



THE INDEPENDENT

*the hardest battle is to be nobody-but-yourself
in a world that is trying to make you like everybody else.*
e.e. cummings

October 2007

**TRANSITION NEWS
BEGINS ON PAGE 7**

Buying Prescription Medicine Online: A Consumer Safety Guide

The Internet has changed the way we live, work and shop. The growth of the Internet has made it possible to compare prices and buy products without ever leaving home. But **when it comes to buying medicine online, it is important to be very careful.** Some websites sell medicine that may not be safe to use and could put your health at risk.

Some websites that sell medicine:

- aren't U.S. state-licensed pharmacies or aren't pharmacies at all;
- may give a diagnosis that is not correct and sell medicine that is not right for you or your condition;
- won't protect your personal information.

Some medicines sold online:

- are fake (counterfeit or "copycat" medicines);
- are too strong or too weak;
- have dangerous ingredients;
- have expired (are out-of-date);
- aren't FDA-approved (haven't been checked for safety and effectiveness);
- aren't made using safe standards; **MEET AND TALK WITH YOUR DOCTOR**

- **Talk with your doctor** and have a physical exam before you get any new medicine for the first time.
- **Use ONLY medicine that has been prescribed** by your doctor or another trusted professional who is licensed in the U.S. to write prescriptions for medicine.
- **Ask your doctor** if there are any special steps you need to take to fill your prescription.

These tips will help protect you if you buy medicines online:

KNOW YOUR SOURCE to make sure it's safe Make sure a website is a state-licensed pharmacy that is located in the United States. Pharmacies and pharmacists in the United States are licensed by a state's board of pharmacy. Your state board of pharmacy can tell you if a website is a state-licensed pharmacy, is in good standing, and is located in the United States. Find a list of state boards of pharmacy on the National Association of Boards of Pharmacy (NABP) website at www.nabp.info.

The NABP is a professional association of the state boards of pharmacy. It has a program to help you find some of the pharmacies that are licensed to sell medicine online. Internet websites that display the seal of this program have been checked to make sure they meet state and federal rules. For more on this program and a list of

pharmacies that display the Verified Internet Pharmacy Practice Sites™ Seal, (VIPPS® Seal), go to www.vipps.info.

Look for websites with practices that protect you

A safe website should:

- be located in the United States and licensed by the state board of pharmacy where the website is operating (check www.nabp.info for a list of state boards of pharmacy);
- have a licensed pharmacist to answer your questions;
- require a prescription from your doctor or other health care professional who is licensed in the United States to write prescriptions for medicine;
- have a way for you to talk to a person if you have problems.

BE SURE YOUR PRIVACY IS PROTECTED

Look for privacy and security policies that are easy-to-find and easy-to-understand. Don't give any personal information (such as social security number, credit card, or medical or health history), unless you are sure the website will keep your information safe and private. Make sure that the site will not sell your information, unless you agree.

PROTECT YOURSELF AND OTHERS

Report websites you are not sure of, or if you have complaints about a site. Go to www.fda.gov/buyonline and click on "Notify FDA about problem websites."

Buying your medicine online can be easy. Just make sure you do it safely.

For more information on buying medicines and medical products over the Internet, go to www.fda.gov and click on "Buying Medicines Online," or go directly to www.fda.gov/buyonline.

For related information, go to:

Imported medicine
www.fda.gov/importeddrugs

Counterfeit medicine
www.fda.gov/counterfeit

Generic drugs www.fda.gov/cder/ogd

**U.S. Department of Health and Human
Services | Food and Drug Administration**
www.fda.gov
1-888-INFO-FDA (1-888-463-6332)

**Information came from FDA's web
site at:**
[http://www.fda.gov/buyonlineguide/
buyOnlineGuide_text.htm](http://www.fda.gov/buyonlineguide/buyOnlineGuide_text.htm)

NEW FREEDOM INITIATIVE

On July 26, 2007, the 17th Anniversary of the signing of the Americans with Disabilities Act, President George W. Bush released the 2007 New Freedom Initiative Progress Report, which outlines many of the achievements that have taken place since the last such report was issued in 2004. The new report is the most comprehensive document of its kind in the history of this Administration, literally almost double the size of the last report. The New Freedom Initiative, launched in February 2001, is the President's agenda for advancing equality of opportunity and access for this nation's more than 50 million Americans with disabilities.

