

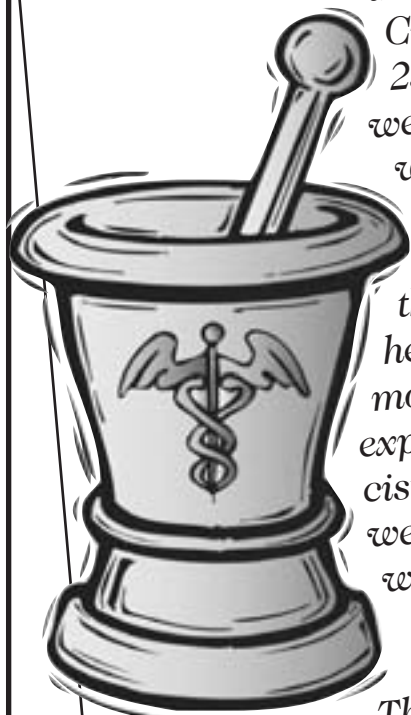
Pharmacy Like Family

To The Editor:

During the last six months of the terminal illness of Anna, my mother, she had a need for constantly changing medications and surgical supplies. Thanks to the help of Nick Papaioannou and Harry Xidias, the two pharmacists at City View Pharmacy, 23-07 Astoria Blvd., we never had to worry whether she got the correct medications when she needed them. Their concern for her as a patient was far more than we could have expected from a pharmacist. Both my mother and I were treated like family whenever we dealt with City View Pharmacy, so unusual these days. They are a welcome asset to the neighborhood.

Sincerely,

Anthony LaGattuta
Flushing, New York



City View. We Care For You.

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QILC Gives New Hope, New Life

Lisa received modest wages for many years as a receptionist in a wholesale jewelry business. Several years after an auto accident that resulted in traumatic brain injury, Lisa began to experience seizures. One day, while in the storeroom at work, Lisa had a seizure. Her frightened bosses immediately fired her. Lisa was devastated. The seizures continued. She was fearful of seeking another job, lest she not be hired when her condition was discovered. Unemployment benefits and savings were exhausted. Her landlord sent a notice threatening eviction. Depression set in. She had never used public services and had no idea where to turn for assistance. Out of pure desperation, she called an elected official who told her about Queens Independent Living Center (QILC).

At QILC, Lisa met with an advocate, Deb, also a survivor of traumatic brain injury (TBI), who was able to share what she had learned about living with TBI. Deb worked with Lisa to solve the immediate problems first. Since Lisa had worked for many years, she was eligible for Social Security Disability Income (SSDI) and began to receive payments. Through another QILC advocate, she learned about her rights as a tenant, and with her SSDI in place, was able to avoid eviction.

More important, as her meetings progressed with Deb at QILC, Lisa began to envision new goals and a new career—she wanted to become an accountant. Lisa was worried about her ability to complete college level courses, since the TBI was wreaking havoc with her memory. Deb showed her some easy strategies for dealing with memory lapses. She also identified a resource where Lisa could get training in study skills for people with TBI. QILC provided her with information on her civil rights—so that she would be able to advocate for herself in college.

Armed with confidence and the plan of action Lisa had developed with guidance from QILC, she applied to VESID, the state agency that provides support for the vocational goals of individuals with disabilities. She will be enrolled in a college degree program moving on to a new future. When she called QILC to thank us she said, “Queens Independent Living Center didn’t just open up doors for me. It opened up the world.” She was actually glad that she had been fired from her dead-end job: if that had not happened, she would never have connected with QILC and changed her life’s path.

People with disabilities are the people best equipped to direct the course of their own lives and to direct the services and programs established for their benefit. Queens Independent Living Center of New York takes this principle as seriously as doctors take their Hippocratic Oath.

Queens Independent Living Center is an agency that assists elderly and disabled individuals to manage their health care, home care and/or monthly living expenses.

QILC will arrange for loved ones’ needs, ranging from coordinating medical care to seeing to home needs, such as painting and repairs and making sure bills are paid on time. QILC consultants can coordinate nursing services as well as negotiate leases and

act as their property agent.

Call QILC today for a consultation and more information.

Contributions today to Community Campaign 2007 will be put to work immediately doing as Lisa said: opening up the world to people with disabilities.

QILC is a 501(c)(3) corporation. Make your tax-deductible donations payable to: Queens Independent Living Center, 23-35 Broadway, Astoria, NY 11106.

For more information or to make a secure online donation, visit www.qilc.org.

Domestic Abuse Is Widespread Problem

Domestic abuse by a spouse or intimate partner knows no age or ethnic boundaries. Domestic abuse can occur during a relationship or after it has ended. A common pattern of domestic abuse is that the perpetrator alternates between violent, abusive behavior and apologetic behavior with apparently heartfelt promises to change. The abuser may even seem to be pleasant most of the time (disguised as a healthy relationship), and therein lies the appeal of the abuser and the dilemma of the person being abused.

The signs of a healthy relationship include dignity, trust and support, non-threatening behavior, shared responsibility, economic partnership, negotiation, and fairness.

The dignity of both partners is built up in a relationship based on respect. Both partners listen to each other non-judgmentally, value each other’s opinions, and are emotionally affirming and understanding. Trust and support are vital to healthy relationships. Respecting rights to have one’s own feelings, friends, activities and opinions and supporting each other’s goals in life are important parts of healthy relationships.

While every relationship has periods in which the partners disagree, it is most important that these occurrences are marked by non-threatening behavior. Both speech and actions must allow each partner to feel safe and comfortable expressing themselves and doing things alone or together.

Violence, emotional abuse, threatening behavior, etc., jeopardize the success of any relationship, while violating the rights of one partner. In a healthy relationship, partners interact with honesty and accountability, acknowledging past use of violence; admitting when they are wrong; and communicating openly and truthfully.

Shared responsibility also marks a healthy relationship. Partners mutually agree on a fair distribution of work and make sure both partners benefit from financial arrangements. Economic partnership, making money decisions together and seeking mutually satisfying resolutions to conflict, accepting change and being willing to compromise are all part of shared responsibility in a healthy relationship.

If someone may be in immediate danger, call 911. Those needing a referral for counseling or further information can also call the Information and Referral Department at Queensboro Council for Social Welfare (QCSW), 718-468-8025, or 311.