



# Navigating Today™

"Independent Living News For People With Disabilities And The Community"

Spring/Summer 2008 Issue

Volume 1, Number 4

## In This Issue

### Center News

- Breaking Down Barriers
- 2008 ADA Celebration & Expo
- A Fresh New Start
- A New Vision
- The IEP – An Inside Look

### Community News

- May Was National Arthritis Month
- Emergency Preparedness For People With Disabilities

### State of Illinois News

- Coalition Of Citizens With Disabilities In Illinois 2008-2009 Advocacy Agenda

## Center News



*To Justin Dart. Without your drive, your 'believing' and your leadership this day would not have been possible. With respect & friendship Ag Burk*

## Breaking Down Barriers

By Ryan Jansen

Over 54 million Americans with physical or mental impairments that substantially limit daily activities are protected under the ADA. These activities include working, walking, talking, seeing, hearing or caring for oneself. People who have a record of such impairment and those regarded as having an impairment are also protected. There are an estimated 4,000 people with disabilities in Adams County based upon the national average which states that one in five Americans have a disability.

West Central Illinois Center for Independent Living this year held its ninth annual event marking the 18<sup>th</sup> Anniversary of the Americans with Disabilities Act. “**Breaking down Barriers**” was the name of this year’s celebration held Thursday, July 24, 2008 from 10 a.m. until 1 p.m. at Quincy Senior and Family Resource Center. The event co-sponsored by Quincy Park District was a success despite the rain which moved the celebration indoors instead of outside

### WCICIL Staff

Executive Director  
.....Glenda Farkas

Outreach Director  
.....Ryan Jansen

Program Director  
.....Dale Winner

Youth Services  
.....Dustin Gorder

Home Services &  
Reintegration Coordinator  
.....Jennifer Kelly

Transitional Case Manager  
.....Jason Finney

Independent Living  
Specialist  
.....Patricia Bissell

Independent Living  
Specialist  
.....Joe Pashka

### WCICIL Board Members

Chris Bunch, President  
Marcia Holmes, Vice-President  
Mona Pyatt, Treasurer  
Mike Killebrew, Secretary  
Shari Jones  
Karye Willard

at Washington Park. Over 30 exhibitors were present showcasing their services and programs for the community. Relaxing sounds of an acoustic guitar and banjo accompaniment filled the room performed by Steve Rees. It provided a nice escape from the scattered rain showers beyond the doors outside.

West Central Illinois Center for Independent Living Board President, Chris Bunch, kicked off the event recognizing WCICIL's accomplishments for empowering people with disabilities toward independent living. Bunch also noted these efforts are creating a positive impact in the community. An opening prayer was delivered by Chuck Sackett from Madison Park Christian Church. The National Anthem was beautifully sung by Lacey Phillips.

Representative, Jil Tracy addressed the crowd regarding the need for continued funding of social service agencies who serve people with disabilities and the importance of the Americans with Disability Act Legislation. Keynote speaker, LuAnn Kleemeyer, spoke about her personal experience of losing a leg in an almost fatal accident that changed her life forever. She humbly reminded people with disabilities to press forward and never give up.

The celebration ended with an award ceremony. Accessible Entity of the Year award went to the Quincy Park District and the Volunteer of the Year award went to Darryl Peacher. The Bumble Bee Award named in honor of the late Jordan Pyatt went to Mick Freeman.

Special thanks to the Quincy Park District, Quincy Senior and Family Resource Center, Illinois School Supply, County Market, Wal-Mart, and Refreshment Services Pepsi and every one else who made this event a success!

West Central Illinois Center for Independent Living is a not-for-profit agency which offers a variety of services and programs, free of charge to people with disabilities and communities in Adams, Brown, Hancock, Pike, McDonough, and Schuyler counties. The ADA celebration and expo is an annual event for our agency!

If you would like to view photos of the ADA event visit us online at [www.wcicil.org](http://www.wcicil.org).