The report includes:

Foreword by President George W. Bush
Chapter 1: Increasing Access through Technology
Chapter 2: Expanding Educational Opportunities for Youth with Disabilities
Chapter 3: Integrating Americans with Disabilities into the Workplace
Chapter 4: Promoting Full Access to Community Life

The entire report can be viewed at
<http://www.whitehouse.gov/infocus/newfreedom/newfreedom-report-2007-4.html>

Online Survey on Wireless Phones and Services



The Rehabilitation Engineering Research Center for Wireless Technology ("Wireless RERC") is looking for people with disabilities to take its online survey about wireless products, such as cell phones and text messengers. The purpose of the survey is to learn about how people with disabilities use these products and why some people with disabilities don't use these products.

The survey only takes about 10 minutes to complete. It's also available in hard copy or can be completed over the phone by calling (404) 367-1348, or (800) 582-6360.

If you have questions, please e-mail
wirelessrerc@shepherd.org.

To access the survey, or if you'd like to know more, please follow the link:
<http://www.wirelessrerc.gatech.edu>.

Information appeared in June 2007 E-Bulletin.

RESOURCES FOR ADD (ATTENTION DEFICIT DISORDER)

American Academy of Pediatrics, (2001, October). Clinical Practice Guideline: Treatment of the School Aged Child with Attention-Deficit/Hyperactivity Disorder.

Pediatrics 108 (4), 1033-44. (Available online at www.aap.org/policy/s0120.html)

Barkley, R (2000). *A New Look at ADHD: Inhibition, Time and Self-Control* (video) New York: Guilford. (Phone 800-365-7006, www.guilford.com)

Barkley, R (2000) *Taking Charge of AD/HD: The Complete Authoritative Guide for Parents* (Rev. ed.) New York: Guilford. (Phone: 800-365-7006, www.guilford.com)

Dendy, C.A.Z. (1999) *Teaching Teens with ADD and ADHD: A Quick Reference Guide for Teachers and Parents*. Bethesda, MD: Woodbine House (Phone: 800-843-7323, www.woodbinehouse.com)

Fowler, M. (1999). *Maybe you Know my Kid: A Parent's Guide to Helping your Child with Attention Deficit Hyperactivity Disorder* (3rd Ed.) Kensington, NY: Citadel (Phone: 877-422-3665, www.kensingtonbooks.com)

Fowler, M (2002) Attention-deficit/hyperactivity disorder. *NICHCY Briefing Paper*, 1-24 (Phone: 800-695-0285. Also available on the web site: www.nichcy.org)

National Institutes of Health (1998) Diagnosis and treatment of attention deficit disorder. *NIH Consensus Statement*, 16(2), 1-37 Available on line: odp.od.nih.gov/consensus/cons/110/110_statement.htm.

Organizations
Attention Deficit Disorder Assoc.
P.O. 543, Pottstown, PA 19464
(484) 945-2101
E-mail: mail@add.org; web: www.add.org

C.H.A.D.D. (Children and Adults with Attention-Deficit/Hyperactivity Disorder)
8181 Professional Place, Suite 150
Landover, MD 20785
(301) 306-7070; 800-233-4050
Web: www.chadd.org

Information from the National Dissemination
Center for Children with Disabilities
(NICHCY)

ARE YOU REGISTERED TO VOTE?

The General Election is **Tuesday November 6th**.

Applications for registration must be postmarked no later than **October 12th** and received by a board of elections no later than **October 17th** to be eligible to vote in the General Election. You can register in person at the Board of Election or any agency participating in the National Voter Registration Act throughout the year but, to be eligible to vote in the November general election, your application must be received no later than October 12th. If you have been honorably discharged from the military or have become a naturalized citizen since **October 12th**, you may register in person at the board of elections up until **October 26th**.

