



The Patriots' Vision

Winter 2014
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Big Steps Forward on Restoring the Y

Tri-County Patriots for Independent Living was just awarded THREE important grants to convert the former YWCA in Washington into a new office and programing space. TRIPIL will receive \$1.5 million from the Governor's Redevelopment Assistance Capital Program (RACP) and \$500 thousand from the Washington County Local Share Account and \$80,000 from the Washington County Redevelopment Brownfield Program.

The renovation which is expected to cost \$8 million, is designed to build programing space for the organization that helps people with disabilities, plus open up areas of the facility that



The Washington Y Restoration

can be rented for community events. TRIPIL plans to explore other funding sources to renovate the former YWCA on West Maiden Street. Preliminary work on the building, including asbestos removal, has begun but



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This rendering shows the potential street view after the renovations are complete. The money from these grants will allow for important steps to be completed this spring.

Big Steps Forward on Restoring the Y

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renovations depend on further funding.

After renovations, the building will have four stories and an elevator for clients' use, plus facilities including a gymnasium with a stage that could be rented to the public on evenings and weekends. Wellness programs could be held in the gym, which will have accessible exercise equipment.

Rooms would be built for training aides to work with Tri-County Patriots clients, and the center would

have a cafe with wireless computer access. The building would be fully handicapped accessible, and include green features such as water reuse and solar panel equipment.

"Buying the building was part of a strategic plan developed four years ago," Kathleen Kleinmann said. The former YWCA is more than double the size of the Tri-County Patriots headquarters a few blocks away on East Beau Street. "It's a beautiful structure we hope will be helping other people, not only clients."

If you have any questions or are interested about Ticket to TRIPIL, please contact Meghan Dillie: (724)223-5115 ext. 131.

Ticket to Work



The Ticket to Work program is a free and voluntary program for Social Security beneficiaries between the ages of 18 and 64. This program is for beneficiaries who want to achieve and maintain financial independence by joining the workforce. As a Ticket holder, you can explore your employment options while gaining valuable work experience and job skills training and without immediately losing access to your government benefits. As part of

Employment Network under TRIPIL will partner with the Social Security Administration and the State Vocational Rehabilitation Office to get you started. TRIPIL can assist you in becoming self-sufficient through services such as job development, independent living skills training, financial coaching, and benefits counseling at no cost to you.



Is there an iPad in your Future?

As an Assistive Technology Resource Center (ATRC), TRIPIL has 2 iPads that you can borrow to try a wide variety of apps that are available. There are apps to help you communicate, improve your reading and math skills, lose weight, manage your medication and many more. I am happy to work with you to learn how to use the iPad and find the apps that fit your needs.

In addition to the iPads, TRIPIL has other devices on site that you can borrow before going out to buy it.



For more information, please feel free to contact Michelle Loar at 724-223-5115, ext. 178



Own a home for \$650/month!

Accessible Dreams has just received a lead on an adaptable home for sale in Washington. Monthly payments would be about \$650/month. The main floor has the living room, dining room, kitchen, bedroom, and laundry. There are two additional bedrooms upstairs, and a fenced in yard. It also has a detached garage and storage shed. If you know of anyone who would love this house, please have them contact Michelle Rollins at Accessible Dreams.



Old home with steps to entry



New Home

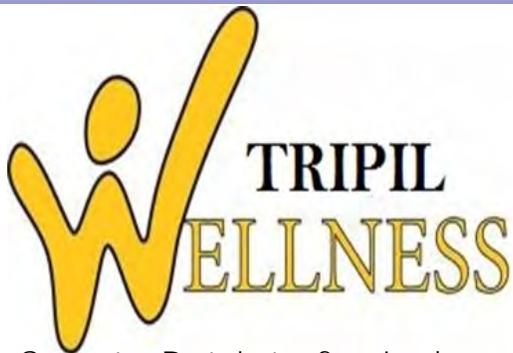
List, Buy, and Modify

An Accessible Dreams consumer, who is a double amputee veteran, was in line for a Specially Adaptive Housing Grant from the VA to modify a home for his needs. His current home could not be modified and he wanted to live closer to family. In order to purchase a new home, his current home had to be sold. Accessible Dreams listed and sold his current home in a short time, helped him find the new home to purchase, and is now working closely with the VA to streamline the grant so modifications can be completed.

