Hampton Mayor's Committee For
People with Disabilities
NEWSLETTER

Vol. 25 No.2 Summer 2015 Jeanne E. Smith, Contributing Editor

PENINSULA CENTER FOR INDEPENDENT LIVING
2021-A Cunningham Drive-Suite 2—Hampton, VA 23666—(757)827-0275

A PRIVATE, NON-PROFIT, NON-RESIDENTUAL Agency established to provide services to people with disabilities. The Center is funded by Federal, State and local Governments; fees for services associated with some programs, and private contributions.

The Center provides services to people with disabilities in the cities of Hampton, Newport News, Poquoson, Williamsburg and the Counties of James City, York, Gloucester, Matthews, Middlesex, Lancaster, Essex and Northumberland.

INDEPENDENT LIVING COUNSELING:

The goal of this counseling is based on the philosophy that a Counselor with a disability is the best guide to independence:

The Independent Living Counselor:

- Serves as a role model
- Assists consumers with self-exploration and adjustments
- Helps establish goals for independence
- Refers consumers to appropriate community resources

INDEPENDENT LIVING SKILLS TRAINING (ILS)

The purpose of the Independent Living Skills Training program is to provide customers with basic skills in support of the independent living goals. Some of the areas in which training is provided are:

- Decision making---Goal setting
- Self-Advocacy—Assertiveness
- Budging-money management
- Landlord/Tenant Responsibilities

Additional programs are provided as needed and at community based locations.

HAMPTON PARKS AND RECREATION PROGRAMS FOR THE DISABLED
Summer and Fall 2015

On-Going:

Therapeutic Recreation Assessments:
Tuesday – Thursday
Old Hampton Community Center
Ages 5-22
$35

Therapeutic Recreation Programs for individuals with disabilities utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, and manage own behavior with minimal staff intervention. Parents, if you anticipate signing up your child for therapeutic recreation programs, you must have an assessment completed. The parent must provide the following participant's items: recent copy of IEP, current physical, list of current medications, assessment fee of $35 in the form of check or money order. If the participant will be receiving financial support, we need documentation along with case manager contact information. For more information, call 727-1125.

Therapeutic Recreation After School Program
Monday – Friday during school year
2:30-6pm @OHCC, Phoebus High & Hampton High School
Ages 5.5 to 21 or currently enrolled in school
$55 per week/$200 per month

This program is designed for students with special needs. Students enjoy an after-school recreation program, where the focus is on socialization, leisure skills, and participation in fun, safe recreational environments. Elementary and Middle School students will be at OHCC, High School students will be at Hampton or Phoebus High School. This program follows the Hampton City Schools Traditional calendar. An assessment must be completed prior to enrollment, contact us for more information at 727-1125.

Therapeutic Recreation In-Service Program
Monday-Friday during school year
Hampton City Schools
Ages 5.5 to 21 or currently enrolled in school
Free

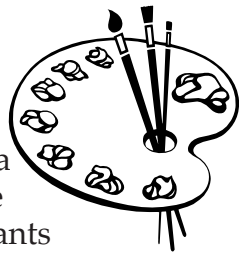
This program is designed for students with special needs. Students enjoy a recreational activity in a classroom setting. TR staff will attend various schools in which we provide recreations services such as arts & crafts, games, etc. Supplies will be provided. For more information, please call 727-1125.

Camps/Special Events

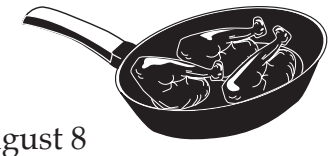
Out and About
Ages 16+

This program is designed for individuals with special needs. Participants will meet at various locations. Participants will enjoy socializing with peers and participating in leisure activities in the community. Participants are responsible for admission fees, and they must provide their own transportation. For more information, please call 727-1125.