Notices of change of address from registered voters must be received by **October 17th** by the Board of Elections in Mayville. These changes must be processed and entered in the records in time for the general election if they are received by that date.



WRITING A JOB APPLICATION LETTER

Most job seekers will agree that they spend the majority of their time and effort into

creating a top notch resume but fall short when it comes to drafting an equally compelling cover letter. A cover letter works in tandem with a resume to get you an interview. In some cases it can be considered just as important since it can be the only thing that convinces an employer to even look at your resume.

The basic outline for a cover letter is as follows:

Heading

Your name and address should be front and center of the cover letter. Underneath and justified to the left should be the date, followed by a space and then the employer's name, position and address of the organization.

Salutation

If you know the name of the employer, address your cover letter to them with the correct title (Mr., Ms., Dr., etc.). If you do not have a name or title, go with something like "Dear Hiring Manager" and try to avoid overused salutations like "To Whom It May Concern."

Opening Paragraph

You want to accomplish three things in the opening paragraph: 1.) state the position you're applying for, 2.) mention where you heard of the opening (One Stop Career Center, company Website, classifieds, Monster.com, etc.) and 3.) provide a synopsis of why you should be the top candidate for this position. Be creative and really try to catch the employer's attention.

Body

The body is usually one to two paragraphs long and should be considered your sales pitch. You want to emphasize what you can

do for the employer and how your skills qualify you for the position.

They're wondering whether or not to invite you in for an interview, so you want to stress your main selling points, and remember to emphasize your accomplishments and achievements rather than just listing your job duties. If your work history is limited or you have not had a job recently, use these paragraphs to stress the personal qualities and experiences you have that the employer has indicated they want (i.e., creative, reliable, knowledgeable).

Closing Paragraph

This is the part where you can outline your plan of action. First, express again your interest in the position and then tell them how you'll contact them to confirm they received your resume, stating your hope that the two of you can set up an actual face-to-face meeting. The most important part, of course, is that you take action and carry out your plan afterwards.

Close

End with a complimentary close such as "Sincerely," or "Respectfully Yours," and then print your name. Finally, don't forget to sign it!

General things to keep in mind

Your cover letter should not exceed one page. Remember, employers must wade through a lot of cover letters and resumes for one position, so they don't have a lot of time to go through each letter.

Don't repeat your resume word for word. A cover letter allows you to address certain points in your resume, and perhaps to expand on the most pertinent details.

Customize your cover letter for each employer and each position. Don't just write one general cover letter and mass mail it to all the employers you're interested in. The more specific you are about your qualifications for a particular position, the greater the odds are that you'll be invited in for an interview.

Spell check and proofread carefully and then have another person read it over before sending out your cover letter. Using an automated spell check tool is helpful but cannot pick up all possible mistakes.

Generally speaking, you do not mention disability in a cover letter. You can wait until the employer contacts you to discuss any accommodation needs

Information came from Earnworks.com at http://www.earnworks.com/job_seekers/tools/Cover_Letter_Tips.doc

FASHION FREAKS YOUR DRESSING ROOM ON THE INTERNET!

Fashion Freaks is about fashion, clothing and vanity from a seated perspective.

People who use wheelchairs know how hard it is to find good looking clothes that fit. Skirts are too short at the back. Pants are too tight in the crotch. The jacket travels forward with every move.

It is not as complicated as you think to sew yourself. And when you have your own pattern you can create any combination or variation of clothing you want.

With your own pattern you can ask a seamstress to sew that special garment for that special occasion maybe a two-piece suit

for graduation. Or find the tailor who makes motorcycle clothes and order that leather jacket everyone will envy.

Fashion Freaks is about clothing for wheelchair users. On their website you will find patterns for downloading, simple sewing instructions, tips and other useful stuff. Here you will find everything you need to fix a wardrobe to match your personal taste.

For more information go to:
www.independentliving.org/fashionfreaks.

