



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

Board Members

President

Robert Watson
Vice President
Cindy Buddington
Secretary
Sandy Brown
Carol Boyer
Mario Damiani
Don Gilchrist
David Johnson
Patricia Laird
Sandra Sermons
Alex Vakalopoulos

Admin. Staff

Nancy Diehl
Patricia Foley
Larisa Gracie
Deborah Jackson
David Mitchell
Eddie Snyder
Todd Thorpe

Project Staff

Tom Brincefield
John Cernosek
Michele Corron
Marlon Grande
Rochelle Harrod
Susan Klein
Elaine Mabson
Kim Wilhelm
Wesley Young

Interns

Kim Anderson
Spalatin Oire
Avis Ovoss
Ngoc-Anh Tran

Democracy – a gift? Only if You Use It!



Democracy – a gift? *It depends.* If you leave it sitting on a shelf and admire it, talk about it but never unwrap it – it only looks pretty but it can't work for you. However, when you open it up, learn how to use it; you can use your Democracy gift to change your life and the life of others you care about! Democracy is a beautiful gift, but only you if you use it!

The first part of the gift – VOTE! Why do so many Americans who are eligible to vote choose not to vote? Some say it is apathy (who cares), some say it feels hopeless (so many - against a few). Did you know that only about 58% of eligible voters actually vote? Not voting is one part of throwing the Democracy gift away!

At Independence Now, we are learning about how we can use Democracy to impact the way things are and change them to the way things should be. Really! Yes! Just by a few people becoming well informed, expecting that they can make a difference and– then acting on it!

Come join us for Movie Advocacy Night – we share a movie that is controversial, about civil rights or about human rights and then we discuss it (over yummy pizza). We discuss how we can learn from it, what they did to make it better, or worse. What we could do to change the outcome. We talk about the way things “should be” or “can be”. We learn about what others did before us and what people are doing now to impact the world.

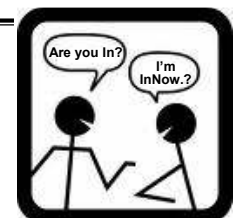
Maryland's Legislative session is about to start. Tough decisions will be made because of the state of the economy and everyone is hurting for more money – including the state. Cuts are being made while we wait for the economy to recover. The people who make decisions need to hear from you. They want to hear from you. They need to hear from you! And we need to be heard!

Get involved. Together we will learn about the bills that will be proposed this year. Together, as a group, we will go to Annapolis to inform our representatives what we believe is necessary to insure social equality and justice. We will practice Democracy! Come join us. The gift of Democracy matters – use it!

**Join forces with Independence Now, INC.
and become a Member!**

Complete membership form (insert) and mail it and your
contribution to:

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





FEBRUARY 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Women's Group 12:00 – 2:00	2	3	4	5	6
7	8	9	10	11	12 Men's Group 1:00 – 3:00	13
14 	15  President's Day	16 CREATIVE COOKING Brunch in a Crunch 10-- 12:15	17	18	19	20
21	22	23 Movie Advocacy Night <i>The Mighty</i> 6:00 – 9:00	24 FLAG DAY 	25 Housing Seminar/ Preparation 2:00 – 4:00	26	27
28	MARCH 2010 – UPCOMING EVENTS Men's Group & Women's Group – Meet & Greet this will be a combined group event, details, date and time forth coming. *** Look for other events in March's Newsletter. ***					

JOBS, JOBS, JOBS!

IN is accepting applications for three full time positions and 10 part-time positions.

- Full time position: IL Specialist (1).
- Part-time positions: Peer Mentors (10)

Those interested must send a cover letter that states why they are right for the job and a resume. Both must be emailed to IN at jobs@innow.org (no calls).

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.

WOMEN'S GROUP – STRESS MANAGEMENT



The monthly Women's Group is facilitated by Rochelle Harrod. Meet other women with similar interests and concerns. This month we will share information about managing stress. Everyone is welcome. Attendees are advised to bring a lunch. Get in touch with Rochelle at 301-277-2839 or at RHarrod@innow.org to RSVP or for more information.

When: Monday, February 1st from 12 - 2 pm

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

MEN'S GROUP – Job Hunting with a Disability!



Gentlemen: We will be discussing the added challenge of finding a job when you have a disability. This could be a great way to get out and meet with other men in your situation or who have been there and can share some advice. Get in touch with Wes at 301-277-2839 or WYoung@innow.org for more information or to RSVP.

When: Friday, February 12th from 1:00 – 3:00 pm

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

CREATIVE COOKING – Brunch in a Crunch



Men and women want to be the Top Chef in your home? Join us as we show you alternate ways of preparing meals and increase your meals choices. You will also learn safety tips in the kitchen. Enhance your independence! Contact Rochelle by February 9th if you need accommodations and to reserve your space.

RSVP to Rochelle Harrod at 301-277-2839 or at RHarrod@innow.org

When: Tuesday, February 16th from 10:00 – 12:15 pm

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

MOVIE ADVOCACY NIGHT -- The Mighty



This is the story of a strong friendship between a young boy with a rare type of dwarfism and an older boy who is always bullied because of his size. The film explores a building of trust and friendship.

Join us for a free movie, dinner and a discussion after the movie.

Please contact Rochelle by January 12 if you need accommodations. RSVP to Rochelle Harrod at 301-277-2839 or at RHarrod@innow.org

When: Tuesday, February 23rd from 6 – 9 pm

Where: Independence Now, 12301 Old Columbia Pike, Suite 101, 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, February 25th from 1-- 3 pm

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



Independence Now, Inc.

12301 Old Columbia Pike
Suite 101
Silver Spring MD 20904

Fundraising News

The Winner of the Net Book Raffle
is Rhonda Richmond



Proceeds from the raffle of the Netbook
computer will assist consumers'
emergencies.

**A BIG Thank You to ALL
Independence Now, Inc.
Contributors in 2009 who gave in
so many ways to all our programs
and events.**

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.