



# News & Views



July-September, 2022

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## **Contact us**

Give us a call for more information  
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seen in the newsletter.

Illinois/Iowa Center for Independent  
Living

501 11th Street

Rock Island, IL 61201

Phone: (309) 793-0090

Visit us on the web at [www.iicil.com](http://www.iicil.com)

Like us on Facebook at **Illinois/Iowa  
Center for Independent Living**



## **The Statewide Independent Living Council of Illinois Would Like Your Input!**

It is time once again to gather input for our next State Plan for Independent Living. We are asking anyone who resides in Illinois who is a person with a disability, a parent or family member of a person with a disability, a service provider, or concerned citizen to take time to complete a brief survey.

Here is the link to SILC's website where the survey can be found in Word, PDF, and SurveyMonkey as well as Spanish Word, PDF and SurveyMonkey.

<https://silcofillinois.org/consumer-input-survey-for-the-state-plan-for-independent-living/>

Instructions for returning a print version of the survey can be found at the bottom of each Word and PDF linked document. Please share this survey widely to providers, staff members, and consumers. Please have all surveys submitted by July 25<sup>th</sup>, 2022.

**WE NEED YOU!**

Thank you for your assistance. We look forward to hearing from you.

# IICIL Staff in the Community



Destiney & Humble Beginnings volunteers

The IICIL partnered with Humble Beginnings to furnish/decorate an apartment for a consumer and daughter.

## One on One Sign Language Classes



Hershel Jackson teaching consumers Sign Language

## Low-Vision Summer Series



Thandra Ritchie presenting at RI County Senior Center for the Low Vision Summer Series



Kathy Starling (right) presenting a gift card to an attendee of the Resource Fair hosted by Project NOW.

Kathy Starling at Resource Fair by Project NOW



Thandra Ritchie presenting at Sarah Harding Senior Living for the Low Vision Summer Series



## IICIL Staff in the Community



Marisa Cantu at the Senior Expo at Friendship Manor.



Hershel Jackson volunteering at Mississippi Bend AEA Deaf and Hard of Hearing Camp



Hershel Jackson and Kathy Starling Juneteenth Celebration Booth.

## Join us for the Quad Cities Deaf Resource Fair!

Please join us at the Davenport Public Library Eastern Avenue location as we celebrate Deaf Awareness Month. The Resource Fair will offer a wide variety of information available in the Quad Cities area for individuals who are Deaf, DeafBlind, Hard of Hearing or Late-Deafened. The Fair is open to the entire community and all ages are welcome. The event is available to anyone in the community who wants to learn more about resources and information for the Deaf community!

**Plus, sign up to win door prizes as you enjoy FREE food and beverages!**

*American Sign Language interpreters will be provided.*



**Date: Thursday, September 29, 2022**

**Time: 4:00 to 7:00 p.m.**

**Location: Davenport Public Library**

**For More Information:**

**Contact:**

**Lori.Sporrer@hamiltonrelay.com**

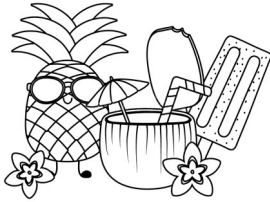
*This event is brought to you by Relay Iowa, Telecommunications Access Iowa, Iowa/Illinois Center for Independent Living, Quad Cities Deaf Club & the Davenport Public Library.*

## Low-Vision VIP Summer Series

Do you want to continue to be independent and continue to do the things that you enjoy??? