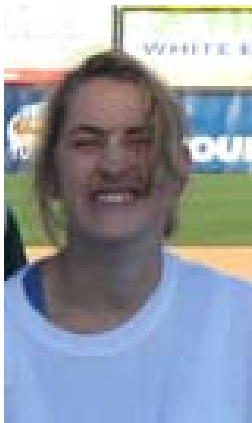
On June 21, Christina Beckman passed away at age 22.

Tina was the sweetest individual you could ever meet. No matter how she was feeling that day, she would greet you with her knockout smile.

Tina was very active through Special

Olympics and the Trenton Elks. Tina dedicated her time to her love of animals at the Titusville Wildlife Center; in addition, she would volunteer at PCIL and attend our recreation events

Our hearts go out to Tina’s family; Connie, Jack and Diane.



**Ashley  
DiMattia**

## PCIL Gets a New Smile

Ashley DiMattia, shown left, began working at PCIL in May as an office assistant. She is a recent graduate of TCNJ and currently resides with her family in Bordentown. She enjoys the beach, Karate and playing baseball. At age 18, Ashley, with some school friends started a band called

“Y-Knots”,

When asked what Ashley has planned for the future, she responds, “You never know what the future will bring, but in the future I would like to better my skills as an employee and maybe one day be working with younger students with disabilities as a advocate

and teach them everything that I have learned, even with a disability.”

Come out and meet Ashley at the Annual Softball game on August 19th, at Hamilton Y Miracle Field on Sawmill Road.

**“July 30th,  
Mercer  
County Park  
BBQ and  
boat rides on  
the lake”**



On June 18<sup>th</sup> PCIL's Community Connections hosted its annual bocce ball event and cook-out at Project Freedom, Hamilton. We had great turn out this year, even the weather cooperated. This year we added indoor bocce for those who preferred indoor sports; we also offered ladder golf and the dazzling music styles of DJ Chris Haase. Board member, Nancy Paulick and husband Dave offered up their rendition of America's Top Chef by preparing food for the festivities.

The annual bocce picnic is one of many the events that the Progressive Center offers consumers each year. We would like to thank all the volunteers and participate for creating a fun evening.

*On July 26, 2010* we head to Waterfront Park to see Trenton Thunder in action vs. New Britain Rock Cats, game time at 7:05 PM. Tickets are limited.

*On July 30, 2010*, at Mercer County Park (near the Marina) for a Summer BBQ and boat rides from 11:00 AM until 2:00 PM.

please join us for some other great trips:

*August 19th* we will host our second annual accessible softball game at Hamilton YMCA's Miracle Field. Game time at 6PM. Call to register a team, yourself or family member. Volunteer players needed.

For more details on these and any other activities please contact Jerry by e-mail at [jerry.carbone@pcil.org](mailto:jerry.carbone@pcil.org) or by phone (609) 581-4500, ext 12.

If you missed these events

**DON'T MISS IT**

## Community Connections Recreation...

August 13<sup>th</sup>-

**What-** Howell Farm Summer Barn Dance. **Where-**Howell Living History Farm, Route 29, Lambertville, NJ **Cost-**\$3 suggested donation **For Information-** (609) 737-3299

August 21<sup>st</sup>-

**What-** Mercer County Summer Concert Series featuring The Ernie White Band. **Where-** Mercer County Park Marina, Hamilton, NJ **Cost-** Free. **For Information-** (609) 448-7241

August 20<sup>th</sup>-

**What-** Hot dogs & Fireworks Display. **Where-** Lambertville, NJ— 6:30—10:00pm **Cost-** Free. **For Reservations-** (609) 581-4500

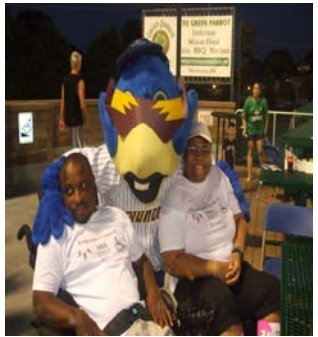
# August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3				7
8	9	10			13 Barn Dance	14
15	Every Sunday Kuser Farm Park "Music in the Park" 6—8 PM		18	19	20 Fireworks Display	21 Concert Mercer Park
22	23	24	25	26	27 Dixieland Band	28
29	30	31				

Save the Date  
Softball Game  
CALL US!



