

# The Patriot's Vision

Tri-County Patriots for Independent Living

## October 2012 Volume 1, Issue 5

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## INTRODUCING JOE SNYDER, NURSING HOME TRANSITION SUPERVISOR/AGING & ADA SPECIALIST

I played sports since the age of four, but now I play a little differently. I played football, wrestling, bowling and my favorite baseball.

I worked at a few places until I attended trade school to learn about lumber. Myrtle Beach, South Carolina became my home after moving there to grade soft yellow pine.

(Continued on page 6)



### **A Newsletter For You.**

A Patriot is a person who feels a strong support for their community. *The Patriot's Vision* is committed to sharing what is happening in the TRIPIL

community and keeping you informed on the actions of the policymakers that affect us. We believe that information is a powerful tool that can make the world a better place. Information, of course, is most useful when it is shared. We will do our best to give you the information you need to help us build a stronger community in Washington, Fayette and Greene counties.

**Visit us at  
[www.tripil.com](http://www.tripil.com)**

## FROM THE YOUTH SPECIALIST

Now that school is back in session and we have had a few months under our belt, students with disabilities are battling for their rights to reasonable accommodations.

Not only do I have plans for community activities for the youth, but I also can serve as an educational advocate.

If you want to participate, have any ideas, or have questions contact me at [mberwick@tripil.com](mailto:mberwick@tripil.com) or 724-223-5115 x179.

For schools and organizations who need a resource for youth with disabilities, sensitivity training, or transition support contact me at [mberwick@tripil.com](mailto:mberwick@tripil.com) or 724-223-5115 x179.

**Follow us on Twitter @Tripilyouth**



Matt Berwick,  
Independent Living  
Youth Specialist.

## TRIPIL WELLNESS

During the summer months we have long days and lots to do (picnics, yard work, vacations etc.) Now that fall has arrived the days are shorter and people less active. Here at TRIPIL we strive to change this by offering group exercise classes, one on one personal training in our fully accessible gym. If you wish to live a healthy lifestyle please contact Ray Pittman at TRIPIL for details.



Larry Smith works out at the gym.

## **ASSISTIVE TECHNOLOGY** **By Shannon Brown**

I am the Assistive Technology, and Blind/Deaf Independent Living Specialist here at TRIPIL. We promote Independent Living by letting the consumer become proactive in their own lives.

Assistive technology is technology used by individuals with disabilities in order to perform functions that might otherwise be difficult or impossible.

The legal definition of assistive technology was first published in the Technology-Related Assistance for Individuals with Disabilities Act of 1988 (The Tech Act). This act was amended in 1994; in 1998, it was repealed and replaced with the Assistive Technology Act of 1998 ("AT Act").

Resource:

### **Pennsylvania's Initiative on Assistive Technology (PIAT)**

Toll Free: 800-204-PIAT (7428)

TTY: 866-268-0579

<http://disabilities.temple.edu/programs/assistive/piat/>

## **BLAST FROM THE PAST!**

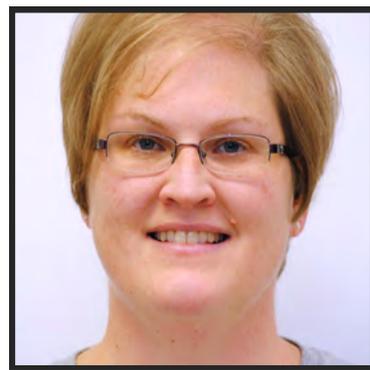
**TRIPIL'S resident Internet Café Manager and all around wealth of knowledge...**

**Can you guess who this is?**

### **HOT TIP OF THE QUARTER:**

**TDDP (Telecommunication Device Distribution Program) has been in recent demand. The TDDP helps people with hearing or visual impairments receive a FREE phone if they qualify.**

**Contact Shannon at  
724.223.5115 Ext: 171 or  
sbrown@tripil.com**



Shannon services Washington, Greene, Fayette, Blair, Cambria, Bedford, and Somerset Counties.

Contact Shannon Brown at  
724.223.5115 Ext. 171 or  
sbrown@tripil.com



## A Dream Come True

**By Michelle Loar**

I am the Senior Independent Living Specialist Supervisor. I have been a part of the TRIPIL family for over 15 years. I was born with a physical disability, known as Arthrogryposis. Growing up I always dreamt of getting married and having a family of my own, but never thought it would actually happen. However, in May 2007, I started dating Robert, and I began to realize my dream just might come true. In June of 2009, we were married and our little miracle, Tyler, was born in January 2010.

