

# DIAL Inside Look

February 2020

## Independent Living Celebrates Dr. Martin Luther King, Jr.

While most people know of the work which Dr. Martin Luther King Jr. did during the Civil Rights Movement, his work towards equalization extended far beyond that for African Americans. He was also a major component of helping pave the way towards a more accessible country. When changes were beginning to be made for an increasing number of minorities across the country, advocates for those with disabilities joined in on the fight. Their efforts are responsible for many of the basic adaptations we see today, from marked parking spaces to equal access building codes.

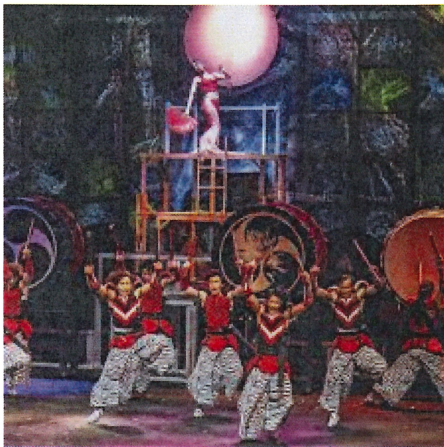
In 1964, the Civil Rights Act was passed that illegalized discrimination based on race, color, religion, sex or national origin. However, those with disabilities were not included in these specification and their fight for legal inclusion continued through the next three decades. They continued to fight against the same injustices which Dr. King faced, and his courage and perseverance inspired the persistence and determination of advocates across the country. They had a monumental task, one to not only change the negative attitudes and stereotypes towards people with disabilities, but to actively organize demonstrations and protests to ensure their needs were not overlooked.

From these efforts came radical changes throughout the 20<sup>th</sup> century. In the beginning decades, those with disabilities were often marginalized and forcibly put into asylums or institutions. It was assumed that they were a burden, unable to contribute to society. This segregation became normal, and the stereotyping and marginalization continued to escalate. The first influx of demand for equality came from the veterans who were injured during World War I and later during World War II. The country began to take notice of their situations, but no real changes were made to the law until the 1960s. During the 60s and 70s, social security was extended to those under 50, mass transit systems were required to include a wheelchair lift, buildings were mandatorily made accessible, children with disabilities could no longer be excluded from public schools, and schools and universities began to receive funding for the establishment of programs to help those who needed special accommodations.

Although major advancements were made during this time, and during more recent decades, there are still many more opportunities to establish equality for those with disabilities. And we're looking forward to seeing what those changes will be in the future because, as Dr. King once said, "Almost always, the creative dedicated minority has made the world better."



## DRUM TAO: 2020



Drum Tao: 2020

**Don't** forget to get your tickets to the February 8th performance of the DRUM TAO: 2020 at the New Jersey Performing Arts Center in Newark, NJ. This group is an internationally acclaimed group of percussion artists who use large scale drums, costumes, choreography and innovative visuals in their performances. You won't want to miss this performance. Tickets are still available and the deadline for your reservation has been extended to January 24, 2020. Look in this months mailer for more information. See you at NJPAC!



## DIAL Annual Membership Drive

January kicks off DIAL's Annual Membership Drive. The year 2020 brings new programs, social events and much more! DIAL is very excited about the coming year and would like to ask come a paid member of Independent Living Movement is in this month's we look forward to your

*"There is no greater disability in society, than the inability to see a person as more"*

all our consumers to be DIAL . Be a part of the ment! The membership mailer. Thank you and support!

## DIAL Recreation Program Award

On October, 3, 2019, Susan Kramer, Program Coordinator of the DIAL Recreation Program accepted a Certificate of Recognition on the behalf of DIAL, Inc. for being a foot soldier for individuals with special needs. This award was presented by the Paterson Council on the Disabled, Inc., Paterson Seniors Organization, Inc. and Paterson Senior Services & Transportation. Hilda Diaz, Director of the Paterson Division of Senior Services & Transportation presented the award to DIAL.



**Congratulations!**





## Dr. Martin Luther King Day of Service

Martin Luther King Day became a national holiday in 1983 and in 1995 the Martin Luther King Day of Service was established. Hundreds of thousands of Americans have started participating in the Martin Luther King Day of Service by helping with food drives, pet food drives, greeting card workshops, blood drives and community clean ups!

National holidays should not to lose their true meaning. It is not just a day off from work. Things you can do to be of service:

- ◆ Volunteer at a Food Pantry or Food Bank or just donate food if you don't have the time to volunteer
- ◆ Donate blood at your local Blood Bank
- ◆ Help organize a clean-up of litter in your neighborhood
- ◆ Volunteer your time at a non-profit organization
- ◆ Volunteer at your church, synagogue or mosque

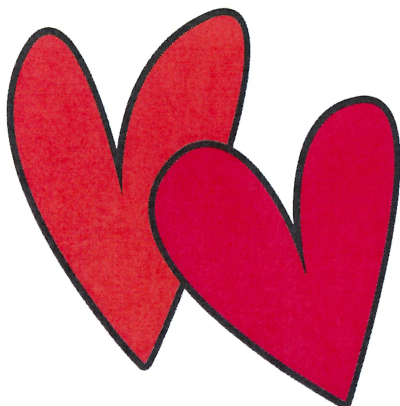
In keeping with the spirit of Dr. King, get involved with some kind of community service in your own neighborhood on Monday, January 20, 2020. Keep the spirit alive!



"Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are."

- Dr. Martin Luther King, Jr.

## Independent Living Program—February 25, 2020



Don't miss the February 25, 2020, Independent Living Meeting to be held at the Clifton Senior Barn in Clifton, NJ. A special guest speaker is scheduled to give a presentation on Dating & Relationships with a Disability! You won't want to miss this informative meeting. Valentine's "goodie bags" will be handled out. Make sure you reserve your seat with transportation no later than February 14, 2020. We hope to see you all there.



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Become a DIAL  
member today!



DIAL—Center for Independent Living is a non-residential, non-profit agency that services individuals with disabilities in Passaic and Essex Counties.

DIAL promotes the Independent Living Philosophy which states that people with disabilities should have the same civil rights, options and control over choices in their own lives as do people without disabilities.

DIAL provides an array of programs and services that inform and support individuals with disabilities. The purpose being to achieve the maximum level in independence and control of the decisions and direction of their own lives and promote their full inclusion in society.

Those services include:

- Information and Referral
- Advocacy
- Peer Support
- Independent Living Skills Programs
- Deaf Outreach Service
- Student Transition Services
- Employment Access Services
- NJ Transit Access Link Assessments
- Recreation Program
- Community Transition Services

## ♥Dating with a Disability—Online Dating Sites♥

It's Valentine's Day and do you find your self without a date again this year? It happens to the best of us, but dating can be even be more of a challenge if you have a disability. How do you find love? The million dollar questions many of us would like the answer to. How do I meet people? Where do I meet people? Will they like me? I don't have the time? If you need answers to any of these questions, online dating might be for you. There are many online sites which have been specifically designed for people with disabilities. The following are just two of these sites:

**specialbridge.com** is not only a dating site but a social community site for the disabled. The site says they are not just a dating site and have safety tips for online dating. This is very important because you will need to be cautious. Soon this site will have an app available to download on your cell phone.

**Whispers4U.com** is a small site which serves the "differently abled". This site has been around for awhile and says it helps disabled singles find love online. They also have a tutorial which will can help you design your profile. The better your profile, the better your chance of meeting someone. This site has a downloadable app for your cell phone.

More and more people are turning to online dating to find their soul mates. This might be your way to spark a romantic connection and find true love! ♥♥♥