---

## A Fresh New Start

By Rachel Curry – reprinted from Pike Press article

A state funded program called Community Reintegration is giving people in nursing homes between the ages of 18 – 59 a chance to live on their own again. Fifty-one year old Karen McDonald of Pittsfield learned about the program after someone at her sister's workplace told her sister about it. McDonald's sister is Mary McDonald. McDonald decided to be part of the program. She was at the Timber Point Nursing Home in Camp Point for a year and a half after her knees locked one day, causing her to hit her head on the back of a door frame. McDonald said she had always had problems with her knees and in 2007 she was diagnosed with Parkinson's Disease. McDonald was in the

## WCICIL Services

### Main Services

- Advocacy
- Independent Living Skills Training
- Information and Referral
- Peer Counseling

### Additional Services

- Reintegration Program
- Youth Services
- Equipment Loan Program
- ADA Technical Assistance
- Braille Services
- Personal Assistant Program

hospital for three days, and they recommended that she go to a nursing home. She decided it was time to leave Timber Point Nursing Home after improving in therapy and walking better. “I seemed to be getting better,” she said. “I thought I could do better on my own.”

At the time of McDonald’s discharge, it was not recommended that she do any more therapy. McDonald said she could not have moved out on her own again without the help of the program and Jenny Kelly, the coordinator for the Community Reintegration Program at West Central Illinois Center for Independent Living in Quincy. “It has been very helpful,” she said. “I couldn’t have done it without her.”

McDonald has been doing well on her own so far. She moved out of the nursing home last fall. “I concentrate on what I can do and not on what I can’t do. McDonald said she had no idea the program existed. “The program is a wonderful idea,” she said. McDonald said she also has the support of her family. There are two personal assistants who help McDonald out, Denis Hodgernay and Mary McDonald.

The program helps people get back on their feet.

“The program gets those individuals between the ages of 18-59 who are stuck in a nursing home, who are able to be on their own, more independent,” Kelly said. The program pays to get the cable started and to pay up to \$400 of past due utilities for the place they were living at before they moved into a nursing home. \$3,000 is given for furnishings, such as a television, couch, bed and so on. \$1000 for home furnishings from soap for the bathroom to mops. \$100 is given for cleaning and personal hygiene items. \$300 for the first month of initial groceries. “Everything they need for their apartment we get for them,” she said. “We pay for their first month’s rent and deposit.” Money is also provided to make a home more accessible.

The program does not pay for any alcohol or tobacco related products.

When someone first moves out Kelly calls them a couple times a week, and then as times goes on, once a month. “We stay involved with them for a year,” Kelly said. Many qualify for a personal assistant. Kelly said they determine by an assessment before someone ever leaves a nursing home of how many hours a personal assistant will help someone.

A personal assistant does everything from helping someone get cleaned up to taking one to the doctor. Kelly said Personal Assistants are not nurses. If someone is interested in getting more information about the program they can call Jenny Kelly at 217-223-0400.

## Contact Us

### West Central Illinois Center for Independent Living

#### Main Office:

300 Maine Street  
Suite 104  
Quincy, IL 62301

(217) 223-0400

(800) 225-0407

TTY (217) 223-0475

FAX (217) 223-0479

#### Satellite Office:

440 N. Lafayette  
First Bankers Trust Bldg.  
Lower Level

Macomb, IL 61455

(309) 833-5766

(888) 309-5766

FAX (309) 836-5867

[cilod@adams.net](mailto:cilod@adams.net)

[www.wcicil.org](http://www.wcicil.org)

---

## A New Vision

By Patricia Bissell

West Central Illinois Center for Independent Living has joined with the Office of Rehabilitation Services to form a new Vision Impaired Support Group. This group will meet the last Tuesday every month at the Brown County Library in Mt. Sterling, IL

Meeting time will be 10:00 a.m. - 11:00 a.m. Guest speakers and product demonstrations will be part of the programs. Also, one on one peer support is a key element with this group.

Each individual will have an opportunity to learn more about their vision problems and ways to adjust, as well as, discover what products are available to improve their quality of life. We hope that by attending this support group people from the Brown County area may become more comfortable with their disability and renew their independence.

The West Central Mass Transit District of Brown County is very eager to assist people in getting to and from the Support Group. To schedule a ride please call **Jeannie** at: **217-773-3025** or toll free: **866-644-3025**.

**For more information about the group please call:  
Patricia Bissell - 217-223-0400 or Kay Chambers - 217-245-9585.**

---

## The IEP - An Inside Look

By Dustin Gorder (Spring 2008 article)

As school winds down Individualized Education Plans (IEP) have started to work their way into the schedules of parents and students alike. To help parents understand the role an IEP plays in a child's life, the Youth Services Program at the Center puts on a seminar entitled "The IEP- An Inside Look" to cover the basics of the IEP. It was held on April 10 from 6 p.m.-8 p.m. at the Quincy Family and Resource Senior Center. Although the weather played a role in the attendance of the seminar feedback from those who attended was positive and suggested that I go into more detail. As a result, there will be another seminar on September 10 from 6 p.m.-8 p.m. at WCICIL that is geared for parents of children with IEP's titled "Understanding IDEA."

In this seminar we will look at Section §1414(d) of the Federal Register that talks about the Individual Education Program as well as §300.320 – 300.328 the Regulations regarding the IEP and the Federal Regulations Commentary to help parents understand the meaning behind words such as "comparable services," and show them how to use it. Flyers about the seminar will be distributed at a later date to remind parents of the seminar.

SEMINAR NOTICE

*Understanding IDEA*

*Wednesday*

*September 10*

*6 p.m.-8 p.m.*

*@ WCICIL*

*Call Dustin Gorder*

*for more info:*

*217-223-0400*

With the school year coming to a close and a new year just around the corner, parents need to know that they aren't the only ones who have questions. If you know of or are a parent that has questions, please contact Dustin Gorder at 217-223-0400 or email him at [cilys@adams.net](mailto:cilys@adams.net). This seminar may have the answers to the questions you have.

---

## Community News

### May Was National Arthritis Month!

Did you know that 46 million Americans have doctor-diagnosed arthritis? Did you know that arthritis affects 294,000 children? The mission of the Arthritis Foundation is to improve lives through leadership in the prevention, control and cure of arthritis and related diseases.

Arthritis can limit everyday activities, but increasing physical activity and maintaining an ideal weight can help prevent or reduce joint pain and arthritis later. In fact, the Arthritis Foundation offers a ***Life Improvement Series*** to help address these issues. These programs are proven to reduce pain and physician visits, decrease stiffness and increase function. The programs include the *Arthritis Foundation Exercise Program*, the *Arthritis Foundation Aquatic Program* and the *Arthritis Foundation Self-Help Program*.

Understanding your type of arthritis will help you select the appropriate exercise and management program for you. Consult your physician to determine what type of program best fits your needs. Your local chapter of the Arthritis Foundation has a number of programs and services available to assist you. The Arthritis Foundation offers free educational brochures, pamphlets and a Medical Referral List (to find a rheumatologist closest to you).

Join the Arthritis Foundation in celebrating National Arthritis Month. Arthritis Foundation chapters throughout the country have events planned such as Arthritis Walks, FREE Public Education Seminars and much, much more.

For more information on the Arthritis Foundation, go to [www.arthritis.org](http://www.arthritis.org). Type in your zip code and you can find contact information for the Arthritis Foundation chapter closest to you.

---

# Emergency Preparedness For People With Disabilities

By Joe Pashka

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

A record number of tornadoes (124) tore through Illinois in 2006. The Illinois Emergency Management Agency says most tornadoes hit between April and June.

Illinois recently had a 5.2 - magnitude earthquake on April 18, 2008 and experienced major flooding in June and July.

If you have special needs: Find out about special assistance that may be available in your community. Register with the office of emergency services or the local fire department for assistance so needed help can be provided.

Check for hazards in the home

During and right after a disaster, ordinary items in the home can cause injury or damage. Anything that can move, fall, break or cause fire is a home hazard.

Check for items such as bookcases, hanging pictures, or overhead lights that could fall in an earthquake or a flood and block an escape path.

Be ready to evacuate

Have a plan for getting out of your home or building (ask your family or friends for assistance, if necessary). Also, plan two evacuation routes because some roads may be closed or blocked in a disaster.