Exceptional Expressions Arts & Craft Class
Ages: 5-13
Day/Date: Saturday, July 11
Place: Old Hampton Community Center
Time: 10am-noon
Fee: $8 include supply fees



Participants with special needs will be able to create artwork in a therapeutic setting and enjoy the company of their peers. Participants must be able to follow directions with minimum to moderate assistance.
For more information, please call 727-1125.



Chefs in the Making
Ages: 14-22
Day/Date: Saturday August 8
Place: Old Hampton Community Center
Time: 11am-1pm
Fee: $7

This program is designed for individuals with special needs. Participants will learn about kitchen safety. They will also learn about measuring, mixing, and basic food science. At the end of the class, they will be able to create a delicious meal.
For more information, please call 727-1125.

Let the Games Begin
Age: 18+
Day/Date: Thursday, June 18
Time: 6-8pm
Fee: Free
Place: Old Hampton Community Center

This program is designed for individuals with special needs. Come and enjoy a free game night with your peers. You must register by Friday, June 1.
For more information, please call 727-1125.

Therapeutic Recreation Summer Camp 2015
June 22 – August 21
Monday – Friday, 7am to 6pm
Ages 5.5 to 22 or currently enrolled in school
Old Hampton Community Center
$80 per week

Spend nine weeks of your summer vacation with your peers. Sign up for adventure and fun! Take trips, make some new friends, and learn some new things with our summer camp. This program is designed for individuals with special needs, and requires advance registration and assessment. Registration starts in March, and space is limited, so sign your child up today!
For more information, call 727-1125.

Camp Champion – Ages 5.5 to 12

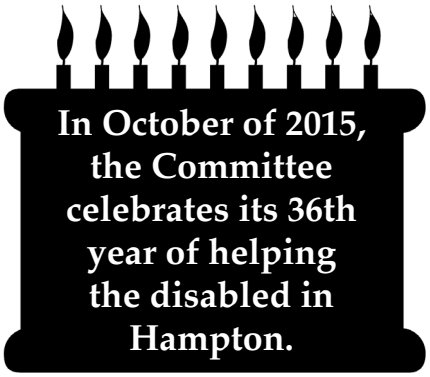
The youth camp will encourage social engagement, leisure participation, and activities for your youth in an inclusive environment.

Summer Superstar – Ages 13 to 17

The teen camp will provide opportunities for socialization, leisure participation, and activities for your teen. Teens will be encouraged to increase community knowledge and independence in a safe, inclusive environment.

Transitions Camp – Ages 18-22

The camp for young adults will provide opportunities to socially engage with peers and participate in a variety of leisure activities. Participants will be encouraged to strengthen their independence, learn new skills, and increase knowledge of community in a safe, inclusive environment.



Reminder...

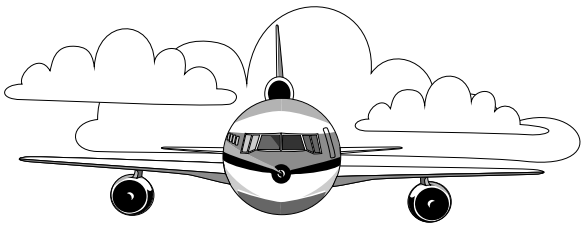
The Mayor's Committee for People with Disabilities meets the 2nd Thursday of every month (except July and December) from 3:00PM to 5:00PM, Hampton City Hall, 22 Lincoln St. 5th floor and we welcome guests. FYI—A sign language interpreter is available at our meetings if you are hearing challenged.

TIPS TO MAKE TRAVELING WITH A DISABILITY EASIER

These disability travel tips and information for the disabled
will help make trips tours holidays and vacations a lot easier.

If you travel with a disability, handicap, physical limitation, mobility limitation, or developmental disability, have special needs, or use an electric wheelchair or handicap scooter, it's a good idea to learn as much as you can to make disabled travel easier.
Or if you're a mature traveler or senior who is a slow walker or just wants a slower pace, becoming more informed about disabled travel services and disability travel resources, will lessen the anxiety that often accompanies disabled travelers.

