



Independence Now is the Center for Independent Living for
Montgomery and Prince George's Counties

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Maryland Youth Leadership Forum

The Maryland Youth Leadership Forum (MD-YLF) is a week long program for rising high school juniors and seniors with disabilities held on the campus of Bowie State University. While living on campus, students learn about leadership and the roles they can play in their communities to become our leaders of tomorrow. They discuss everything from self-

advocacy and leadership skills to the history of the disability and civil rights movements. The students meet leaders with disabilities from our Maryland communities, and take a trip to Annapolis and learn how to prepare and present a bill to successfully go through the legislative process. Students have the opportunity to present testimony in a Senate Hearing room. They often have the opportunity to meet the Governor or the Lieutenant Governor while there. Ultimately, the YLF experience helps to guide students to advocate for themselves and grow as an individual who can set goals and accomplish them.

The MD-YLF has openings for 30 students. We can support the needs of any student with a disability at no cost to the student. We are grateful to our sponsors, contributors, and donors from the community.

The MD-YLF has been active for the past ten years. The alumni from each year's program return and serve as volunteers and staff the program. They also give feedback and help mold the program into becoming better and better every year. There are YLF alumni events throughout the year as well as a Face Book page for them to use to keep up with each other.

We encourage eligible students to be a part of the YLF program not only to learn valuable leadership skills, make new friends from all over Maryland, but also to learn how to speak-up for themselves. Each student that has completed this program has spoken of a better understanding of their own disabilities and the disabilities of others. They make it clear how much this program has helped them become strong, capable young adults. They also comment on the life-long friends they have made through this opportunity.



Maryland Youth Leadership Forum
"Where Leadership Takes Flight"



APRIL 2010



SUN	MON	TUES	WED	THURS	FRI	SAT
<ul style="list-style-type: none"> ◆ Autism Awareness Month ◆ Women's Eye Health & Safety Month ◆ Volunteer Awareness Week—4/18—4/24 				1 METRO Public Hearing	2	3
Census Office Hours for help with your census form. Wed 9-6 and Fri 9-5 at Independence Now.				7 pm		
4	5 WOMEN'S GROUP 12—2 pm	6	7	8	9 MEN'S GROUP 1—3 pm	10
11	12 Emergency Prepared- ness for People w/ Disabilities Workshop 1—3 pm	13	14 Statewide Independent Living Council (SILC) Public Meeting 1—3 pm	15	16	17
18	19	20	21	22 Housing Seminar/ Preparation 1—3 pm	23	24
25	26	27 Movie Advocacy Night MASK 6—9 pm	28 Transporta- tion Action Group (TAG) 3—5 pm	29	30	

***Independence Now appreciates
our volunteers! Thanks!!***





WOMEN'S GROUP - "Developing Healthy Friendships"

Discussion on developing positive life long lasting friendships. **RSVP** to Rochelle Harrod at 301-277-2839 or at rharrod@innow.org

When: Monday, April 05, From 12 to 2 PM

Where: Independence Now, Inc., 12301 Old Columbia Pike, Silver Spring, MD 20904



MEN'S GROUP—"Marriage, Family, and Relationships"

Discussion on the intricate working of having a disability and how it affects relationship within the family unit. **RSVP** to Wes Young at 301-277-2839 or at wyoung@innow.org

When: Friday, April 9th, From 1 to 3 PM

Where: Independence Now, Inc., 12301 Old Columbia Pike, Silver Spring, MD 20904



EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITIES

Bill Delaney, Program Manager from Montgomery County Fire & Rescue, will provide instruction on getting prepared for emergencies. For the millions of Americans with mobility problems, emergencies such as fires and floods present a special challenge. Protecting yourself and your family when disaster strikes requires planning ahead.

RSVP to Rochelle Harrod or Wes Young at 301-277-2839 .

When: Monday, April 12th , From 1 to 3 PM

Where: Independence Now, Inc., 12301 Old Columbia Pike, Silver Spring, MD 20904



HOUSING INFORMATION SEMINAR Each month, IN holds an informational session about affordable housing options in Montgomery and Prince George's counties. We provide information about housing programs, where to look, and how to apply. We have housing lists and applications available and can provide one-on-one assistance

in starting the search for a new home. Get in touch with Wes Young at 301-277-2839 or at

WYoung@innow.org for information.

When: Thursday, April 22nd from 1-- 3 pm

Where: Independence Now, 12301 Old Columbia Pike, Suite 101, Silver Spring MD 20904



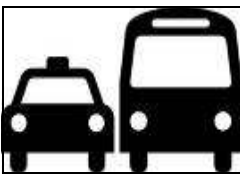
MOVIE ADVOCACY NIGHT — *The Mask*

This extraordinary film is based on the real-life story of Rocky Dennis (Eric Stolz), a teenager disfigured by elephantiasis. With the help of his mother, Rusty's (Cher), love and fierce determination, Rocky overcomes pain, loneliness and prejudice as his face becomes more and more mask-like, ultimately becoming an inspiration to his class mates and teachers.

Join us for a free movie, dinner and a discussion after the movie. **Please contact Rochelle by March 16th if you need accommodations.** **RSVP** to Rochelle Harrod at 301-277-2839 or at RHarrod@innow.org

When: Tuesday, April 27th from 6 – 9 pm

Where: Independence Now, 12301 Old Columbia Pike, Suite 101, Silver Spring MD 20904



TRANSPORTATION ACTION GROUP (TAG)

Discussion and advocacy on issues effecting individuals that use the MetroAccess and public transportation system. **Please contact Rochelle or Wes by April 8th if you need accommodations.** **RSVP** to Rochelle Harrod or Wes Young at 301-277-2839 .