FOOD, GLORIOUS FOOD

Last October I contacted the corporate headquarters of Arby's, McDonalds, Bob Evans, Kentucky Fried Chicken, Tim Hortons, Dairy Queen, Friendly's, Subway, Pizza Hut, Red Lobster, Applebees, Denny's, and Taco Bell. Staff at Red Lobsters Corporate offices told me large print and Braille menus are available in Lakewood for the asking. Bob Evans corporate officials told me the same thing. Applebees and McDonalds corporate staff told me Braille menus are available. In January I received a letter from Tim Hortons corporate office that large print menus will be available shortly and they would be sending a copy. I have not heard from them since. McDonalds sent a copy of their Braille menu.

Two local privately owned restaurants have made Braille and/or large print menus available: Jake's in Jamestown and CJ's in Westfield.

I did not hear from the corporate headquarters of Kentucky Fried Chicken, Dairy Queen, Subway, Pizza Hut, Denny's or Taco Bell. Friendly's sent me a generic letter thanking me for my general comments. In

fairness to large corporations, letters often get lost or the people who are assigned to answer them often don't for any number of legitimate reasons. I ask you to draw your own conclusions.

I recently received an e-mail from the Justice Department that they have reached an agreement with Doctor Associates Inc., the owner of the Subway restaurants setting up steps to make their restaurants accessible to people with disabilities. According to the letter "this settlement focuses on barrier removal for people with disabilities, to ensure that they have access to the facilities; use of the services offered by shops; and whenever readily achievable, access to restroom facilities in the Subway shops."

While many of these chains have a corporate policy of accessibility, it's the responsibility of the local establishments to put the policy into practice. Further, it is up to someone who needs large print or Braille menus to ask for them. Hopefully, most employees are only too happy to fulfill your request. After all, they don't get paid unless you return. You won't return if you're not treated with dignity.





TRANSITION NEWS



LIFEWORk TODAY

LifeWork Today is an online newsletter brought to you by the New York State Career Resource Center at www.nycareerzone.org. Its mission is to provide training and technical assistance to organizations that want to implement a comprehensive career development program or those that want to add some new activities to an existing model.

It is intended for professionals who assist youth and adults with career exploration and planning, including teachers, school counselors and staff at government and community agencies

Students can also access the site and create an account so they can build and store resumes, explore occupations, identify their talents, strengths and skills, and search educational databases.

The Career Resource Network Team provides basic training on the CareerZone/JobZone web sites and can tailor workshops to help organizations get the most out of these career information and planning systems. They deliver training on the Real Game development curricula and help schools learn more about the Smart Options multiple intelligence checklist for middle school students. A Global Development Facilitator training program has been delivered in several parts of the state to help organizations train front-line staff to assist youth and jobseekers.

For more information, contact the Career Resource Network Team of Douglas Reamer, Victoria Gray and Christopher Myers, Ph. D, at the New York State Department of Labor, e-mail: crnewsletter@labor.state.ny.us, phone: 518-457-4234(voice); fax: 518-457-6199.

"Person First" Legislation

On Wednesday, August 1st, Governor Spitzer signed the "Person First" bill requiring the use of "person first" language when describing individuals with disabilities in legal documents, publications, and state and local legislation.

The text of the bill reads:

"On or after the effective date of this section (immediately), all new and revised statutes, local laws, ordinances, charters or regulations promulgated or any publication published by the state or any political subdivision that refer to persons with disabilities shall seek to:

1. avoid language that implies that a person as a whole is disabled (e.g., the mentally ill or the learning disabled), equates persons with their condition (e.g., epileptics, autistics or quadriplegics), has negative overtones (e.g., afflicted with cerebral palsy, suffering from multiple sclerosis, confined to a wheelchair or wheel-chair bound) or is regarded as derogatory or demeaning (e.g., handicapped or mentally deficient); and

2. replace non-respectful language by referring to persons with disabilities as persons first (e.g., individuals with disabilities, individuals with developmental disabilities, individuals with mental illness, individuals with autism or individuals with mental retardation).”

