ATI Awarded Civic Engagement Leadership Award

On April 23, Access to Independence (ATI) received a Civic Engagement Leadership Award from SUNY Cortland in recognition of outstanding service to the Cortland community.

In presenting the award, Richard Kendrick, the director of the SUNY Cortland’s Institute for Civic Engagement (ICE) and a professor of sociology/anthropology, said, “Access to Independence aims to increase access to equal opportunities in exercising social, economic, educational, and legal rights. ATI works with individuals, community organizations, and state/national networks to promote full inclusion of people with disabilities, and to improve the implementation of existing laws: federal, State, and local.”

ATI’s CEO, Chad W. Underwood, accepted the award on behalf of ATI's Board of Directors, staff and consumers.

ATI Recognizes Volunteers

On April 16, Access to Independence (ATI) recognized the contributions of its volunteers by hosting them to homemade lasagna and salad. ATI also presented special awards of appreciation to five individuals who went above and beyond over the past year: Sara Askew, Vivian LoMonaco, Karen Nielsen, Michelle Quinlan and Rene Waddy.

Over the past year, 80 individuals volunteered for a total of 2,788 hours. Volunteers donated their time in various ways, including: providing clerical support, participating in advocacy efforts, participating on the Board of Directors, helping out at fundraisers, and helping out at awareness events.

Many thanks go out to each and every ATI volunteer for their dedication and commitment. Our success wouldn’t be possible without your support!

ATI Celebrates Founding Day

On May 7, ATI recognized its 17th anniversary as a nonprofit corporation by hosting former and current Board Members to hors d’oeuvres and desserts.

On May 8, 1998, founding Board Members included: Thomas Miller, Lorriane Janke and Christopher Farkas. Frances Pizzola was the founding volunteer Director. At the time ATI was based in Room 200 of the County Office Building.

ATI’s roots go back to the 1980's when it was known as the Cortland County Accessibility Committee (CCAC). As a local community action group, the CCAC spearheaded a number of initiatives relating to curb cuts and enforcement of accessible parking spots.

Just prior to its incorporation, ATI was affiliated with the Finger Lakes Independence Center (FLIC), a sister center based in Ithaca.

Above: ATI had a presence at the 2015 Cortland County Chamber of Commerce Business Showcase.

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2015 Bowl-a-Thon Raises $2,767 for ATI

On Saturday, April 25, 38 bowlers convened at Cort-Lanes to enjoy a half-day of rocking music, inclusive recreation fun, pizza, and door prizes donated by 14 local businesses!

ATI awarded four King Pin Trophy’s at this year’s event. In the Individual Categories, Caroline Krendal was recognized for most money raised by an individual and Mark Bregard won for most pins knocked down by an individual. Team Alpha Wolf took home the trophy for most pins knocked down by a team. Lyndsey Miller’s team took home the trophy for most money raised by a team.

The 2015 ATI Bowl-a-Thon would not have been such a success without the ardent support of community donors and businesses. This year’s event sponsors included Glenn Anderson of Empire Construction, Sherry & Keith Brickner, Mary E. Ewing, Lawrence Pfister and Tompkins Trust Company.

Furthermore, we would like to thank Caroline Krendal and Matthew Green who, as part of the SUNY Cortland Community Innovations Lab, helped to plan and facilitate this year’s Bowl-a-Thon. Their time and support helped to bring the College and Community closer together to raise money for our cause. The Community Innovations Lab, taught by Dr. Richard Kendrick, aimed to get students involved in real-world projects to help local agencies.

Many thanks go out to all of this year’s bowlers and contributors!
ATI Modernizes Community Room

This past April Access to Independence showcased its recently renovated community room. Thanks to a grant from Nicholas and Agnes Renzi through the Cortland Community Foundation and additional funding from the New York State Education Department’s ACCES-VR office, ATI modernized its community room to include a wireless and wired network environment for workshops, meetings, presentations, social gatherings, etc. for the Board of Directors, staff and consumers to use at no cost.

In addition to an 82 inch screen and a high definition projector, the community room now has a surround sound audio system, an Apple TV, an Xbox and video conferencing functionality. ATI also purchased a conference call system to facilitate large groups of people. Lastly, ATI created an additional workstation with telephone and computer access for volunteers and consumers to use as needed. ATI staff added finishing touches by painting the entire area.