When: Wednesday, April 28th From 3 to 5 pm

Where: Independence Now, Inc., 12301 Old Columbia Pike, Silver Spring, MD 20904

Independence Now, Inc. is a nonprofit organization created by and for people with disabilities. We are a resource and advocacy center that promotes independent living and equal access for people with all types of disabilities. We provide Metro Access tokens for each event for those with financial need. We provide accommodations with at least one week notice (2 weeks is preferable) by calling 301-277-2839.

Metro Washington D.C.

Legend

-  Transfer Station
-  Standard Station
-  Parking at this station Available
-  Connection to MARC Commuter Rail
-  Connection to Virginia Railway Express



Metro sets public hearings on options to close FY2011 budget gap
Variety of proposals include fare increases, service reductions, use of capital funds

The public is invited to provide input on a number of proposals to balance the budget, which include a combination of fare increases, Metrorail and Metrobus service reductions, and changes to the MetroAccess fare structure and service area allowed under the Americans with Disabilities Act. Departmental and staff reductions, additional contributions from the jurisdictions that fund Metro, and the use of capital funds to pay for preventive maintenance will also be considered.

Possible fare increases being considered for FY2011 include:

- Increasing the **Metrorail** peak period boarding charge from \$1.65 to up to \$2;
- Increasing the **Metrorail** maximum peak period fare from \$4.50 to up to \$5.45;
- Implementing a surcharge of up to 50 cents for “peak-of-the-peak” trips from 7:30 to 9 a.m. and 4:30 to 6 p.m. weekdays;
- Increasing the **Metrorail** off-peak boarding charge from \$1.35 to up to \$1.65;
- Increasing **Metrorail** and **Metrobus** passes so the price is consistent with boarding charges;
- Increasing the **Metrobus** boarding charge from \$1.25 to up to \$1.60 with SmarTrip® and from \$1.35 to up to \$1.70 with cash;
- Increasing the **MetroAccess** fare to up to twice the comparable fixed route fare;
- Increasing all daily parking rates by up to \$1.15; and
- Increasing the bicycle locker yearly rental fee from \$70 to up to \$200.

Service reductions being considered for FY2011 include:

- Making seasonal adjustments to service to meet demand;
- Increasing intervals between trains and buses;
- Closing some station mezzanines and rail stations during periods of low ridership (such as weekends or late at night);
- Beginning rail service later in the mornings;
- Modifying late-night rail and bus service; and
- Eliminating some low-ridership bus routes or portions of routes.

Changes to MetroAccess service being considered for FY2011 include:

- Reduce the **MetroAccess** service area (within Americans with Disabilities Act guidelines) to reflect actual fixed-route bus and rail service areas reflecting the actual time, day and location;
- Charging a premium for service provided to locations beyond the ¾-mile corridor around fixed-route services. The premium for zones would be \$4 extra for zone 1, \$8 extra for zone 2, \$12 extra for zone 3 and \$16 extra for zone 4;
- Aligning the **MetroAccess** fare structure to the maximum allowed under the ADA definition, which is twice the equivalent of fixed-route fare; and
- Restricting the use of the **Free Ride Program** to only those **MetroAccess** certified persons with conditional eligibility.

To establish a witness list for the public hearings, individuals and representatives of organizations who wish to be heard at the hearings are asked to provide in writing their name, address, telephone number and organization affiliation, if any, to Office of the Secretary, Washington Metropolitan Area Transit Authority, 600 Fifth Street, NW, Washington, D.C. 20001. Alternatively, requests to speak may be faxed to 202-962-1133 or e-mailed to public-hearing-testimony@wmata.com. Please submit only one speaker's name per letter and reference the hearing number. Lists of individual speakers will not be accepted. Others present at the hearing may be heard after people who have registered have spoken. Public officials will be heard first and will be allowed five minutes each to make their presentations. All other speakers will be allowed two minutes each. Relinquishing of time by one speaker to another will not be permitted.

Thursday, April 1 at 7 pm
Montgomery County Executive Office Building, Cafeteria
101 Monroe Street (entrance on Jefferson Street)
Rockville, MD



Independence Now, Inc.



MD STATEWIDE INDEPENDENT LIVING COUNCIL (SILC) PUBLIC MEETING

The SILC will hold a public meeting at Independence Now to gather comments about the State Plan for Independent Living (SPIL). During this meeting, the SILC will provide information about the draft 2011– 2013 SPIL and discuss issues of independent living for people with disabilities and obtain comments. People with disabilities, their advocates, and other interested community partners and stakeholders may join us for discussion and refreshments. The draft of the SPIL will be available prior to the meeting. Please contact Tonya Gilchrist at 866-966-0961 to obtain a copy.

When: Wednesday, April 14th from 1—3 pm

Where: Independence Now, 12301 Old Columbia Pike, Suite 101, Silver Spring MD 20904

NEVER USED THE BUS OR THE TRAIN?

We can help...Independence Now has a new travel training program specifically for people with disabilities in Montgomery and Prince George's County. Contact our Travel Trainer's Georgia Smith or Damian Gregory at 301-277-2739 or via e-mail intravel@innow.org