



A Quarterly Publication of
Independence Now, Inc.

Winter 2018

January, February, March

IN TOUCH

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We hope that 2017 has been a great year for everyone and that 2018 will be even better.

Whether you have been motivated to make resolutions, paused to reflect on the past year, or just simply relaxed and enjoyed the holidays may you continue visualize your future. 2018 can be a year of hope and promise within our lives, families, communities, workplace and even the world around us. It can also represent a time of renewed commitment to reaching goals as we all continue to live a fulfilling life, independently in our community.

Here at Independence Now, it is the hope that we continue to empower our consumers in realizing their possibilities in accomplishing their goals. Whatever challenges you may face in order to meet your goals in living independently, we hope that our staff will be there for you in your endeavors.

May you envision the possibilities of your dreams and potential of your actions. May you give yourself permission to do something extraordinary and amazing this year. Independence Now, Inc. will be here to guide you.

We look forward to assisting you in achieving your goals in 2018.

Independence Now Seeks Success Stories

Independence Now would like to celebrate your success and share your success stories in our newsletter. If you have achieved success with your independent living goals or has successfully started gainful employment, we would like to hear about it. Please forward a brief paragraph explaining your achievement with a picture of you to

sminnick@innow.org.

If you have questions, please contact Shannon Minnick at 240-638-0070

INDEPENDENCE NOW REGULARLY SCHEDULE EVENTS

(Monthly, quarterly and annual events)



CREATIVE COOKING CLASS

The New Year is here again with its new resolutions and benchmarks—losing weight, visiting the gym at least three times in the week, and eating healthy meals. Independence Now is fully in support of your goals, and together, we will work to develop a healthy lifestyle throughout 2018 and beyond.

Thursday, January 18th 11:00am - 1:30pm-- Caesar Brussel Sprout salad -- Join us on January 18 for the Creative Cooking class, where you will learn how to prepare a simple healthy and delicious winter salad at low cost. Caesar Brussel Sprout salad is a favorite for most Americans, especially during the winter season. Come and make your own home made salad and desserts from scratch.



DINNER & A MOVIE

Thursday, February 15th 4:30pm - 7:30pm -- Profoundly Normal -- Kirstie Alley and Delroy Lindo star in this inspiring DRAMA based on the true story of two mentally challenged childhood friends who, despite their limitations, find love and family life in the "normal" world. After their Forest Haven institution is closed, Donna and Ricardo are sent to separate facilities. But their dreams of marriage and family fuel their determination to find each other again.

Wild Rice Chowder is what's for dinner. This is comfort food at its finest, and perfect for that cold weather hump-day to help get you through the rest of the week.

Thursday, March 15th 11:00am - 2:30pm -Creative Cooking Class-- Here at March Cooking Class, we invite you to join us for a deliciously fun and unique way to spend some time! This month we are teaching you how to make homemade infused water along with lemon pepper chicken and rice!! It's All About the Food! Always, a lot of fun!



HOUSING SEMINAR

Thursday, January 25th - 1pm - 3pm - " Negligent Landlords & Rent Escrow" When the law says that you do NOT have to pay rent to the landlord!

Thursday, February 22nd - 1pm - 3pm - "Legal Help for Landlord/Lease Disputes'
How/Where to get FREE legal assistance to resolve landlord-tenant issues.

Thursday, March 22nd - 1pm - 3pm - Waiting List Applications Clinic. Get help applying to multiple PRIVATE housing waiting lists.

Contact Abiola Heyliger at aheyliger@innow.org to register or to request accommodations.

FINANCIAL/BUDGETING SEMINAR

Money Matters - Thursday,

February 8th 1pm - 3pm

Money Matters: Saving your dollars and cents presented by Guidewell Financial Services. Learn how to save for a rainy day and necessities that are important to you.



Welcome to Independence Now

Tuesday, March 20th 1pm-4pm

An open house for Service Providers to learn the In's and Out's of Independence Now Services. What we do and Don't Do.

Women's History Month Annual Tea

March 29th 1-3pm

A Celebration of Empowerment and Achievement of Women through Adversity. Bring your hat and your tea cup. Must RSVP. Speakers to be announced

Contact Rochelle Harrod at 240-898-2184 to register or request accommodations.

Independence Now Inc.

We advocate and embody independence and equality for all people with disabilities.



“Like us on Facebook!” and “Follow us on Twitter!”



Our Facebook page is [facebook.com/InNowOrg](https://www.facebook.com/InNowOrg)

Tweet us @InNowOrg.

INDEPENDENCE NOW, INC. (IN) is a nonprofit organization created by and for people with disabilities. IN. assists residents of Montgomery and Prince George’s counties to use community services and resources that will enhance their independence. All services are provided without regard to race, gender, ethnicity, national origin, age, religion, or type(s) of disability. This Newsletter and all public information are available in alternate format such as Braille, large print, or by e-mail upon request.

Independence Now has two offices in Montgomery and Prince George’s Counties:

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12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904

Largo Office
1300 Caraway Court, Suite 200
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