ATI plans to install pictures on the walls consistent with its Faces of Independence theme. For more information on reserving a time to use the room, call 607-753-7363.

An Intern’s Perspective — by Lyndsey Miller

The way I felt before I started my internship at Access to Independence certainly isn’t how I feel now that I am close to being done. Starting this internship I felt that I didn’t have enough knowledge of the agency and the services they offer people. This worried me and made me feel nervous as I got started. Most of these feelings came from the fact that I personally don’t have a disability. I’ve been in health care for several years and have family and friends with disabilities but I still couldn’t help but wonder if I was going to be able to provide enough help to the agency.

One of my biggest concerns was not being able to personally relate to those with a disability. Because of this I wasn’t sure if I was going to be able to succeed in getting the “full experience” out of my internship, I was wrong! I have learned and experienced so many new things that I would of never imagined.

The staff and individuals that I came in contact with during these past few months have helped me learn and understand everything that they do, which by the way is incredible. Everything that I have learned through this experience will help me tremendously as I continue into a career. I can honestly say that their dedication to the community and the people who live in it has been a huge inspiration, making me want to continue giving a helping hand.

ATI Community Computer Lab
Open Monday - Friday
9:00 am - 4:45 pm

Computers are available for consumers only.
For more information, call (607) 753-7363.
ATI Launches Spring/Summer Workshop Series

ATI Hosts Fraud Protection Workshop
On Thursday, April 30, 2015 at 10 am, ATI held a workshop on how to protect oneself against internet, email, telephone and mail fraud and how to protect your finances and take legal action if necessary. The presenters included Sgt. Dan Edwards from the Cortland City Police Department, Tammy McCall from Cortland County DSS, Nick Pizzola from Plan First Technologies, Mary Robillard from First Niagara Bank, and Dan Mullins, ATI Board member and Advocate for our Aging.

ATI Hosts Workshop on Estate Planning
On Thursday, May 14, 2015 at 10 am, ATI held a workshop on Estate Planning for People with Disabilities. The program featured Patrick Perfetti, Esq. from Perfetti Law Offices and Marsha Sweet, Pooled Trust Specialist, for Center for Disability Rights as the presenters. The event focused on wills, living wills, power of attorney’s, healthcare proxies and trusts.

Ken Woodman attended the workshop to get some information for his family to help his son who has a disability. “The class was not what I expected. But, I picked up some good bits of information such as the pool trust concept. I will be looking into this funding further to see if this will work for me and my family,” said Woodman.
On May 11, a contingent of six Cortland area advocates traveled to Albany to join hundreds of advocates from across the State to raise awareness and fight for disability rights. As part of the 2015 Assembly Legislative Disabilities Awareness Day (LDAD), advocates met with Legislators, gathered information from 40 booths and poster presentations, and attended a seminar on the recent Employment First Commission report.

ATI advocates met with Assembly Members Barbara Lifton, Gary Finch, and Senator James Seward to urge support on a number of pressing disability issues.

First, advocates thanked Legislators for their fervent support of a $1 million funding increase for State Independent Living Centers and for their support of a new Office for Community Living in this year’s State budget.

Second, advocates asked for funding to purchase an accessible vehicle for ATI. Demand for ATIs services has grown since we opened in 1998 and this demand resulted in the need for staff to travel throughout our County and region. Moreover, an accessible vehicle would allow ATI to bring more people with disabilities to advocacy events around the state and nation!

Finally, advocates asked for support on a number of policy issues, including:

**Employment** - Add people with disabilities as a “minority group” for Minority and Women Business Enterprise contracts; and establish a tax credit for hiring people with disabilities.

**Health** - Authorize an exemption to the Nurse Practice Act to allow for advanced home health aides to perform advanced tasks under nurse supervision.

**Housing** - Make discrimination by landlords based on source of income illegal; mandate inclusive home design in new residential housing that receives public funds; and establish a tax credit for visitable home design features.

