



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

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Happy New Year!

Here is an Introduction to Independence Now's many services:

Independent Living Services

Information and Referral – we provide information about disability issues and referral to disability services

Peer Mentoring – we provide support and foster mentoring between peers to help our consumers deal with disability issues

Independent Living Skills Training – we provide training in skills such as budgeting, traveling, effective communication, homemaking skills, etc.

Advocacy – we provide support and training in skills for effective self advocacy, and systems advocacy.

Home Modification and Assistive Technology – we assist Individuals, who meet disability and income criteria, in acquiring minor home modifications for access to the home and the bathroom. It can include items such as bath seats, bath rails, items to assist with activities of daily living including communication devices and hearing aids.

Travel Training -- we can help individuals who want to master using public fixed route transit and who require more than one day of generalized training.

Nursing Facility Outreach – we meet with and support individuals who want community skills training and transition to their own place in the community.

Money Follows the Person

A three year sub-grant to do outreach to specific eligible nursing facility residents to tell them of the opportunity to transition back into their community. There is also Peer Mentoring available to those who are transitioning.

Benefits INfoSource – The WIPA Project for Maryland

Is a service for individuals who receive disability benefits from Social Security and who want to work. We help people understand and use the work incentives that are available to them and help them avoid, and in some cases resolve, problems with their benefits that can result from working. We can show them the ins and outs of the rather complex rules that SSA has for beneficiaries. In so doing, we hope to make the transition from dependence on benefits to being more self-sufficient a little less scary. Our Community Work Incentives Coordinators (CWICs) serve any disability beneficiaries between the ages of 14 and 64 in the state of Maryland.

Youth Leadership Forum

A weeklong summer event on a college campus for Maryland high school students with disabilities to learn skills in leadership, self direction, self advocacy and systems advocacy. Part of the YLF week is a trip to Annapolis and experience realistic legislative activities in changing or creating laws in Maryland. Meeting a Senator or Delegate is planned as well as an opportunity to meet the Governor or the Lieutenant Governor when they are available.

If you know of any Maryland high school juniors and seniors with who would benefit from this program, please make sure to send them our way.



JANUARY 2010



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 	2
3	4 Women's Group 12:00 – 2:00	5	6	7	8 Men's Group 1:00 – 3:00	9
10	11	12 History of Independent Living Movement 10:00 – 12:00	13 In Now, Inc. Presentation @ NRH 2:00 – 4:00	14	15	16
17	18  Martin Luther King Day	19 Meet & Greet at St. Thomas Moore 2:00 – 4:00	20	21	22	23
24	25	26 Movie Advocacy Night 6:00 – 9:00	27 Housing Information & Preparation Seminar 1:00 – 3:00	28	29	30
31						

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 – WOMEN'S HEALTH AND NUTRITION



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 women's health and nutrition. 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, January 4 from 12 - 2 pm

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

MEN'S GROUP – KICK OFF MEETING!



Hey Guys, be in on the ground floor of this monthly get together. At this meeting YOU can decide what you want to discuss, where you want to meet, how often and when. 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, January from 1:00 – 3:00 pm

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

THE HISTORY OF THE INDEPENDENT LIVING MOVEMENT



It all began in California with Ed Roberts. Come find out about the Independent Living Movement's history and become a part of its future. Trish and Deborah will present their informal lecture and slide show giving the history of disability rights and the history of the Centers for Independent Living. Get in touch with Deborah for more information or to RSVP at 301-277-2839 or at DJackson@innow.org.

When: Tuesday, January 12 from 10:00 am – 12:00 noon

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

MOVIE ADVOCACY NIGHT – Mr. Smith Goes to Washington



Naive and idealistic Jefferson Smith (Jimmy Stewart) is appointed to fill a vacancy in the US Senate. His plans promptly collide with political corruption, but he doesn't back down. 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, January 26 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: Wednesday, January 27 from 1 -- 3 pm

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

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Suite 101
Silver Spring MD 20904



Independence Now would like to thank the following contributors who helped to make our Holiday Party a success:

Pastor Overton and the Congregation of Cross Creek Apostolic Church

Boston Market
Bottom Dollar of Laurel
Chick-Fil-A of Laurel
D. Volger of Mary Kay
Giant of Laurel

Kay Lane
Olive Garden of Laurel
Outback of Aspen Hill
Panera of Elkridge
Shoppers of Lanham

TGI Fridays of Silver Spring
Tonya and Colin Cain
Wies Market of Laurel
Many anonymous donors

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