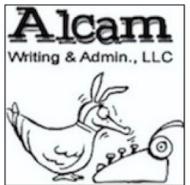




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More of the Best of the Valley

August 22, 2018

## New device gives writer a lift in more ways than one

By Ralph Villers

ANSONIA - It's a moot point whether or not we hope for change. It will intrude when it chooses to do so.

None of us seek change per se. However, when events overtake us, we hope to be able to learn to mitigate their effect and accept the impact on our lives.

I have Limb Girdle Muscular Dystrophy and prior to the date I started using the wheelchair (Nov. 19, 1995) I was not walking well and tended to fall a lot at home. and when I did fall, I referred to it as "doing a Ralph."

Of course, Patti and our two small children would say something like "Daddy just did a Ralph," and laugh about that - as did I. A bit of levity and humor helps in any situation.

However it was apparent that walking for ambulation would soon change.

Given that inevitability, I was and am happier to accept change. Even if the outcome compels me to reassess long-held beliefs.

In January, I wrote about some of my mobility degradation issues that are progressing, manifesting in more difficulty in making transfers.

What has changed is that it finally occurred to me it was high time that I rethink my needs, which ultimately made me confront my fears of losing independence by admitting I needed change.



I called my physician to refer me for occupational therapy (OT) and physical therapy (PT), which he did.

So perhaps a couple of decades late, I am now receiving OT/PT services to prevent further degradation of certain muscle groups. And what I am learning is that assistive tech equipment will actually make me more independent.

This explains the item pictured on this page. Some of our readers undoubtedly know what this is and how it works, but I am learning.

While it may look like a sort-of torture device to the unaware, it is a patient lift. This will allow for a cleaner transfer into and out of the 'chair at home. I was able to get this at the fabulous [Amity Medical Loan Closet](#) at the [Amity Teen Center](#) in Woodbridge.

And, I will have a proper wheelchair assessment and fitting on Aug. 30. This is a big deal, as I have never been fitted to the right wheelchair, purchasing used for the last 10 years since I was more concerned with price than fit.

I have often put the cart before the horse where I place the 'what if?' obstacles in my way first while assuming it can't be done.

I've decided that this time, I'll wait and see what happens. I can't be concerned what the insurance company will say, what my copay will be, or anything else.

I will wait and see.

## Emmett O'Brien Tech issues Civil Rights Compliance Statement

*Emmett O'Brien Tech does not discriminate on the basis of race, color, national origin, sex, disability, or age in its program and activities.*



*The following person or persons has/have been designated to handle inquiries regarding the non-discrimination policies:*

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# New downtown Seymour restaurant wins raves

By Joseph Luciano  
*Special to The Valley Voice*

SEYMOUR - On Fathers Day a family member and I enjoyed true haute cuisine at a new downtown restaurant, Boxcar 145.

The cook, actually a masterful chef, meticulously prepared and carefully presented his encrusted salmon for me and a falafel dish for my niece.

Falafel, as good foodies know, is the Middle Eastern dish of spiced mashed chickpeas formed into balls or fritters and deep-fried. They are usually eaten with or in pita bread. For dessert my niece and I shared the chef's crème brûlée cheesecake.

This new restaurant deserves 5 out of 5 stars for food quality and service.

Our server Crissy Lynn provided us with cheerful, professional, attentive service and she knew details of the regular menu and the specials.



Boxcar 145 2018-08-04

Her description of the chef's mashed potatoes characterized it as far from the usual mediocre fare. The potatoes were extraordinary, with texture and flavor unlike any I've ever had.

By the way, some of the salad greens came fresh from the restaurant's garden.

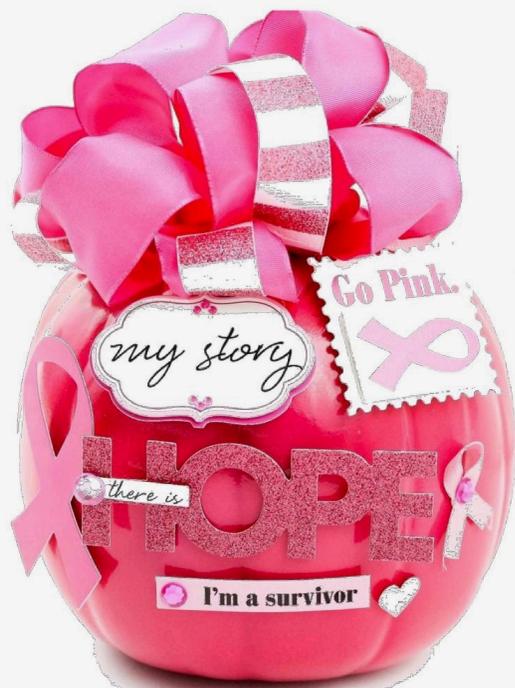
Boxcar 145, located at 145 Main St., may be Seymour's first "garden to table" restaurant.

Most importantly, Boxcar 145 is accessible according to Americans with Disabilities Act architectural standards!

It's exactly what downtown Seymour needs and what its growing disabled population has been craving.

*Luciano is a Seymour resident.*

**KIDS EVENT: PAINT A PUMPKIN**  
**DATE: FRIDAY SEPT 7<sup>TH</sup>**  
**TIME: 6:00PM-8:00PM**



**TICKETS: \$10 PER CHILD**  
LIMITED SPOTS AVAILABLE, SO BUY YOUR TICKETS NOW  
**REMEMBER: 100% OF THE TICKET SALES WILL BE DONATED TO SEYMOUR PINK**



The fundraiser will be held at 67 Family Diner, 6 Klarides Village Drive, Seymour