Each year, LDAD offers an opportunity for Assembly Members to learn more about disability issues and for advocates to learn more about and have a voice in the legislative process. LDAD is organized by the NYS Assembly Task Force on People with Disabilities and includes Assembly Members and people with disabilities.

For more information on how to get involved with ATI’s Systems Advocacy efforts, contact Aaron T. Baier by phone at 607-753-7363, or by email at abaier@aticortland.org.

**2015 Assembly Legislative Disabilities Awareness Day**

**ATI Continues Technology Upgrades**

Over the past two years, Access to Independence has invested more than $30,000 to upgrade its technology systems, including a new network server, switch and UPS unit, a new 24-unit digital telephone system, a new multi-functional copier and a high-tech community room (see article on page 3). Earlier this month, ATI launched efforts to raise another $30,000 to replace the Agency’s 20 computers, three laptops and two color printers with state-of-the-art technology. ATI has already raised $6,000 to fund the initiative and plans to seek additional funding from foundations and individuals through its fund development efforts. ATI’s computers were purchased in 2007 and have performed flawlessly beyond their expected life span. In addition to the technology, ATI plans to purchase updated software to promote increased accessibility and productivity for staff and consumers. ATI currently offers consumers use of five workstation that have a variety of accessibility software, Microsoft Office 2013, internet, and access to a scanner, printer and copier. Since 2007, ATI consumers have logged more than 60,000 hours of use on the computers. For more information on ATI’s computer lab or on how you can help ATI complete its remaining technology upgrades, contact Chad W. Underwood, ATI CEO, at 607-753-7363.
March for Meals Food Drive — by Maria R. Mucaria

Access to Independence actively collected donations for the Meals on Wheels Food Drive known as “March for Meals”. ATI’s donation of food was delivered on March 27 to Meals on Wheels by Audrey Jones and Maria R. Mucaria. ATI would like to thank all of the Board of Directors, staff, volunteers, consumers and family members who helped contribute to the drive!

The Nutrition Program at the Cortland County Area Agency on Aging organizes our local Meals on Wheels program. They continue to combat the malnutrition and starvation incurred by many of our senior population. Their services reach out to various members of the community to bring them full meals for breakfast, lunch, dinner and snacks.

Anyone in the community is welcome to bring food anytime. The Meals on Wheels program accepts non-expired, non-perishable food. The community is invited to bring any donations at any time of year to their office located in the basement of the County Office Building.

ATI is recruiting interested individuals with diverse backgrounds, with and without disabilities, to serve on its Board.

For more information, please contact:

Chad W. Underwood, Chief Executive Officer, by phone: 607-753-7363; or by email: cwunderwood@aticortland.org

2015 Holiday Gala

Saturday, December 5, 2015
6:00 - 9:00 pm
SUNY Cortland Alumni House

To purchase your tickets, call 607-753-7363, or visit us at 26 North Main Street, Cortland, NY.

Tickets are $30.00 each or 2 / $50.00.

• Exquisite hors d’oeuvres    • Raffles    • Live Music    • Silent Auction
Advocacy Update: Employment First For All People with Disabilities

Working-age people with disabilities in New York State (NYS) have a 32% employment rate, approximately 44% less than the rate for people without disabilities (American Community Survey 2012). The poverty rate for people with disabilities in NYS is 17% higher than people without disabilities. What is even more interesting is that these statistics are very close to what they were in 1990 when the Americans with Disabilities Act (ADA) became law.

Last October’s establishment of a Commission to create an Employment First policy for New York by the Governor was groundbreaking for people with disabilities in New York State. Coupled with the Governor’s ongoing Olmstead initiatives (aimed at ensuring people with disabilities receive services in the most integrated setting appropriate to their needs) this new Commission aimed to set NY on a new path to promote improved employment outcomes for people with disabilities.