Phone: 724.223.5115

Email: info@accessibledreams.org

Web: www.accessibledreams.org



Tri-County Patriots for Independent living is pleased to announce the 2014 Wellness for All workshops.

These workshops are FREE!!!! The workshops will focus on topics that will help improve your physical, mental, and social health. The sessions will be held on Tuesday and Thursday, at Noon and a 6pm. Choose a time that fits your schedule. Contact Mark Burchell for more details.

Mark Burchell: Wellness Director

My name is Mark Burchell. I am the newest member of the Patriots team. I started on December 2, 2013, as the Wellness Director. Before coming to TRIPIL, I was a physical education teacher and a sports performance director.

Give me a call to find out how we can get you started learning about how we can get you a personalized Wellness Plan. **Let's figure out together how you can avoid Secondary Conditions that happen just because you might use a wheelchair or crutches.**

There's lots to learn!

2014 Wellness Workshops

Topics and Dates

Cardiorespiratory Fitness:

February 18- March 6

Muscular Strength:

March 18-April 6

Nutrition:

April 15-May 1

Stress Management:

May 13-May 29

Communication:

June 10-June 26



**Please feel free to call
Mark Burchell at:
(724)223-5115 ext. 134**

Vote as Though Your Life Depends on It.

If you have been on our mailing list for a while or have been to a number of programs and events, then you might have heard this phrase once or twice: **"Vote as though your life depends on it."** But if you are new around here or this is your first encounter with the quote, let me stress it to you one more time. **"VOTE**

as though your life depends on it, **because it does."** Justin Dart said it first; he is widely regarded as the father of the ADA. The Americans with Disabilities Act, a sort of bill of rights for anyone who has ever been denied access to hotels, restaurants, buses, or anywhere everyone else could get to except you.

Voting and staying informed of the issues just as important now as it was when the ADA was making its way into law. Our country is in the process of deciding what the best way of addressing health care is.



Pennsylvania is making big changes to how people will get Medicaid. Changes to how long term home based attendant care is done are being made in Washington DC and Harrisburg. These things will have deep effects on people with disabilities, attendants, and hospitals. There is a good chance if it does not apply to you directly it will impact some you care about.

Do you know enough to help America to make the right decision?

On December 6 of 2013 Governor Tom Corbett of announced his "Healthy PA" plan. The "Healthy PA" Plan is an expansion of eligibility of Medicaid as well as reform of the current Medicaid system in Pennsylvania. This plan will



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potentially open Medicaid to 500,000 Pennsylvanians, people who might not be able to afford National Healthcare Plan the President Obama is offering. However, Healthy PA also will change how Medicaid can be used by the 2 million people who currently have it. The reforms or changes include a switch from a co-pay system to a premium one. There will also a work-search registration as a condition of eligibility for most people who use Medicaid. Details of what Medicaid

will pay for will also change for most users as well.

It is time to pay attention to what is going on, learn about the issues that may decide how you might live your life. No one cares more then you about what direction your life will take. Now is the time to learn what is going on and make a direct action to improve our future. And most importantly vote, vote like your life depends on it. Because it does!



Creative Outlets for TRIPIL Youth

The TRIPIL Youth Program has had the amazing opportunity to partner with Casey Clark and Off The Wall Arts to hold Paint N Sip classes for kids. If you have never heard of **a Paint 'N Sip, it is an unforgettable** event filled with friends, fun, and fabulous art! Off The Wall Arts provides everyone with the tools to create their own version of the sample painting while enjoying cookies and milk. After about an hour they go home with new friends, great memories, and a newly-created masterpiece. TRIPIL has several of these sessions per year.

In addition TRIPIL is offering **the "Arts for All" program in local** public schools to give even more kids with disabilities the opportunity to let their inner artist shine. Stay tuned for more fun and exciting activities with youth, including the **TRIPIL Youth's annual summer** camp. Contact Matt for more information.

**Contact Matt Berwick at
TRIPIL to sign up.
(724)223-5115 ext. 179**

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LIBERTY AND JUSTICE FOR ALL PEOPLE WITH DISABILITIES**

