The Office for the Disabled awards camperships/scholarships to Mercer County residents ages 4 to 25, who have a disability, to attend a summer program or camp of their choice. The Progressive Center for Independent Living has managed the Campership Award Program since 2014.

Scholarships will be awarded on a first come-first serve basis. The amount of the award is dependent upon gross household income and the total members living in the household. Scholarships range from $85-$400 and can be put towards an experience that occurs between Memorial Day (5/30/16) and Labor Day (9/5/16).

Scholarship money can be used for more than just a camp experience. Last summer 22 year old Stephanie Agoratus used her scholarship to attend classes at Princeton Speech Language and Learning Center’s Social Village purchased through Sidekick Support Services. Dominic Shafer put his scholarship money towards obtaining his associates degree at Mercer County Community College by taking a summer English class. A number of scholarship recipients did attend camp programs such as The YMCA SKOR program, CYO, Liberty Lakes, and The Girls and Boys Club.

Who’s Ready for Summer Fun? Calling all kids and young-adults!!

By Chelsea Martin

Continued on Page 3
PCIL recently received a grant from WAWA to educate our consumers about the importance of a healthy diet and good nutrition and its benefits. Approximately fifteen of our consumers gathered every Tuesday morning in January to listen to speakers discussing topics such as; planning a healthy and balanced meal, what it’s like living with Type 1 diabetes, and food safety. Michelle Brill, from Rutgers Cooperative Extension, Family and Community Health Sciences, led a hands-on class about putting together a balanced meal and how to select a food item from each food group. Amanda Skahan, from Rutgers Cooperative Extension of Mercer County also educated us about eating healthy on a budget, reading a grocery flyer, and even conducted a taste test of canned peaches. How to read a recipe was also included. Jim Krause, Chef, discussed how to avoid food poisoning, cooking meats properly and how to keep a clean and safe kitchen. The attendees were treated to healthy snacks that were donated by Wegman’s grocery store in Princeton, and prizes donated by BJ’s in Hamilton Marketplace. To reinforce the information and enhance the learning experience, everyone played “Food Bingo”. Prizes were kitchen tools and gadgets.

Some of the good nutrition tips that were covered at the workshops are:

1. Buy fresh produce that is in season, the next best choice for produce is to buy frozen fruits and vegetables.
2. Check the local newspaper, online and at the store sales.
Colonial Bowling Event
By Chelsea Martin

PCIL hosted another bowling event at the Colonial Bowling Alley this past January. There were many returning participants and even a few new ones that took part in this social activity. Not only did everyone enjoy themselves but PCIL staff even noticed some participants helping others as they ordered food or obtained their bowling ball which was very nice to see since PCIL doesn’t have enough staff to provide individual assistance during the recreation events.

Summer Fun for Kids and Adults!
Continued from Front Page

Applications will not be considered unless all required documents are included with the application. Documents include:

- Completed application
- Copy of birth certificate
- Copy of annual income tax statement or W-2 form, TANF and/or SSI check
- Copy of child’s cover page and evaluation stating diagnosis from the IEP. If an individual is a graduate please submit IEP cover page from graduation year. Individuals registered with DDD can submit the NJCAT or DDRT.

You must include proof/copies of all family income (prior year income tax return) or two most recent SSI/SSDI/TANF checks for each individual applicant. Scholarships are awarded on a first come-first serve basis so please get your applications in as soon as possible.

Submit completed application and documents by April 1, 2016 to:
Progressive Center
3525 Quakerbridge Rd, Ste 904
Hamilton, NJ, 08619
If application is faxed please call or e-mail Chelsea Martin to confirm receipt.
Chelsea.Martin@pcil.org.
PCIL Raffle Update
By Matthew Daly

As many of you know, the Progressive Center has created a raffle as a fundraiser for our organization. Prizes are awarded daily! The winners of the drawing are posted on our Facebook page and company website. Take a look to see if you are a lucky winner!