This past March the Employment First Commission released a formal report of its findings and recommendations for the creation and implementation of such a policy in the state. The Commission announced the following recommendations, among others:

1. NYS agencies should model the integrated employment of individuals with disabilities through enhancements to the governor’s programs to hire persons / veterans with disabilities or through community-based organizations directly hiring individuals.
2. NYS should establish a business first platform by promoting existing tax credits, supporting businesses to pursue federal contracts and harnessing the power of NY’s regional economic development efforts.
3. NYS should fully adopt the New York Employment Services System (NYESS), the largest Social Security Administration Ticket to Work (TTW) network in the nation and the leader in moving individuals with disabilities into the world of employment.
4. NYS should utilize emerging tools like Disability Benefits 101 (DB101) and a network of “life coaches” to expand benefits advisement. Benefits systems are complex and only limited resources are available to help individuals accurately understand eligibility requirements and the impact of employment on benefits.
5. NYS should integrate the Medicaid Buy-In for Working People with Disabilities (MBI-WPD) into the online New York State of Health application portal, automating and standardizing eligibility determinations and referring applicants who require additional assistance.
6. NYS should establish a cross-agency taskforce to examine barriers to integrated transportation, identify potential solutions (such as a rural transportation tax credit), and build on initiatives like the proposed mobility transportation project. Transportation to work is a key element for employment success.
7. NYS should continue to support schools in embracing approaches that increase the integration of students in their communities. NYS should provide options for local school districts that include implementation of a “school of choice” for students. NYS should support local schools districts with best practices that would give them the ability to place a greater emphasis on career planning and counseling for all students.

The Commission’s report said that New York State’s full potential had yet to be realized. The Employment First Commission said the State could accomplish the goals of Employment First by engaging in a statewide comprehensive, cross-disability, cross-sector approach to removing employment barriers and by establishing clear policies to promote the hiring of individuals with disabilities. The Commission said it believed that adoption of all recommendations would provide the catalyst for realizing the Employment First vision in NYS.

While we await the Commission’s next steps and further action by the Governor, there are a few things that our state leaders can do now: (1) Establish a small business tax credit for the employment of people with disabilities, and (2) Add disability-owned businesses to the Minority and Women Business Enterprise (MWBE) program.

A small business tax credit would provide an incentive for small businesses to hire individuals with disabilities, thereby increasing the opportunities for New Yorkers with disabilities to achieve gainful employment and self-sufficiency. Adding disability-owned businesses to the MWBE program would promote self-employment business opportunities by people with disabilities in the State procurement program.

Consider the implications of an employment first environment rather than a benefits-driven system on our local and state government systems. Consider the implications of an employment first environment where people with disabilities are not looked at for their disabilities, but rather sought after for their abilities. Imagine the next 25 years of the ADA and consider how these efforts will affect the employment and poverty rates of people with disabilities.
Cortland County Housing Consortium

2015 Meeting Schedule

May 27, 2015: 8:00 - 10:00 am
August 26, 2015: 8:00 - 10:00 am
November 18, 2015: 8:00 - 10:00 am

All meetings will be held in Room 203 of the Main Street SUNY Cortland Building located at 9 Main Street

For more information, Contact Aaron Baier by telephone: 607-753-7363 or by email: abaier@aticortland.org.

In early February, I joined the Access to Independence team. The focus of my work is to provide information and assistance to anyone currently living in a nursing home and who desires to return home. Sometimes getting the right information can be the key to returning to independent living in the community.

The Money Follows the Person (MFP) initiative is a program of the New York State Department of Health (DOH). It was designed to identify and reach out to certain residents of nursing homes who are Medicaid recipients, in order to provide them with comprehensive and unbiased information about home and community-based services.

My title is transition specialist. Along with other transitions specialists in Independent Living Centers (ILC) across the state, I directly assist people in nursing homes access the services they need to return to the community. When requested, transition specialists can work with discharge planners, service coordinators and agencies throughout the county to facilitate successful transitions into community settings. We work together to put in place appropriate home and community-based services and supports to ensure successful transitions.

Since the program began in January of 2015, I have begun working with more than 35 individuals who are utilizing the program in Cortland and Tompkins Counties.

It has been interesting to listen to each person with their own story, their own dreams, and their own needs. I enjoy making the personal connections and to do whatever I can to help fulfill those dreams.

I often hear, “I just want to go back home”. Determining what steps need to be taken to find out if that is possible can feel overwhelming. It can also be difficult for family and friends when trying to help get their loved ones home. I want them to know they can call me and I will do my best to help.