The following travel tips, resources and information for the disabled will help make trips, tours, holidays and vacations a lot easier for you, or for a child with a disability, whether short-term or long-term.



1. ***Plan your trip well in advance!*** Do you need to order extra supplements, medications or renew prescriptions, fix eyeglasses or change prescriptions, get a physical, have dental work done, have your wheelchair fixed or tuned up, etc.?

2. ***If possible, always book your travel through an agency that specializes in helping people with disabilities.*** This is important because specialized travel agents and tour operators for the disabled are experienced and can save you some awful headaches. They offer a lot of good tips and a wide range of services for the handicapped traveler. Among other things, they can arrange for a: wheelchair at the airport, wheelchair accessible hotel room, wheelchair rental, lift-equipped accessible van, full van, minivan, RV, handicap scooter, or any other handicap vehicle. Travel agents for the disabled can help arrange accessible transportation, help plan the best accessible cruise, give cruise line and cruising tips, arrange travel insurance and take care of special needs. Agents can check with hotels for: inner and outer door widths to accommodate your wheelchair, ADA-approved handicap bath tubs, grab bars, or for roll-in showers. Just tell them your needs.

3. ***Take along your travel agent's phone number.*** You'll also want to take with you the phone numbers for the travel agencies that specialize in disabled travel at your destination, in the event you can't reach your own agent. These travel agents may know how to solve problems that come up regarding your hotel, car or van rentals, etc., even if you didn't order your tickets through them.

4. ***When traveling to another city, check out the local health and medical associations before you go.*** For example, get the phone numbers for the local MS chapter if you have MS. These organizations can be great resources. They usually know what museums, restaurants, theaters & other local facilities are wheelchair accessible and where you can get oxygen, emergency supplies or medical assistance. They may be able to help you with any problems that arise.

5. ***If you plan to rent a handicap scooter, wheelchair, electric wheelchair, handicap van, full van, mini-van, RV or other vehicle in another city, don't wait until you get there.*** Make all the arrangements before you leave on your trip. Make sure you ask any specifics like, are there tie-downs, ramps, or hoists, etc. Check on what van, RV, car or auto insurance you'll need before you go.
6. ***Don't leave anything to chance.*** If you can, double-check all the arrangements your travel agent makes. Call the airlines, hotels, scooter, wheelchair, car, RV or van rental companies, medical equipment rental companies, etc., and verify the specifics, especially if you're traveling in a wheelchair or have any other special needs like oxygen. This is important if you haven't used the agent before.

7. ***If you need oxygen or any other special medical equipment, call airlines and suppliers well in advance of your trip.*** Don't wait until the last minute. Start calling them as soon as you know you're going to be traveling or taking a trip. Then double-check with your travel agent and the airline at least three to four days before your flight.

8. ***Arrive early at the airport.*** It's better to wait around there than miss your plane. This will eliminate some of the pre-trip anxiety you might feel and make for more leisurely travel. This seems like common knowledge but many people still arrive at the gate just in the nick of time. With all that's going on in the world today there are many reasons why you want to allow for more time at the airport.

9. ***Stuff to take:*** In your airplane carry-on bag keep copies of the prescriptions for your medications and eyeglasses, extra eyeglasses, sunglasses, all your medications and supplements, and a list of your doctor, dentist and other health professionals with their addresses, and phone numbers. Include your doctor's fax number for prescriptions in case you lose your medications. Keep duplicate copies of these in your luggage and at home by the telephone. Know where your medical records are kept.

10. ***When you travel, and for any other time too, if you take medications, learn their names and exactly what they're for if you don't know.*** People come into the emergency room all the time and don't know what medications they're taking. You might be surprised to find out that most people say 'a little yellow pill' or 'a white capsule', etc. Emergency workers need to know what you're taking so they don't give you medication that would interact adversely with it, overdose you or somehow interfere with their treatment and your recovery.

