



... a monthly community calendar of events in Philadelphia,  
by and for Consumers of **Liberty Resources, Inc.**

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Unless otherwise noted, activities take place at Liberty Resources, 714 Market Street, Suite 100, Philadelphia. You can list an event by calling 215-634-2000, Ext. 266 by the 18<sup>th</sup> of the month.

### **Every Weekday:**

★ **ADAPT Pretzel sale**, 50¢ each or 3 for \$1.40.

★ **Independence Arts Studio Hours:** Monday - Friday, 10 AM to 4 PM.

**Every Tuesday: Youth Social Group**, Anyone ages 18 to 30 is welcome to attend, 1:00–3:00 PM. Help plan social activities and provide support for each other. Call Hope, Ext. 214.

### **Every Wednesday:**

★ **Legal Advocacy** – Free advice and representation on general legal problems for people with disabilities, provided by the Legal Advocacy for Consumers Program of Temple University's Law School. Please arrange appointment. Call 215-204-1800.

★ **Pink and Blue**, Church of St. Luke the Epiphany, Blue Room, 330 S. 13<sup>th</sup> Street, 7:00–9:00 PM. A free support and resource exchange group for people with mental illness who are bisexual, gay, inter-sex, lesbian, transgender, or questioning adults. Please arrive no later than 7:15 PM. Call 215-546-0300, Ext. 3301 or 215-627-0424.

### **By Appointment:**

★ **Benefits counseling** for Consumers with disabilities interested in working but concerned about losing benefits. Please schedule your individual appointment. Call Carlos, Ext. 324.

★ **Housing Assistance**, please call Liberty Resources at 215-634-2000, Ext. 325 (Information and Referral).

**NOTE: City Council is in summer recess until September 16, 2010.**

**July 1: Good news!! SEPTA eliminates the "peak hours" fare structure.** With a SEPTA Reduced Fare Card, disabled people can ride all modes of transportation (except commuter rail) any day and at any time for



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the base rate of \$1.00 and \$.50 for a transfer. **CCT fare is \$4.00 cash or 2 tokens and \$90.** If you would like an application for a SEPTA Reduced Fare Card, call Conor, Ext. 337.

**Unfortunate news! SEPTA increases cost of tokens, transfers, Transit passes and Zone 3 commuter rail passes. For the new rates, call SEPTA Customer Service at 215-580-7800.**

**July 2, 16 & 30: ADAPT 50/50 Days.** See Theresa before 1 PM.

**July 5: 4<sup>th</sup> of July Observance Office is Closed.**

**July 7:**

- ★ **Consumer Advisory Group** meeting, Wade Blank Room (A), 5th Floor, 12:00-2:00 PM. All consumers are invited to tell LRI how you think the CIL is doing in providing services and programs. Share your ideas about advocacy and attendant care issues. Lunch provided. Please register in advance. Call Linda, Ext. 227
- ★ **Disabled in Action (DIA/Philly ADAPT)** meeting, Suite 205, 4:00-6:00 PM. DIA is the local advocacy group fighting for the rights of people with disabilities in Philadelphia. Call Zach, Ext. 233 or Denerale, Ext. 295.

**July 8: SEPTA Advisory Committee** Meeting, 1234 Market Street, 11<sup>th</sup> floor, 12:30-3:00 PM. Voice your issues with SEPTA buses, the El, trolleys, subway and CCT! Call Shawn, Ext. 245.

**July 9: Friday Flicks!** Video of the *Signing Ceremony of the Americans with Disabilities Act (ADA) on July 26, 1990.*, Wade Blank Room (A), 5<sup>th</sup> Floor, 1:00-2:30 PM. Friday Flicks is a monthly (2nd Friday) showing of an Independent Living & Disability Rights DVD/video followed by facilitated discussion, free popcorn and beverages. Call Rodney, Ext. 299.

**July 9, 16 & 30: Taste of Technology Days**, Free sessions that provide an overview and tour of the Liberty Resources Academy as well as a career exploration to identify your transferable skills, if seeking employment. 9:00 AM-2:30 PM. Consumers eligible for services under CSPPPD also may



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take advantage of The Academy's pre-vocational, basic computer skills, and other training classes. Registration is required. Call Louise, Ext. 203.

## July 12:

- ★ **Mayor's Commission on People with Disabilities**, Municipal Services Building, 1401 JFK Blvd., 16<sup>th</sup> Floor, Room Y. 1:30-3:30 PM. Call Damon, Ext. 383.
- ★ **"Social and Communication Skills" Independent Living** skills training class begins, 1:00-4:00 PM. To enroll, call Conor, Ext.337.

