



## What's Happening At Main Line October 2015

### **Support Main Line Rehabilitation Associates' Food Drive**

It's that time of year again!! STEPS will be holding their second annual Holiday food drive to help those less fortunate. Help us give back to the Chester County Food Bank by making a non perishable food donation. This can include canned foods, cereals, rice, pasta etc. The Chester County Art Association has kindly joined the STEPS program to help us beat last year's donation of 500 pounds of food! Make a difference in a family's life during the holiday season.

#### **Drop off locations include:**

**STEPS**

669 Exton Commons

Exton, PA 19341

**AND**

The Chester County Art Association: Exton  
Square Mall

132 Exton Square Mall

Exton, PA 19341

**OR**

call Stacey at 610-280-0180 ext 115 to request donation pickups.



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## **Main Line Events:**

### **Date: October 20th: Coffee and Conversation Women's Support Group**

The purpose of this support group is to provide a forum for encouragement, emotional support, access to resources, and knowledge. You will have the opportunity to share personal experiences and the chance to socialize with others.

**Time:** 6:00-7:00 PM

**Location:** Newtown Square Panera Bread, 3554 West Chester Pike, Newtown Square, PA 19073

For more information, please contact Stacey at 610-280-0180 ext. 115. To **R.S.V.P** contact 610-280-0180 ext. 168

### **Date: November 17th: Coffee and Conversation Women's Support Group**

The purpose of this support group is to provide a forum for encouragement, emotional support, access to resources, and knowledge. You will have the opportunity to share personal experiences and the chance to socialize with others

**Time:** 6:00-7:00 PM

**Location:** Newtown Square Panera Bread, 3554 West Chester Pike, Newtown Square, PA 19073

For more information, please contact Stacey at 610-280-0180 ext. 115. To **R.S.V.P** contact 610-280-0180 ext. 168

### **Date: November 18th: Pittsburgh Support Group**

A quarterly support group for individuals with brain injuries, families, supports, and professionals. The meetings are designed to be both educational and to provide a forum for individuals to share their own personal experiences. All are welcome!

**Time:** 1:00 pm– 3:00 pm.

**Location:** 1 Veterans Way, Carnegie, PA 15106. Support Group is held on the 2nd floor in the Council Chambers Room .

**Contact** Sarah Fischer at 610-280-0180 ext. 140 or [sreis@mainline-rehab.com](mailto:sreis@mainline-rehab.com)

## Natural Supports

Natural Supports are relationships that occur in everyday life. These relationships include family members, friends, services, social networks, organizations, co-workers and neighbors. Natural supports are extremely beneficial because they foster empowerment, an improved quality of life, independence and growth.

### **Here are some suggestions to help increase your natural supports:**

- Participating in community activities and projects
- Joining local groups and clubs
- Volunteering
- Spending time with one's immediate and extended family and neighbors
- Finding a job
- Identifying community resources that fit your interests

Here are some local support groups that can get you started on your journey of finding more supports.

### **Brain Injury:**

- Visit [www.biapa.org](http://www.biapa.org), then click on "PROGRAMS", then click on "Support group listing (programs)".
- Visit [www.abin-pa.org](http://www.abin-pa.org). Click on "SUPPORT GROUPS" to find a support group in a town near you.

### **Autism:**

- **GRASP** (*Global and Regional Asperger Syndrome Partnership*) [www.grasp.org](http://www.grasp.org). Click on "Grasp Connect" at the top and then click on support groups. This will bring up options for on line discussion groups or regional (in person) support groups for individuals with Asperger.

### **Multiple Sclerosis:**

- Visit <http://www.nationalmssociety.org/Chapters/PAE>. Click on "Groups and Discussions". It will bring you to a new page where you can enter your zip code and how many miles your willing to travel from your zip code. Choose within 5 miles to find support groups closest to you.

### **Developmental Disabilities:**

- Inspire - [www.inspire.com](http://www.inspire.com)

## Transportation

Customized Community Transportation (CCT) provides Paratransit services for individuals with disabilities. SEPTA provides modified bus services for individuals who are eligible. The Pennsylvania Transportation Authority also offers a door to door, advance reservation, ride sharing service known as the Share Ride Program. This service travels within the city of Philadelphia, as well as surrounding areas that are within three miles of the city.

### **To get in touch with Shared Ride Coordinators:**

- 215-794-5554 Bucks County Transport, for **Bucks County**
- 610-594-3911 Krapf Coaches, for **Chester County**
- 610-490-3960 Community Transit, for **Delaware County**
- 215-542-7433 TRANSET, for **Montgomery County**
- 610-921-2361 BARTA, for **Lehigh Valley**

### **Riders in the Pittsburgh Area can contact:**

- 1-800-860-8222 or 1-412-824-2181 P.R.N. Para Transit Service Inc.

Another option is **Uber**. Uber is available in the Philadelphia, Pittsburgh and Lehigh Valley. This is an app that is downloaded on a smart phone. Individuals can request cabs that include sedans, SUVs, and wheel chair accessible vehicles. Uber can be more expensive and requires registration with a credit card, but can be useful when a swift ride is needed. To find out more information go to [www.uber.com](http://www.uber.com).

## Voting Rights

Any voter who needs help to vote because of blindness, disability, or inability to read or write may be given assistance by anyone the voter chooses, other than:

- The voter's employer or agent of that employer,
- An officer or agent of the voter's union, or
- The Judge of Elections.

A voter has a right to receive this assistance in the voting booth or when voting by Absentee Ballot or Alternative Ballot.

### **Requirements:**

To qualify to get help in voting, you will need one of the following:

- Your voter registration card may note that you need assistance; or
- You must fill out and sign a form provided by the poll workers explaining your disability.

Unlike some states that permit self-declaration of disability, Pennsylvania requires voters to give the name and phone number of their physician.

## Social Competence:

### What Is Social Competence?

The social, emotional, and mental skills needed to be successful in our society. It also means our ability to get along with other people.

Socially competent people:

- ⇒ Have good listening skills and communicate clearly to others
- ⇒ Use appropriate body language and facial expressions
- ⇒ Interpret and respond to others' behaviors and body language correctly
- ⇒ Understand another person's point of view in a situation
- ⇒ Know how to behave in social situations
- ⇒ Think before they act or say something
- ⇒ Have the confidence to be involved in social situations

### Tips

- ⇒ With your staff person, family member, or friend make a list of social activities you already participate in or would like to participate in. Role play these situations with this person. Get their feedback to see if your actions and comments are appropriate for the situation, what you could change, and what you did well.
- ⇒ If you are hesitant about participating in social activities, practice going out and participating in social activities in small steps with your staff person, family member or friend.
- ⇒ Use your staff person, family member or friend as a buddy system in social situations. Talk about and agree on a subtle signal that they can give you if you start to break social rules.
- ⇒ Buy a diary or notebook to write details of social activities you participate in. Include what you think went well and what you could change for next time.