

WHO ARE WE, HOW DID WE GET STARTED and WHAT DO WE OFFER ?

Harry Merica, a young man who had spent all but nine years of his life in an institution, had a dream, to live, work and participate as an independent productive member of the community.

In 1995 his dream was realized with the purchase of two condominium units at Skyline Plaza by the Alliance for the Physically Disabled, Inc. The units were named Merica House in recognition of Harry's vision and his persistence in advocating it to others.

Merica House accommodates seven young adults with severe physical disabilities that require twenty four hour attendant care services and supportive programs.

"Everyone needs somewhere to live, something to do and someone who cares." *Dr. Lawrence Schut.*

Merica House provides a community-based resident care alternative for severely disabled adults who would otherwise be in a nursing home or living an isolated life with no peer contact and totally dependent on aging parents for their care.

The Merica House idea is a model in Virginia for providing round-the-clock support in a community-based home living environment where residents are involved in the operation of the home and their own care.

Merica House residents form a close bond and enjoy the company and friendship of their peers as they are challenged to:

- Pursue their individual interests
- Develop computer and other skills
- Participate in community programs
- Attend social events
- Enjoy local shopping and dining
- Form relationships with volunteers and peers they meet outside Merica House.

This project continues to be made possible through the combined support of state and local government programs, community organizations, and both corporate and individual contributions.

Affordable and accessible housing is crucial to the success of this supportive care program for a population segment with special needs.



PLEASE JOIN US &/OR SUPPORT US

Some opportunities to volunteer are:

- Be a friend by visiting with residents to mentor, read books or just hang out
- Take a resident on an outing to the mall, a movie or a concert
- Help a resident with paperwork.
- Paint, repair, construct or do a handyman project for a resident
- Help a resident with your computer, or technical skills
- Participate on one of our committees:
 - finance
 - membership
 - publicity
 - hospitality
 - fundraising

"Light is the task when many share the toil." *Homer*

The Alliance for the Physically Disabled, Inc. is an IRC § 501(c)(3) organization consonant with the regulations promulgated under that section and §170 et seq relating to deductibility of charitable gifts.

Come share our commitment to creating housing opportunities with full time services for adults with severe physical disabilities.

www.theapd.org



Sponsored by the Alliance for the Physically Disabled

Mission Statement

The Alliance for the Physically Disabled (APD), Inc. is a non-profit organization committed to creating accessible and affordable housing opportunities with full-time personal assistance services for adults with severe physical disabilities.

APD Executive Board

- President: Fred Day
- Vice President: Kathy Shields
- Treasurer: Mitch Opalski
- Secretaries: Sunny Parr
Sean Mullaney



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Falls Church, VA 22041

Merica House
3705 South George Mason Dr.
Apt. # 105 / 106 South
Falls Church, VA 22041

Name(s) _____

Address _____ State _____ City _____ Zip _____

Email _____

I am enclosing my donation of _____

Make check payable to: **Alliance for the Physically Disabled, Inc.**

