

ECOD NEWS

Summer 2009
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ERIE COUNTY OFFICE FOR THE DISABLED

95 Franklin Street · Room 626 · Buffalo, NY 14202



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danceability, Inc.



Danceability, Inc. is a nonprofit dance and movement program that teaches children and adults with special needs the fundamentals of dance. It also provides resources and support in a comfortable environment for their families and staff.

Danceability, Inc. was officially established in July, 2007 by Robin Bishop and Christine Kwiatkowski, opened its doors in September, 2007 and was granted 501 3c status in October, 2008. In that short time, the program has grown to serve over 80 families. Those who attend the program are challenged with disabilities including, but not limited to; autism, ADHD, cerebral palsy, down syndrome, traumatic brain injuries, angelman's syndrome, learning disabilities and psychiatric disorders. Dancers range from 4 years old to over 60 years old.

Students attend dance classes once a week from September through May. They are placed into classes after having a one on one individual assessment based on approximate age,

ability and parent/staff schedules in order to make the most successful group dynamics possible. Classes range from one to five students. Private lessons are given for those that require a one on one, individualized routine. The primary focus of each class is to have fun while the dancers learn the basics of dance, musicality, rhythm and routine. *Danceability, Inc.* strives to meet the needs of the individual while still in a cooperative group setting by finding the best modalities to help them meet their goals.



Mary Claire Carver & Emily McCreary

The benefits of those few things reach far beyond. Dance and movement have the power to facilitate communication beyond words, facilitate socialization, create body awareness, improve flexibility, increase muscle strength, curb negative behaviors, and even help memory.

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Metro-PAL Advantage

Metro-PAL Advantage is a flexible benefit for both employers and employees. Through the Metro-PAL Advantage program, employers are able to offer their employees the benefit of purchasing Metro passes utilizing pre-tax dollars.

The NFTA's Metro-PAL Advantage program means tax savings to employers that quickly add up. Pre-taxed wages do not incur FICA and other taxes. The savings to employees is approximately 30 percent.

What is Metro-PAL Advantage?

Metro-Pal Advantage allows PAL clients* to purchase a fixed number of rides known as PAL passes through their employer using pre-tax dollars. Clients who utilize Metro-PAL Advantage will save approximately 30 percent. PAL passes are valid in Erie and Niagara Counties. Metro-PAL Advantage is convenient, cost effective and there is no NFTA fee to participate.

Metro Paratransit Access Line provides curb-to-curb transportation to individuals with a permanent or temporary disability that prevents them from using Metro's fully accessible fixed route bus or rail service,

Eligibility to use PAL is determined based on the guidelines contained in the Americans With Disabilities Act of 1990. PAL provides the same level of service as our fixed route service. This means that PAL operates whenever Metro Bus and Rail provides service in your area.

For more information, call 716-855-7216
(TDD) 716-855-7650

*Individuals must meet eligibility requirements to utilize PAL.





Grocery Delivery Service is a family owned and operated business established in 1984 to provide a much needed service to our community. We are a local grocery

store with a deli and meat department, as well as fresh produce, canned and boxed goods, frozen foods, beverages, and household items. All of our products are available for home delivery throughout all of Western New York. We also offer a laundry service where you can have your laundry picked up, washed and folded, and re-delivered the next day.

Orders for groceries and laundry can be placed over the phone by calling (716)894-7990, Mon. thru Fri. from 9:00am to 5:00pm. You can also find a catalog of products and place your grocery and laundry orders online at www.easyfoodandlaundry.com. If you have any questions, please contact Tim Wagner at (716)894-7990.

Amajin Alston



Danceability, Inc

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At the end of the season, *Danceability, Inc.* invites students to participate in the annual performance. Dances are choreographed and costumes are designed and selected for those students who desire to perform. Besides an entertaining experience, dancers show an increased sense of self esteem as they achieve something few people would ever consider; performing in front of an audience. For those that choose not to perform, it is class as usual.

Danceability, Inc. will be holding registration for its 6 week Summer Program on Wednesday, June 10th from 5pm-8pm and Saturday, June 13th from 10am-1pm at the studio. This is a great time for students to try out the program. Registration for the regular season will be held Wednesday, August 19th from 5pm-8pm and Saturday, August 22nd from 10am-1pm at the studio. The program is also always looking for great volunteers to work one on one with our students. No dance experience is required, but one must be 16 years old. *Danceability, Inc.* is located at 3859 Union Rd, Ste. 400 Cheektowaga, NY 14225 in the Tops/George Urban Plaza. If you have any questions, please feel free to check out our website at www.danceabilityinc.com, email us at danceability07@yahoo.com or call us at 716-651-0094.



Collen Thurnherr, Sam Ehert & Christine Karg



The Neighbor for Neighbor Heat Fund is supported with contributions from National Fuel Gas Company, community members and employees, and helps customers meet basic energy needs. To be eligible, you must be disabled, or have a certified medical emergency, or be at least 60 years old, and have difficulty in paying your bills. To apply, contact The Salvation Army at **716-883-9800, extension 230**, the Chautauqua office for the Aging at **716-753-4471**, or Catholic Charities at **716-856-4494** to find the agency nearest to you and determine the necessary documentation to bring to the application interview.

*The Erie County Office for the Disabled makes no endorsement of products or programs described.
This publication is for informational purposes only.*

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ADDRESS CORRECTION REQUESTED