**On January 2, 2012, our "baby" boy turned 2.** It was also on that day that my husband and I learned that I was pregnant with our second child; our precious baby girl, Isabella.

Being a good wife and mother are two of the most important things in life to me. It has not always been **easy, but I wouldn't change a thing.** My son already knows where to go that Mom can't get to him, which is

frustrating at times. Another challenge I encounter is not being able to independently care for my children. I have developed ways to do as much as possible for them. Additionally, I can provide them with lots of love and guidance.

**I'm proud of my accomplishments** and believe that if I can do it, anyone can!! Go for your dreams!!! They do come true!!



**"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."**

**— Edith Sitwell**

## CALL TO VETERAN'S ... NEW PROGRAMS COMING!

### By Karen Lennox—Edwards

I am the new Veteran's Independent Living Specialist. I have been working on a comprehensive resource guide pertaining to Veteran services and their families & conducting outreach in the various areas that TRIPIL services.

A Veterans Interest Survey was created and will be forwarded to veteran communities for future programs. I have also spoken with all three counties Veteran Directors in an effort to conduct outreach. There are several mini-membership drives planned to assist the program in starting up.

Some ideas are: PTSD (Post Traumatic Stress Disorder) peer support group, World War II Veteran's support group, Vietnam Veterans War support group, and a Women's Veteran's Issue group.

Please join us to make these programs happen.



Karen Lennox—  
**Edwards, Veteran's**  
Independent Living  
Specialist.

You can contact Karen  
with any questions at:

724.223.5115 Ext. 124  
or [klennox@tripil.com](mailto:klennox@tripil.com)

### Accessible Dreams

#### By Ellen Louttit

Accessible dreams is a non-profit organization whose mission is to build an inventory of accessible homes for persons with disabilities.

My position is project manager and I will be concentrating on the Realtor Program. This allows us to partner with real estate companies that will enable our consumers a more diverse way of finding more homes.

The real estate community can also help us expand the reach of our services and promote awareness for the housing needs of people with disabilities. Contact Ellen @ [elouttit@accessibledreams.org](mailto:elouttit@accessibledreams.org) or 724.276.1734



## INTRODUCING JOE SNYDER, NHT SUPERVISOR

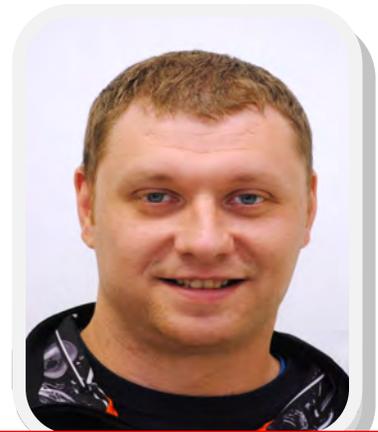
### *(Continued from page 1)*

My new journey began when I went swimming with friends one night. I jumped over my two friends and dove into the river.

Shortly after I hit the water, I hit something that snapped my neck down which left me floating face down in the river before one of my friends pulled me out. I was instantly paralyzed and sent by life flight to the Medical University of South Carolina (MUSC).

I had to relearn everything during the rehabilitation process. It took a while to get back into the swing of things but through hard work, dedication and family support, I am now living on my own with no help, working a full time job with Tri-County Patriots for Independent Living (TRIPIL).

TRIPIL welcomes Joe to the team!



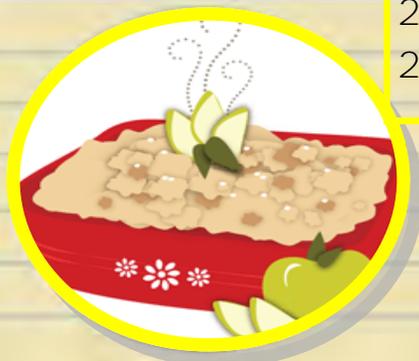
If you want more information on Nursing Home Transitioning/ Aging & ADA or have questions, please  
 Me at:  
 724.223.5115 EXT:  
 185  
 Or  
[jsnyder@tripil.com](mailto:jsnyder@tripil.com)

# RECIPE

for all abilities

## APPLE CRISP

1 can apple pie filling  
 1/4 c. Bisquick  
 1/4 c. cooking oats  
 2 tbsp. brown sugar  
 2 tbsp. butter



Place 1/2 cup apple filling in each of 4 microwave dessert dishes.