The MFP program will be tracking the success of individuals who transition for two years with Quality of Life (QOL) Surveys. A baseline survey is completed before leaving the nursing facility, and then at 1 year and 2 year follow up visits in the community setting.

If you would like further information about the program or have questions, please contact Anne Piche, ATI Transition Specialist by phone at 607-753-7363 or by email at apich@aticortland.org.
ATI provides services to a wide range of individuals with a variety of disabilities that make it difficult for them to live independently. While we only see some people once, others stay with us for life. Let me introduce you to an outstanding individual who has been a consumer and volunteer with us for several years.

Cheryl first came to ATI in 2002 with barriers from multiple disabilities, resulting in mobility, stress and anxiety challenges. While she had formal and informal support from her friends and other agencies, Cheryl gravitated to ATI for our social activities. She enjoyed our craft classes and became a regular face at our Social Nights!

Cheryl participated in as many opportunities as possible to learn more about disability and ways she could be more independent, healthy and better able to cope with stress. One of the first endeavors she embarked on at ATI was a stress management workshop. Cheryl attended the first *Living Well with a Disability* workshop series, and enjoyed listening to her peers in the workshops and learning from their experiences.

Further, ATI assisted Cheryl through the frustrating process of choosing a prescription plan and straightening out her Medicare issues. ATI staff helped her understand the various plans and decide which one would be best for her. Cheryl met with ATI’s Certified Benefits Planner over a period of time to address these obstacles. Cheryl also took advantage of training opportunities at ATI to learn more about employment, her rights as an employee and the Ticket to Work program. She attended ATI's annual Employment Conference to learn more about working while on Social Security. Cheryl also volunteered at ATI to enhance her job skills. She answered phone calls, helped create a filing system for the Executive Director and performed clerical tasks.

Cheryl continued her participation over the year and, in 2007, joined ATIs Peer Mentoring Program. Cheryl went through the required training to become a mentor and attended workshops and weekly support groups. As a peer mentor who had experienced stigma and bias herself, Cheryl provided support, encouragement and advocacy for two mentees. She was able to share the knowledge she had gained over the years with her mentees who were seeking employment. Cheryl also returned to work around this time and offered validation, empathy and friendship to her mentees over the life of the program.

Cheryl also became active as an advocate through ATIs Systems Advocacy program. This program helps advocates stay informed about current local, state and national disability and public policy issues. Advocates respond to Action Alerts by sending letters to legislators, and traveling to Albany to make their voices heard. Cheryl has brought her experiences and struggles with her own disabilities to bear, making her an effective change agent and a valuable spokesperson for ATI and the disability community. She also represented Cortland’s disability community at local outreach events and at a statewide conference.

Three years ago, Cheryl achieved a major goal when she had bariatric surgery and her life took a well-deserved positive turn. She lost more than 100 pounds, which greatly improved her health and feelings of self-worth. As with other groups that ATI sponsored, peer support is often the key to making major life changes. After going through this experience herself, Cheryl decided to give back. She collaborated with ATI to start a Bariatric Support group. Cheryl underwent training and became the facilitator of the group which continues to this day!

Cheryl has made a tremendous journey over the past 13 years with ATI and has many achievements to show for it. In 2013, Cheryl was recruited to represent consumers as a member of ATI’s Board of Directors and continues to support ATI’s mission, vision and values. Cheryl is a true face of independence!
This Summer: Begin the Transition! — by Aaron T. Baier

If you are like many other students with disabilities, you may know how challenging it can be to answer the question, “What will you do after high school?” Here are a few things you should keep in mind and do as you prepare for a smooth and successful transition. And you can get started THIS SUMMER!

First, you should be open to new opportunities! An opportunity may be a chance to volunteer or try out a job for a day. An opportunity may be a chance to visit a college or attend a fun event in your community. Why are these things important and why should you go for it? Because it might help you figure out what you want to do. If you go and you don’t like it, you can move on. If you love it and want to do it more, then you have learned something! Check out www.volunteercny.org to find some cool summer opportunities.