Create a network of neighbors, relatives, friends, and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.

Discuss your needs with your employer.

If you are mobility impaired and live or work in a high-rise building, have an escape chair.

If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.

Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need.

Be sure to make provisions for medications that require refrigeration.

Keep a list of the type and model numbers of the medical devices you require.

Wear medical alert tags or bracelets to identify your disability.

Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.

For more information on the internet, go to [www.disabilitypreparedness.gov](http://www.disabilitypreparedness.gov), or call 217-223-0400 to talk with our WCICIL Independent Living Specialist.

## TRAINING NOTICE

### *Personal Assistant Training*

*Thursday*

*September 11*

*9 a.m.-3 p.m.*

*@ WCICIL*

*Call Jenny Kelly*

*for more info:*

*217-223-0400*

---

# State of Illinois News

## Coalition of Citizens with Disabilities in Illinois 2008 -2009 Advocacy Agenda

### **Employment**

CCDI will conduct ongoing advocacy efforts towards improving employment opportunities for people with disabilities. This will be the primary advocacy focus for CCDI. These efforts will include:

Conducting an awareness campaign focusing on the benefits and dispelling the misconceptions of hiring people with disabilities, and the high number of people with disabilities in Illinois who cannot locate and/or obtain employment.

Increasing opportunities for people with disabilities who are currently under-employed to gain access to better jobs with higher wages.

Creating additional opportunities for people with disabilities to participate in hands on training aimed at enhancing job readiness skills.

Working to effect legislation and/or changes to existing policies.

Working with Government agencies (i.e.: DRS Vocational Rehabilitation Services, Central Management Services, Illinois Employment and Training Center etc.) to improve current service delivery methods.

### **Additional**

CCDI will promote and/or support the efforts of other advocacy groups to improve the quality of life of people with disabilities in the areas of:

Accessible parking

Increasing affordable and accessible transportation

Healthcare for workers with disabilities

Health benefits for Personal Assistants

Advancing Olmstead implementation in the least restrictive environment

Furthering community choice options

Creating more affordable & accessible housing

Low income heating and energy assistance (LIHEAP)

Efforts to improve transitioning services

Human rights and discrimination

Assistive technology

Voter registration and participation

### Support Group Schedule

*Blind\Low Vision*

*( Adams County Group)*

*Every first Thursday of the  
month, 10 a.m.-12 p.m.*

*(Brown County Group)*

*Every last Tuesday of the  
month, 10 a.m.-12 p.m.*

*Call Patricia Bissell*

*for more info:*

*217-223-0400*

---

## Did You Know?

This year a total of 283 bills passed both houses and will be sent to the Governor compared to over 700 in 2007.

**Bill That Has Passed Both Houses:  
HB 5603 – Sex Offenses/Victim  
with a Developmental Disability**

About 9 years ago the Arc of Illinois led an effort to amend the Code of Criminal Procedure to provide that a court may allow a victim of a sex offense who has mental retardation to testify outside of the courtroom and to have his or her testimony provided to the jury via closed circuit TV. HB 5603 would expand the law by making it applicable to any victim with a developmental disability, which includes, but is not limited to, cerebral palsy, epilepsy and autism. Sponsors: House: Bellock (R-Westmont); Senate: Dillard (R-Hinsdale)

**Bill That Have Yet To Pass Both Houses:**

**SB 2538 – State Hiring of Persons  
with Disabilities**

Requires the Department of Commerce and Economic Opportunity, in cooperation with not-for-profit groups and

(continued)

community partners, to develop and implement an education and outreach campaign to increase awareness of issues that affect the employment of individuals with a disability. Language restricting rulemaking authority was added in the House Status: Passed the Senate 53-0 on April 17, 2008. Amended in the House to add the rulemaking limitation and passed the House as amended 109-0 on May 22, 2008. Senate sponsor moved to non-concur with the House amendment. Currently on the House non-concurrence calendar. Sponsors: Senate: Garrett (D-Highwood); House: Ryg (D-Vernon Hills)



**WCICIL Newsletters Now  
Available in Regular and All Text  
Formats Online!**

**[www.wcicil.org](http://www.wcicil.org)**