Mix remaining ingredients with fork until crumbly and sprinkle 2 tablespoons over each of the apples in each dish. Cover with waxed paper and cook on HIGH until topping is melted and apples are hot, 3 to 4 minutes.

Let stand uncovered at least 10 minutes before serving.

## VOTER ID CONFUSION

### You DO NOT need a photo ID to vote this November 6!

Pennsylvania's voter ID law will NOT be enforced for the November 6, 2012, election. You will be asked for photo ID but will still be allowed to vote regularly without it.

Visit us at  
[www.tripil.com](http://www.tripil.com)



Voters without ID should NOT be asked to vote on a provisional ballot. If this happens to you, or if you are told you can't vote at all without photo ID, call 866-OUR-VOTE (866-687-8683).

## Your Vote Counts: People with Disabilities

By Larry S. Pishko

Why vote? Vote because you matter. Vote because you can. People with disabilities vote because their vote counts. The national election is one of the most important happenings in your life. Please take time to cast your ballot. Your selection can turn the tide in an election and it shows the elected official what you think about how they run the government. If you do not vote, who will care to tell them about people with disabilities? Do they know the amount of people with disabilities within their district? Your vote decides whether they fix roads, build ramps, and make buildings accessible to accommodate people with disabilities. Please vote this election! This election is about the needs of all people within your community.

Get out there. Get active. Vote.

Justin Dart, the "father" of the Americans with Disabilities Act, said: *"Vote as if your life depends on it -- because it does."*

# TRIPIL

Tri County Patriots for Independent living



JOIN US ON NOVEMBER 14TH FROM 3-6 PM FOR THE TRIPIL MINI HEALTH FAIR!  
THE EVENT WILL BE HELD IN TRIPILS WASHINGTON OFFICE



VENDORS WILL BE ON HAND TO SHOWCASE THEIR PRODUCTS & SERVICES

MARTIAL ARTS - PERMOBIL - ACCESSIBLE DREAMS

ASSISTIVE TECHNOLOGY - SUNRISE MEDICAL - MV-1 VEHICLE SHOWCASE



# MINI HEALTH FAIR

RAY PITTMAN AT 724.223.5115 EXT. 128

## Importance of Volunteerism

As the new volunteer coordinator here at TRIPIL, I continually modify the Volunteer Training Program. As I continue to update it, a few **thoughts keep running through my head; "How do I feel about volunteering?"** To me, a volunteer is someone who decides, by choice, to help another benefit from their services. Both parties must benefit in some way for volunteerism to be successful. Also, a volunteer program must be fun, engaging, and rewarding. For example, I once volunteered at an animal shelter for a few months. My job was to wash the dogs at the beginning of the day before they were shown to customers. It was fun work; tons of bubbles and water. It was engaging as the dogs and I worked together to accomplish the goal of cleanliness. It was rewarding as most of the dogs were adopted on those days because they were clean and smelled wonderful. As a result of those three components, I looked forward to coming back each time and reaching a goal of getting the dogs adopted.

As an Americorp. Volunteer myself, I recognize the importance of helping others through my strengths and assets that were engrained in me at an early age. With that being said, TRIPIL provides volunteers with a program that is core supported and thoroughly enhanced. Many of the volunteer program ideas are from volunteers themselves; who better to create a volunteer program than a volunteer?

We are looking to expand our volunteerism to our members and I would like to talk to you about our awesome opportunities within the TRIPIL family.