**2010 Bocce Picnic**



**Mike, Boomer and Patrice**

# UPCOMING EVENTS

September 4<sup>th</sup>-

**What**— Blues Festival featuring Savoy Brown **Where**— Stockton Inn, Stockton, NJ **Cost**- \$35 **For More Information**- (609) 397-8948

September 7<sup>th</sup>-

**What**— Phillies Baseball **Where**— Citizens Bank Park, PA **Cost**- \$14 non-members, \$12 members. **Time**— 7:05 PM. Seating is limited, (609) 581-4500

September 12<sup>th</sup>-

**What**— SeptemberFest **Where**— Veteran's Park, Hamilton **Cost**- Free **For More Information**— To Be Announced



Fred & Pete's Catering



Pontoon Boat Tour  
Kelly Klein & Family



Boat Guides Capt. Bill  
and First Mate Jeremy



ARC Picnic Goers

# September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Blues Festival
5	6 LABOR DAY	7 Phillies Game	8	9 Essay Contest	10	11
12 September Fest	13	14 Career Gateway Begin	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## Students in Hamilton

Through generous funding from the Princeton Area Community Foundation, Nottingham High, Hamilton West and Hamilton Education Program had the opportunity to experience PCIL's transition program. The program is a series of activities implemented to

assist students with disabilities making the transition from high school to post-secondary school or employment. One student from Nottingham commented; *"I was so happy to have you take time to show me about*

*things that I did not have ideas about before"* J.S.

During these 6 to 8 week programs, Hamilton area students developed Individual Living Plans, learn disability awareness through a celebrity

*(Continued on page 8)*

***"I was so happy to have you take time to show me about things..." JS***

## Community Connection Event

The Mercer County parks west picnic area, located by Lake Mercer near the Marina, was the site for our most recent recreation event held on July 30. The weather could not have been more perfect for this

picnic setting. Burgers and Dogs were on the menu provided by Fred and Pete's Delicatessen of Hamilton.

The 50-minute guided Pontoon boat tour was the highlight of day. This mellow boat ride is totally

accessible for wheelchair users, with the assistance of the crew Capt. Bill and First-Mate Jeremy. We strongly recommend this as a fun family outing for more information contact [jlear@mercercounty.org](mailto:jlear@mercercounty.org).



**Patrice Jetter and Michael Powel enjoy Americas favorite pastime, baseball**



Trenton Thunder pitcher alongside PCIL office assistant, Ashley DiMattia and Recreation Planner, Jerry Carbon at June 26th game. Ashley was invited to throw out the first pitch in honor of our 20th Anniversary celebration of the signing of the Americans with Disabilities Act of 1990.



**PCIL Community Connection participants visit**



## Students in Hamilton

(Continued from page 7)

challenge activity, defined advocacy through developing an acrostic poem; an acrostic poem uses the letters in a word to begin each line of the poem. All lines of the poem relate to or describe the main topic word. During

these activities students can begin to recognize alternatives available after graduation. PCIL enjoyed participating in with these students. If you would like more information about Transition serves in your area contact Renee Pfaff, Transition Specialist.

Funding from PACF enables PCIL to serve lower income students and provide support to increase opportunities for successful transition.

By Renee Pfaff

*When working with people, we have to be prepared and in touch with one another. The "Business Continuity Awareness" course for human service providers takes us one step closer to being prepared and "smarter" in emergency preparedness.*

## Emergency Preparedness Spokespersons Program

The Spokespersons program has been busy as usual with training. We have been training other Centers for Independent Living on emergency preparedness this quarter. We traveled up to Clifton to train DIAL

which is the CIL that covers Essex and Passaic Counties along with RIL which covers Burlington County. The program also trained Allies group home managers on emergency preparedness.

Thanks to our spokespersons for their hard work and commitment to the program, which is now in the third and final year of funding with NJCDD.

By Scott Ellis

## Cornell University Asks PCIL

In our world today, with increased disasters, and environmental change, we need to be better prepared. Working "smarter" makes life easier, no matter what situation occurs. This is especially true for Human Service providers providing

services to individuals with disabilities.

Cornell University recognizes that disability service providers have a key role to play in communicating with and coordinating with first responders for the disability

community.

Disability service providers are the support networks for their consumers, and often times make the difference between life and death for many people with disabilities.

Due to the Progressive



## Cornell University continued

*(Continued from page 8)*

Center's past experience of being thrust into business continuity which began unexpectedly on Sept. 11, 2001 when then Executive Director, Colleen Fraser passed on flight 93 while traveling to a conference in California, and the subsequent fire which destroyed our facility some years later, Cornell University contracted PCIL

to develop a business continuity awareness course for human service agencies.