JANUARY WINNERS
January 1 - #100       January 17 - #616
January 2 - #894       January 18 - #202
January 3 - #667       January 19 - #392
January 4 - #167       January 20 - #483
January 5 - #535       January 21 - #954
January 6 - #333       January 22 - #091
January 7 - #815       January 23 - #560
January 8 - #082       January 24 - #186
January 9 - #568       January 25 - #479
January 10 - #679      January 26 - #074
January 11 - #414      January 27 - #603
January 12 - #656      January 28 - #487
January 13 - #189      January 29 - #065
January 14 - #277      January 30 - #881
January 15 - #955      January 31 - #070
January 16 - #651

FEBRUARY WINNERS
February 1 - #286      February 17 - #011
February 2 - #354      February 18 - #265
February 3 - #487      February 4 - #334
February 5 - #233      February 6 - #829
February 7 - #637      February 8 - #461
February 9 - #327      February 10 - #468
February 11 - #496     February 12 - #693
February 13 - #073     February 14 - #240
February 15 - #835     February 16 - #415

Dishin’ on Nutrition Workshop
Continued from Page 2

for coupons and specials that will cut food costs.

3. Stick to your grocery list, avoid impulse buying. Don’t go food shopping when you are hungry.

4. Buy in bulk when items are on sale.

5. Buy store brands when possible. They are usually less expensive.

6. Plan your meals ahead so that you have all of your ingredients before you start making a recipe. Freeze leftovers for another meal.

PCIL hopes to apply for a larger food and gardening grant in the spring. We hope to spread the word about how growing one’s own veggies and herbs enhances the flavors of the foods and the whole eating experience.
Ugly Sweater Party
by Renee Pfaff

Our winter Ugly Sweater holiday party was a fabulous hit this year. Over 40 individuals attended and all enjoyed each other’s company as we entertained ourselves with many new and different activities. PCIL had a terrific turn out of volunteers for this event which included a group of high school students from Hamilton West, who helped the participants within an arts-n-craft activity making snowmen and taking photos with Santa and Mrs. Clause.

Participants came away with great memories from our holiday photo booth with the help of our own intern, Jonathan and staff. In addition, several prizes were offered through our “Guess the amount of Candy” jars and thanks to Jess Lindenberger and Julia Simko for volunteering to be dressed up as Mr. & Mrs. Clause.

Lastly, throughout the night we conducted a contest to vote for our favorite Ugly Sweater. We had 10 contestants showing off their hard work and they were all terrific. We again would like to congratulate our winners who all received gift cards for their creativity.

1st place---Louie Pilaras
2nd place---Mike Powell
3rd place---Rose Burr
On January 14th, Career Club participants took part in a workshop to learn about relationships. The event was held at Project Freedom Hopewell and speakers Donna Zytko and Danielle Scollins, from WomanSpace, were gracious enough to share their expertise.

Participants learned during the presentation how to identify characteristics they are seeking from another person, how they want to be treated in a relationship, how they plan to treat their partner, and also red flags to alert them that their relationship is no longer safe or productive. Additionally, we identified the types of relationships we find ourselves involved in, from parents and family to acquaintances and friends as well as dating relationships and the behaviors and expectations of each.

To learn more on what WomanSpace has to offer, please visit their website at www.womanspace.org.

In addition to the wonderful feedback we received from the participants and their families, Lindsay Rittenhouse, a writer for the Times of Trenton took notice of our presentation and wrote an article on it. To view this article, please go to http://www.nj.com/mercer/index.ssf/2016/01/hamilton_nonprofit_to_guide_people_with_disabiliti.html#incart_river_index
The Progressive Center for Independent Living continues to provide Support Coordination to individuals who are receiving a Fee for Service budget through the Division of Developmental Disabilities (DDD). We serve about 30 people throughout Mercer and Hunterdon Counties.

If you or someone you know is a person with a developmental disability and would like to know more about Support Coordination and/or DDD we encourage you to come to our next information session, which will be held on Thursday, March 3rd at 6pm at our Mercer County office. The session will cover topics such as; How does an individual qualify for DDD, and What types of services are available through DDD funding?

Please note that 2016 graduates, who chose their Support Coordination agency early enough, can have their new Support Coordinator attend their exit IEP meeting in the spring. This is an excellent and invaluable opportunity for the IEP team to “pass the baton” onto the Support Coordination team. We encourage all graduates and their families to take full advantage of this opportunity!
Are You a PCIL Member?

A PCIL membership has many benefits that can be enjoyed throughout the year.

Join now and enjoy your benefits until the end of 2016. Members receive reduced rates on recreational events and are invited to a Members Only Dinner.

Individual --- $15.00  
Couple- -- $25.00  
Family (Up to 5 living at same address) --- $40.00  
Organization --- $100.00