To see a list of examples of Person First language, Visit
www.workforcenewyork.com.

OTHER RECENTLY PASSED NYS LEGISLATION

Chapter 394 of the NYS Laws of 2007 clarifies the scope of protections against discrimination on the basis of disability under the New York state human rights law in the areas of public accommodations to be consistent with the federal Americans with Disabilities Act and the current policies and practices of the division of human rights.

Chapter 133 of the NYS Laws of 2007 relates to unlawful discriminatory practices against persons with a disability on the basis of the use of a guide dog, hearing or service dog; defines the terms guide dog, hearing dog or service dog.

Chapter 243 of the NYS Laws of 2007 provides for a metered parking waiver permit for certain severely disabled drivers; authorizes the commissioner to distribute such waiver permit to the governing bodies of all cities, villages and towns; sets forth qualifications for such permits.

Chapter 298 of the NYS Laws of the NYS Laws of 2007 provides that handicapped parking permits shall contain an

identification number, being the last three digits of a driver's license or non-driver identification card, to be inscribed on the face of such a permit.

Chapter 583 of the NYS Laws of 2007 places the burden of proof on school districts to protect the rights of students with disabilities.

Chapter 174 of the NYS Laws of 2007 establishes the New York State Interagency Council for Deaf, Deaf-Blind and Hard of Hearing.

MUSEUM OF DISABILITY HISTORY

The Museum of disABILITY History, a project of People, Inc. is dedicated to telling the story of individuals with disabilities, their struggles and successes and the impact they have had on American society. It is the only “brick and mortar” museum in the U.S. dedicated to preserving disability history through artifacts, photographs and written material.

It is located at 1291 North Forest Road in Williamsville, NY adjacent to People Inc.'s administrative offices. The Museum's traveling exhibits reach audiences who are unable to visit the Museum itself, as does the new interactive website that can be found at www.museumofdisability.org.

The Museum is open Monday-Friday 10 AM to 4 PM. Admission is free. For more information or to schedule a tour, call the Museum at 716-817-7261 or visit the web site.

Information taken from the Spring, 2007 issue of the NYSILC Newsbriefs available at <http://www.nysilc.org/>.

COMMUNITY NEEDS SURVEY

This fiscal year, the Vocational and Educational Services for Individuals with Disabilities (VESID) office has asked the staffs of the independent living centers throughout the state to advocate for systems change in the following areas: education, employment, commerce, healthcare, social and citizenship.

Please indicate which area(s) you feel need the most improvement and are the most important to you- 1 being the most important to you; 6 being the least important to you.

___ Education – A local school district will implement usage of a student guidebook, developed by independent living center staff to prepare students with disabilities and their families for life after high school; a local school district will make procedural changes to transitional plans for students with disabilities to include developing information on PASS, VESID, Independent Living Advocacy, and linkages to other appropriate community based agencies and organizations; a least one school district will make a policy and procedural change to have IEPs include information on technology available for students with disabilities and possible sources of funding to purchase the equipment.

___ Employment Advocacy- One employment placement agency will change its policies and procedures to provide disability sensitivity training for newly hired job coaches and developers; SILC staff will establish a written memorandum of understanding with VESID and/or the Department of Labor to conduct outreach and benefits advisement to consumers applying for VESID and/or DOL services; Establish a written arrangement whereby the local One-Stop Center will offer an on-site advocacy program for persons with disabilities; There will be a reallocation of employment related funding from sheltered to integrated employment programs at The Resource Center.

___ Health Care Advocacy- As a result of SILC's establishment of a referral system with at least one hospital, that hospital will make a policy and procedural change that will facilitate a more efficient referral process for community services for patients with disabilities; A least one community or governmental agency providing health care services to victims of crime, abuse, and domestic violence will improve its accessibility to people with disabilities; At least one Social Security Administration office will change the system for disseminating information concerning Medicare Part D coverage to make the information more accessible; There will be an increase in the number of physicians' offices, clinics and hospitals that improve physical and communication access for persons with disabilities.