Our commitment to this campaign includes all facets of emergency preparedness that include people with disabilities including evacuation, sheltering, developing personal plans, responder education, organization & individual education and post disaster

or emergency situation readiness, including recovery and now business continuity for human service providers.

Finally after six months of research and development we have completed the course and are close to launching the first training in September.

By Scott Ellis



**PCIL**

***Celebrates the  
20th  
Anniversary  
of the ADA***

## Director's Notes

### The ADA & Emergency Preparedness

Although the ADA does not include provisions specifically discussing its application to disasters such as Hurricane Katrina, its nondiscrimination provisions are applicable to emergency preparedness and response to disasters. For example, this would mean that emergency planning should include individuals with disabilities and that emergency shelters

should be accessible for those individuals.

An ADA Guide from the Department of Justice requires that local governments be responsible for making community emergency preparedness and response programs accessible to people with disabilities. Action steps for people with disabilities during an emergency event include; planning,

notification, evacuation, sheltering and recovery.

There is still much work to do with an emergency preparedness process that includes people with disabilities. We need systems and/or programs that assure access and support our civil rights, especially when it comes to disaster preparation, response and recovery for "all" people.



**Scott Elliott**  
Executive Director

Recent News: <http://www.fema.gov/media/2010/ada-anniversary.shtm>



[www.VSANJ.org](http://www.VSANJ.org)

(732) 745-3885

## New Jersey Wordsmith Competition

Enter your poetry, essays, short stories or plays.

**No entry fee**

**Deadline Sept 9, 2010**

Selected works will be showcased at the

NJ Readers' Theater

For registration materials, visit VSA website at

[www.vsanj.org](http://www.vsanj.org) or email your request to [info@vsanj.org](mailto:info@vsanj.org).

Call for Info at 732-745-3885 or TTY 732-745-3913

Address to submit your work:

VSA New Jersey

703 Jersey Avenue,

New Brunswick, NJ 08901

## It's A Boy



PCIL's new Independent Living Specialist Drew Zimmerman, comes to us from West Windsor-Plainsboro School

District. Drew hails from Short Hills and currently resides in East Windsor.

Drew is an avid sports fan; he enjoys football, baseball and hockey. Drew collects chess sets, and writes poetry and children's book.

Drew holds a master in Elementary Education from Seton Hall University. He has worked in special needs and disabled services for 18 years.

Drew is interested in starting literary workshops at PCIL and says "I am looking forward to working for an advocacy agency because it brings all my previous work experiences together."

Feel free to call Drew at PCIL Mercer office to make an appointment.



## School's Out For Summer

It is hard to believe that another school year has come to a close! The PSA Program proudly continued work in seven schools within Hunterdon and Mercer Counties. Our Spring highlight was dual county participation in the Dare to Dream Conference. This annual conference, sponsored by the Department of Education, Office of Special Education, is for the students, and by the students.

Students from four schools in Hunterdon County participated by conducting break out sessions on topics regarding Independent Living Skills and Self-Advocacy. We know these students were inspired by the work they did within the PSA Program. There

were over 200 students present at each conference location.

The Transition Specialists from PCIL also played vital roles in this conference. Renee Pfaff with the help of new Office Assistant and recent graduate of TCNJ's CCS Program, Ashley DiMattia, developed a Power Point Presentation. The Presentation focused on famous individuals with disabilities and their contributions to society. We even got the music to flow with the presentation! Our very own Pam Vernon broke out her own session on overcoming Fears and Obstacles in Transition.

Bravo to all participants and a job well done!



Pam Vernon and Student at the Dare to Dream Conference  
Raritan Valley College  
Bridgewater, NJ

PSA program is funded by the Department of Education, Office of Special Education and Department of Labor, Division of Vocational Rehabilitation Services

By Pam Vernon and Renee Pfaff

## Online Health Care tools now available

The U.S. Department of Health and Human Services unveiled an innovative new online tool on July 1, 2010, which will help consumers with health care by connecting them to

new information and resources that will help them access quality, affordable health care coverage. Called for by the Affordable Care Act, [HealthCare.gov](http://HealthCare.gov) is

the first Web site to provide consumers with both public and private health coverage options tailored specifically for their needs in a single, easy-to-use tool.



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BLIND & HANICAPPED**



**HOT Tips for Cool Summer**

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.



1. Take advantage of cooler times (early morning or late evening).

2. Wear loose-fitting clothing, preferably light colored cottons.
3. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
4. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes, avoid caffeine and alcohol.
5. Don't have A/C, spend parts of the day in a mall, public library, movie theater, or other public space with AC.