Second, you should know who your support team is! We all have people that are in our lives who help us and who we look up to. These people are our support team. Your support team is made up of people you trust to help you, such as your family, a mentor or even a teacher. You can choose who they are. Talk to them about your dreams and the opportunities you have. You can even invite them to your IEP meetings or maybe they know something that you’d like to learn! Check out www.youthpowerny.org for information on finding great peer support.

Third, you should speak up and advocate for yourself! Being a strong self-advocate helps you build confidence and can lead you to awesome new opportunities. You can learn about your rights and then teach others about yourself, your needs and your dreams. Being able to communicate with people is important, because it gives you power and control over your own life. Being a good self-advocate can also help you find that one-thing, that passion, which you want to do after high school! Check out www.fvkasa.org to learn more about becoming a strong self advocate.

Lastly, but most important, as a young person with a disability, you should be involved! Individualized Education Program (IEP) meetings aim to ensure you have all of the resources and supports that you need to be successful in school. Other meetings you may have to attend are just as important. Only you know best what you need and can use these meetings as a way to share your needs and opinions with teachers, counselors, your parents, and other people in your support team. You are in the driver’s seat and you are the person who sets the destination in the GPS. Check out www.findyouthinfo.gov to find more information on how you can be involved and take control of your life.

If you are a parent of a youth with a disability, seeing your child go through this process can come with mixed emotions. You are happy that they are gaining independence. You are frustrated that they won’t listen to you. You are sad they may leave the nest. You are worried that they will make mistakes. While it is important that youth begin to sit in the driver’s seat, it is also important that parents and supports sit with them in the passenger’s seat. Let’s support the next generation and help them find the skills they need to be happy and successful adults, no matter what they do! Check out www.parenttoparentnys.org to find new opportunities to support your child toward their goals.

For more information on ATI’s Youth Transition Services, please contact Aaron T. Baier, Consumer & Systems Advocacy Coordinator, by phone at 607-753-7363, or by email at abaier@aticortland.org.

Got rent?
The Cortland Housing Authority has a rental assistance program that may be able to help you!!

The Section 8 Housing Program helps qualified people meet their monthly rent bills by paying a portion of their rent directly to their landlord.

Interested persons may pick up applications at the Housing Authority offices located at 42 Church Street or 51 Port Watson Street Monday through Friday from 8:30 am to 4:30 pm or Call 607-753-9364 or 607-753-1771 to request to have an application sent by mail.
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2015 ADA Celebration Vendor/Sponsorship Form

Celebrating 25 years of the Passage of the Americans with Disabilities Act (ADA)!
Saturday, July 25th, 2015 11:00 am - 2:00 pm
Courthouse Park, Church Street, Cortland, NY

Company Name: ____________________________________________
Contact Name: ____________________________
Address: ________________________________
Email: _______________________________________
Website: ________________________________
Telephone/Fax Number: ________________________

*All Vendors are asked to bring their own table & chairs.
*Set up will be from 10:00 - 11:00 am.

Business & Individual Sponsorship Levels

_____ $50  “Curb-cut” - table space & mention in program
_____ $100  “Accessible Parking” - above plus name on t-shirt
_____ $150  “Ramp” - above plus mention on live radio
_____ $200  “Automatic Door” - above plus logo on t-shirt
_____ $250  “Spirit of ADA”: above plus 1 minute on live radio broadcast

PRINTING DEADLINE:
Thursday, July 2, 2015
Please mail completed forms & payments to:
Access to Independence
26 N. Main St., Cortland, NY 13045
(607) 753-7363
Please make checks payable to: Access to Independence
*All donations are tax-deductible to the extent allowed by law.
Access to Independence of Cortland County, Inc.

Celebrating 25 Years!
Americans with Disabilities Act (ADA)

When: July 25th, 2015—11:00 am - 3:00 pm
Where: Courthouse Park

ADA Sponsor:
- Walmart

Spirit of ADA Sponsor
- First Niagara Bank
- TBD
- TBD

Activities:
- Stroll & Roll (10 AM@ATI)
- Free Food and Drink
- Live Radio: WXHC
- Watermelon Eating Contest
- Disability Rights Advocates
- Reading of Proclamation
- Vendor Tables
- Inclusive Games

Accommodations available upon request. Please call: 607-753-7363.