11. ***If you're traveling by air, tell the flight attendants when you board, of any medical problem you might encounter on your flight.*** Note the location of the closest restroom before getting seated. Tell the flight attendant if you think you'll need assistance getting to it during the flight. You may need or want an aisle seat for easy access to the restrooms. Discuss seating with your travel agent.

12. ***If you need someone to travel with you, ask your travel agent for ideas or suggestions.*** Call the local chapters of medical associations and ask if they can recommend a travel assistant or travel companion to help or accompany you. There are national companies who offer traveling nurses, traveling companions or travel assistants to accompany disabled travelers or people with serious medical issues.

13. ***Make sure to take with you:*** Any medical cards, Medicare cards, discount cards, car or auto rental discount cards, auto insurance policy numbers and agent's phone number, passport, airline tickets, etickets, American Express Travelers Cheques, debit cards, credit cards, and drivers license. Photocopy everything. Keep photocopies in your luggage and at home by the telephone or someplace where someone has access to it in case you need it.

14. ***Read everything you can about traveling with a disability.*** Read disabled travel books, access guides, accessible guidebooks, disability travel articles and travel publications for the disabled traveler. Read the personal travel experiences of wheelchair users and others who have traveled with disabilities. Be informed.

These travel tips, information, resources, and services for the disabled should help you, or anyone with a disability, handicap, physical limitation, or who uses a wheelchair, have an easier, more pleasant, anxiety-free, trouble-free trip, tour, holiday or vacation.

Helen Hecker R.N. is the author of 'Travel for the Disabled' and the 'Directory of Travel Agencies for the Disabled' (www.allaboutdisabledtravel.com) and other books for travelers with disabilities. Get FREE weekly 'Travel Tips for the Disabled' and FREE Disability News You Can Use

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A SURVIVAL KIT: 9 ESSENTIALS FOR A HAPPY LIFE

FIRST: A RUBBER BAND TO REMIND YOU THAT IT TAKES A LOT OF HUGS (BOTH GIVING AND RECEIVING) TO BIND US TOGETHER

SECOND: A TISSUE TO REMIND YOU THAT SHEDDING A FEW TEARS CLEANSES THE HEART, BOTH YOURS AND OTHERS

THIRD: A BUTTON TO REMIND YOU THAT ONCE IN A WHILE IT'S BEST TO BUTTON YOUR LIP

FOURTH: A TOOTHPICK TO HELP REMIND YOU TO PICK OUT THE BEST IN YOURSELF AND OTHERS

FIFTH: A BANDAGE TO REMIND YOU TO TAKE CARE OF OTHERS AS WELL AS YOURSELF

SIXTH: A PIECE OF CHOCOLATE, EVERYONE DESERVES A TREAT NOW AND THEN

SEVENTH: SOME GOLD THREAD TO REMIND YOU THAT FRIENDSHIP IS THE GOLDEN THREAD THAT TIES HEARTS TOGETHER

EIGHTH: AN ERASER TO REMIND YOU THAT EVERYONE MAKES MISTAKES NOW AND THEN AND THAT'S OKAY

NINTH: LAST BUT NOT LEAST, A MINT TO REMIND YOU THAT TOU ARE WORTH A MINT; AND DON'T FORGET IT.

Dear Business Owner/Manager,

I am Jane Hobbs, founder and president of Able R Us. I am arranging again, the 5th annual "Elegant Ball" for individuals who have intellectual and developmental disabilities from cities of Newport News, Hampton, Williamsburg, Yorktown and James City County. The event will be held at Newport News Moose Lodge on Saturday, July 18, 2015.

Let me tell you how you can make this event a "ball" of fun for everyone. We need heavy hor d'oeuvres, soft drinks and cash donations. We also need volunteers to help prepare food, decorate, and join us at the Ball. With your help it will be a great success!