___ Commerce- There will be an increase in the number of ADA Title III entities (restaurants, theaters, stores, libraries, doctors' offices, any business providing a service) that are fully accessible to individuals with disabilities in the center's service area; There will be an increase in the number of integrated accessible/adaptable housing units available to persons with disabilities; At least one local restaurant will provide its menu in an alternative format for consumers and make it available on request; At least one service station will agree to change policies and practices to comply with the law requiring them to assist drivers with disabilities to pump gas while charging the self-service price.

___ Social Advocacy- There will be an increase in the number of integrated community social activities that become accessible; There will be an increase in the number of recreation and

fitness facilities and programs that are accessible to people with disabilities; There will be an increase in the number of accessible municipal sponsored recreation opportunities and facilities; The ILC will increase access for persons with disabilities in places of worship.

___ Citizenship- At least one local government will start providing agendas in alternate formats at publicly attended meetings; The Center will ensure that new voting machines purchased for use in Chautauqua County will be accessible to voters with disabilities; In a written agreement with the Board of Elections, SILC staff will provide on-site disability awareness and sensitivity training to polling site workers; There will be an increase in the number of accessible polling sites; Political candidates will adopt policies that ensure that meetings and rallies are held in accessible locations; There will be an increase in the number of consumers/staff that serve on community and statewide boards/committees/task forces that previously have not had representation from the disability community.

If there are any other areas that are important to you and need to be addressed, please indicate them on the back.

Thank you for your input. If you need help filling this out or need it in an alternative form, call Chris at 661-3013. Mail completed form to SILC, 843 North Main St., Jamestown, NY 14701 or send me an-mail at chris@ilc-jamestown-ny.org and let me know what is most important to you.

THIS NEWSLETTER CAN BE
MADE AVAILABLE IN
ALTERNATE FORMATS-
LARGE PRINT, BRAILLE,
TAPE AND E-MAIL. FOR
MORE INFORMATION, CALL
CHRIS AT 661-3013(V/TTY)
OR E-MAIL AT
chris@ilc-jamestown-ny.org.

**TRANSPORTATION FOR
PEOPLE WITH
DEVELOPMENTAL
DISABILITIES**

***FOR MAN , AUTUMN IS A
TIME OF HARVEST, OF
GATHERING TOGETHER.***

***FOR NATURE, IT IS A TIME
OF SOWING, OF
SCATTERING ABROAD.***

***Edwin Way Teale
Autumn across America***

Through a grant from the Western New York Developmental Disabilities Services Office, Southwestern Independent Living Center provides FREE evening and weekend wheelchair accessible transportation to Chautauqua County residents with developmental disabilities who are living with family members. This service is not exclusively for people living with parents. Riders can live with their parents, spouse or their own children. Riders can use this transportation service throughout the county for recreational purposes. Riders must provide documented proof of disability.

For more information, call Helen at 661-3010.

TO GET MORE INFORMATION

If you would like to receive more information about the services we provide, please fill in the information below, check the appropriate box/ boxes and return it to Southwestern Independent Living Center, Inc., 843 North Main Street, Jamestown, NY 14701. Or you may call us at (716-661-3010); or 661-3012 (TDD). E-mail- info@ilc-jamestown.-ny.org; web site- <http://www.ilc-jamestown-ny.org>

Name: _____

Address: _____

Phone: _____

☐

Peer Support

Individual and Group sessions.

☐

Advocacy

Assistance with legal and economic rights.

☐

Housing

Assistance in locating adequate, affordable, and accessible housing

☐

Transportation

Wheelchair Accessible van available for medical and social appointments

☐

Information and Referral

Information about other area services and organizations.

☐

TDD Relay Calls

For hearing impaired individuals with Telecommunication Device for the Deaf

☐

Public Education

Regarding issues pertaining to people with disabilities.

☐

Newsletter

A bi-monthly publication of SILC.

☐

SILC Membership

A one year membership is \$5.

☐

WIPA

Work Incentives Planning and Assistance