**July 13:** *"New cycle of Managing Your Personal Attendant"* skills training class begins, 1:00-4:00 PM. To register, call Conor, Ext. 337.

## July 14:

- ★ **ADAPT Fundraiser Lunch** Proceeds help fund disability rights advocacy efforts at the local, state and national levels. To pre-pay an order, call Zach, Ext. 233.
- ★ **"Consumer Rights & Responsibilities/Introduction to Independent Living"** skills training class begins, 1:00-4:00 PM. To enroll, call Fran, Ext. 225.

## July 16:

- ★ **Support Group for Disabled Women Over 50**, 10:00 AM-12:00 PM. Call Cecilia, Ext. 240.
- ★ **"Nutrition and Meals"** skills training class begins, 1:00-4:00 PM. Consumers must live in the community to participate in this class. To enroll, call Conor, Ext. 337.
- ★ **Consumer Connection meeting**, Wade Blank Room (A), 5th Floor, 1:00-3:00 PM. All Consumers and attendants welcome. Monthly agenda covers issues of concern to the disability community. Call Damon, Ext. 383, Shawn, Ext. 245, or Jen, Ext. 242.

**July 20: Visitability Committee meeting**, Bacal Room, First Floor, 3:00-5:00 PM. Visitability is a move to make all new constructed homes "visitible," for disabled people. This would include one no step entrance and a half bathroom big enough for a wheelchair. Call Damon, Ext. 383.





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**July 22: "Become a Health Mentor"** and teach future health care professionals the best way to work with and communicate with people with disabilities. This is the third year LRI has participated in this exciting program created by Thomas Jefferson University. If you already are a Health Mentor, you are welcome to stay on to work with this fall's incoming students. Come to this presentation to learn more about how you can become a Health Mentor. Wade Blank Room (B), 5th floor, 1:00-3:00 PM. Interested? Please let us know you are coming. Call Fran, Ext. 225.

**July 23: Support Group for Men Over 40.** Bacal Room, First Floor, 1:00-3:00 PM. Call Damon, Ext. 383.

**July 26: Liberty Resources, Inc. celebrates the 20<sup>th</sup> anniversary of the signing of the Americans with Disabilities Act (ADA).**

Independence Visitor Center Lawn, 5th and Market Streets, 11:00 AM – 4:00 PM. outdoor festival will feature food, exhibits, and the music of Flame, a rock band of musicians with disabilities. **Rain or shine!** RSVP to Ext. 789





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## **July is not just Flags and Fireworks!!**

IL Skills Training can provide the same Shish! Koom Ba!

Come to our air-conditioned Center and take one or all four of the Independent Living Skills Training Classes listed below.

### ***Social & Communication Skills***

Mondays, July 12-August 30, 2010

Learn the tricks and techniques for feeling comfortable talking with strangers, build your self-esteem and enjoy social situations.

### ***Managing Your Personal Assistant***

Every Tuesday beginning July 13

Managing Your Personal Assistant (MYPA) is a "must" for any consumer with plans to move into the community as well as for consumers already working with an attendant. Learn about Personal Assistant Service, how to schedule, communicate effectively, fire safety and home emergency procedures, and how to prevent abuse, neglect, exploitation and sexual harassment. Consumer Employers and consumers interested in hiring their own attendants have the added benefit of three classes dedicated to recruiting, screening, interviewing, evaluating potential candidates as well as hiring and firing their own attendants. This class will run continually throughout the year.

### ***Consumer Rights & Responsibilities/An Introduction to IL***

Wednesdays, July 14-September 2, 2010

As a disabled person, you have certain rights. Learn about these rights, the responsibilities that go along with them, and how to defend and guarantee our civil rights. The class also provides a look at the philosophy and history of Independent Living and discusses issues of concern to the disability community today.

**Turn Over**





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***Nutrition & Meals***

Fridays, July 16-Sept. 4, 2010

Understanding nutrition and how it fits into our lifestyle is the key to a healthier and longer life. Learn how to plan balanced meals, how to use adaptive equipment, shop wisely and make some incredibly delicious snacks and meals. Consumers must live in the community in order to participate in *Nutrition & Meals*.

All Independent Living Skills Training Classes are held for eight weeks from 1:00-4:00 PM at Liberty Resources., Skills Training Room, First Floor, 714 Market St., Philadelphia. If you have questions or wish to register, call Conor, 215-634-2000, Ext. 337.



714 Market Street, Suite 100  
Philadelphia, PA 19106

**FREE MATTER FOR THE BLIND  
AND PHYSICALLY HANDICAPPED**