We are hoping to count on you as a supporter; any donations you can make will be greatly appreciated. Please let me know as soon as possible as we will know what we have to work with. Since we are a non-profit organization, any donation you make is tax deducible. We are happy to provide you with our federal tax identification number.

Please contact me at 757-788-0186 during regular business hours or 757-869-3528 during evening hours.

Sincerely,
Jane Hobbs

Adults & Youth
People With Intellectual Disabilities

Special Olympics Virginia - Area 30, Hampton is happy to send 41 athletes to the Summer Olympics held in Richmond on June 12th and 13th. These athletes earned the right to represent Hampton in aquatics, bowling and track & field.

For more information about Special Olympics Virginia - Area 30, Hampton please contact Kris Stewart, Peninsula Region Director for Special Olympics Virginia, at kstewart@specialolympicsva.org, David Smith, Area 30 Coordinator, at David.E.Smith@hii-nns.com, and Jane Hobbs at jhobbs@hnncsb.org.

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This is your newsletter!

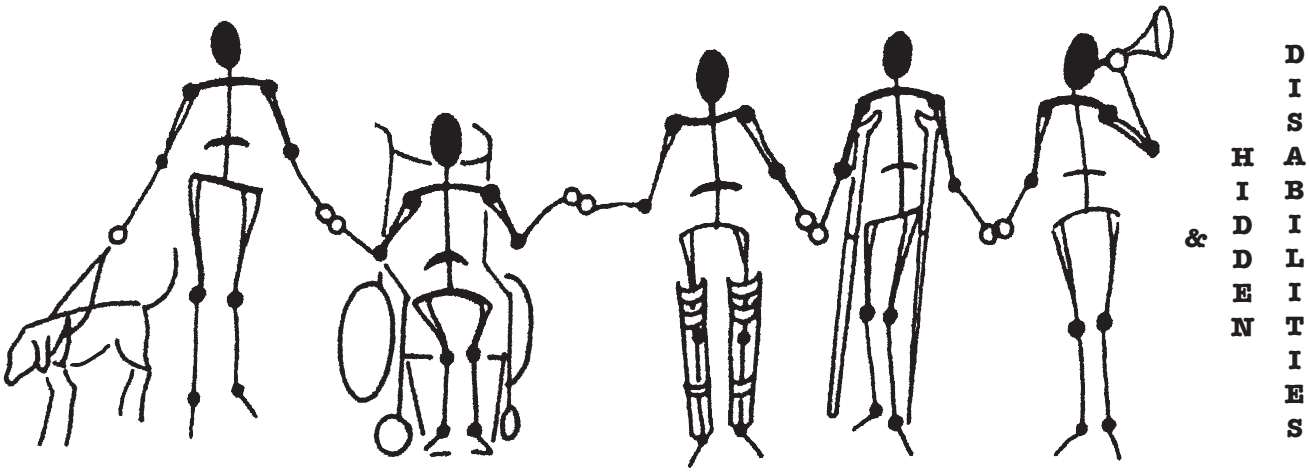
This newsletter is published quarterly, four times a year: Winter, Spring, Summer and Fall. This newsletter was established to serve the disabled population and to enhance public awareness by publishing interesting and informative articles that will specifically address the needs and interests of the disabled. We welcome your comments and suggestions concerning future articles. We reserve the right to edit all articles. We are not afraid of offering controversial views for the benefit of our readers. Consequently, views and interests presented will not necessarily be the opinions of the editors or of the members of the Mayor's Committee for People with Disabilities.

Our thanks to the Hampton City Council for making these newsletters possible.

If you receive more than one newsletter, please pass the extra copy to a friend!

*This Newsletter is designed and printed at **Sir Speedy** in Hampton, VA.*
info@sirspeedyvirginia.com

If you want to change your address, cancel receiving this newsletter or would like to be added to our mailing list, please contact Jeanne at 757-826-0762.



If we all work together, we can win the battle.