



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

Board Members

President

Cindy Buddington

Vice President

Pat Laird

Secretary

Sandy Brown

Treasurer

Robert Watson

Carol Boyer

Mario Damiani

Don Gilchrist

David Johnson

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

Travel Training

Travel Training is a new project coming to Independence Now, Inc. It is designed for people with significant disabilities through a multi-day program, where training activities will include:

- An individualized plan on the training needed to safely travel to a variety of places;
- Learning to effectively communicate with Metro to obtain travel plans and assistance;
- Selecting and safely boarding appropriate trains and buses;
- Learning how to determine and pay appropriate fares;
- Effectively use the available features designed for people with disabilities;
- Effectively travel safely on public transportation to a variety of places;
- Applying for a Reduced Fare SmartTrip card.

You'll learn everything you need to plan, pay for, and take trips on the area fixed route transportation systems in the region including Metrorail and Metrobus. The Comprehensive Individualized Level of Travel Training: A Regional Initiative (CIL Project) is a federal grant project, in partnership with the D.C. Center for Independent Living (DCCIL), ENDependence Center of Northern Virginia (ECNV), and Independence Now (IN) of Maryland. Additional project associates will include the Arc of Northern Virginia and the Virginia Department of Rehabilitative Services. A major portion of the project will focus on helping individuals with significant disabilities learn how to travel using the transit systems to and from places they want go. Each individual will be learning how to get to work, go shopping, visit friends and family, or go to the mall to hang out with friends.

IN has hired two full-time travel trainers, Georgia Smith and Damian Gregory to provide individualized travel training for individuals with disabilities who require more than the one-day Metro system orientation currently provided through the Metro Department of Access Services. The new travel trainers will attend the Metro Train-the-Trainer Workshop for the Independence Now staff. This specialized training ensures sustainability of comprehensive travel training services throughout the region beyond the two-year project period.

March 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	16	17 Happy St. Patrick's Day!	18	19	20
21	22	23 Movie Advocacy Night Seven Pounds 6:00 – 9:00	24	25 Housing Seminar/ Preparation 2:00 – 4:00	26	27
28	29	30 Men's & Women's Groups Outing	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 – Ms. Wheelchair Maryland 2010



The monthly Women's Group is facilitated by Rochelle Harrod. Meet other women with similar interests and concerns. Ms. Wheelchair Maryland 2010 Shannon Renade Lavine Minnick will be our speaker. 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, March 1st from 12 - 2 pm

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

MEN'S GROUP – Social Issues



Gentlemen: We will be discussing social issues relating to 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, March 12th from 1:00 – 3:00 pm

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

MOVIE ADVOCACY NIGHT -- Seven Pounds



An IRS agent (Will Smith) with a fateful secret embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers.

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, March 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, March 25th from 1-- 3 pm

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

MEN'S & WOMEN'S GROUPS OUTING – Lunch at IHOP.



The Men's Group and the Women's Group are getting together to celebrate Spring! Come join us at IHOP! Come hungry and leave happy!

Get in touch with Wes or Rochelle at 301-277-2839 or WYoung@innow.org or RHarrod@innow.org to RSVP

When: Tuesday, March 30th from 1 – 4 pm

Where: IHOP 12251 Tech Road, Silver Spring MD 20904



Independence Now, Inc.

12301 Old Columbia Pike
Suite 101
Silver Spring MD 20904

U.S. CENSUS 2010 – Will you be counted?

For most people, the Census makes no “sense” – why do it? Well there are a vast number of reasons for conducting the Census.

For programs like CILs and DORS and many others, the funding is based on the population as it is reported by the Census. So actually, if you are not counted, in effect we are not “funded” to serve you. Although that may not be true literally and of course we will serve you; insufficient funding creates a huge burden on programs like ours. So please be counted!

If you need help, we will have census office hours so that you can drop by and get help filling in your census form. **Starting March 19th through April 19th we will have someone available to help you. The hours are from 9 to 6 on Wednesdays and 9 to 5 on Fridays.** Drop by and be counted!

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.