Larry S. Pishko  
Volunteer/Veterans Relations Coordinator  
724.223.5115 ext. 185  
lpishko@tripil.com



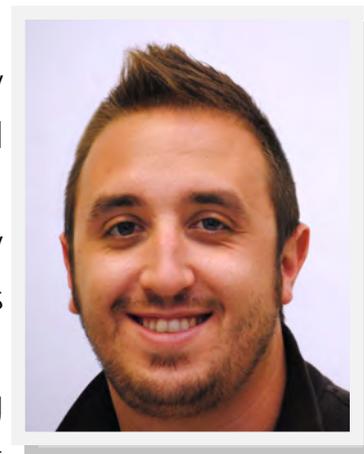
***"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another."***

- Erma Brombeck

## COMMUNITY OUTREACH

### By PIERCE MARRATTO

I was hired as an Outreach Specialist as my background is primarily in art, media, and advertising. Essentially what this title means is that I will be helping out with marketing the many incredible services offered here at TRIPIL. This includes designing new marketing material, refreshing and updating older items, keeping photography up to date, and increasing the content and reach of our social media and website.



In my first few weeks here at TRIPIL, I was absolutely floored by the warm sense of camaraderie found in the office. Perhaps it is the friendly lightheartedness that everyone possesses even in the face of work that is of a serious nature. It might also have something to do with the complete lack of ego in favor of a common and worthwhile goal. Either way there is something special happening and I am thrilled to be here.

## Social Media

TRIPIL knows that one of the greatest assets of our organization are its people. Members and volunteers working together to achieve common goals together. We live in a time where technology is becoming less scary and more friendly; social media is a big part in getting the word out to you, our people, at an instant. We are working to get everyone involved with the growth of our social media sites such as Facebook and Twitter! Look for daily updates at the addresses below:

**[www.tripil.com](http://www.tripil.com)**

**[Twitter.com/tripilyouth](https://twitter.com/tripilyouth)**

**[Twitter.com/TRIPILpatriots](https://twitter.com/TRIPILpatriots)**

**[Facebook: Tri-County Patriots for Independent Living](https://www.facebook.com/Tri-County-Patriots-for-Independent-Living)**

<b>Event</b>	<b>Summary</b>	<b>Date and Time</b>
All times subject to change		
<b>Wellness Mondays in Washington</b>	<b>Come Join us in Uniontown on alternating Mondays for Wii Bowling and other games.</b>	<b>Every Monday in November - January 1 pm to 4 pm</b>
<b>Wellness Wednesdays in Washington</b>	<b>Come Join us in the Washington office every Wednesday for Wii Bowling and other games.</b>	<b>Every Wednesday in November - January 1 pm to 4 pm</b>
<b>TRIPIL Mini- Health Fair</b>	<b>Join us for a day of health and fitness. Vendors will be on hand to showcase their products and services. Beginners and experts are welcome!</b>	<b>November 14th 3 pm—6 pm at TRIPIL</b>
<b>Youth Peer Support Program</b>	<b>Peer support group for youth and young adults with disabilities focusing on independent living.</b>	<b>November 20th 4 pm—5 pm at the Internet Café</b>
<b>Thanksgiving Holiday</b>	<b>Offices and Internet Café are closed to the public for Thanksgiving.</b>	<b>November 22nd— Have a warm and friendly holiday!</b>
<b>Meet &amp; Greet Open House at TRIPIL</b>	<b>Come to TRIPIL to meet the new staff and visit the current staff. Information &amp; light refreshments provided.</b>	<b>November 29th 10am—4 pm</b>
<b>Volunteer Training</b>	<b>A requirement for all new Volunteers. If you are interested contact Larry Pishko at ext. 185</b>	<b>December 10th 1 pm - 4 pm</b>
<b>Membership Christmas Party</b>	<b>Membership Christmas Party at the Candle light Room on Country Club Road, Washington, PA</b>	<b>December 6th 11 am- 4pm</b>
<b>Other Events Available</b>	<b>There are many events available throughout the months. Check Facebook &amp; Twitter for updates.</b>	<b>Call 724.223.5115 For more information</b>



TRIPIL

69 East Beau Street  
Washington, PA 15301



If you are interested in becoming a TRIPIL member for 2012, please send the completed form along with the \$2 membership fee to us at:  
TRIPIL 69 E. Beau St Washington, PA 15301

\_\_\_\_\_ I am a new Member \_\_\_\_\_ Contact me about becoming a Volunteer

\_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

\_\_\_\_\_ PHONE: \_\_\_\_\_ COUNTY: \_\_\_\_\_

\_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

\_\_\_\_\_ STREET ADDRESS: \_\_\_\_\_

\_\_\_\_\_ NAME: \_\_\_\_\_

**2012 MEMBERSHIP APPLICATION**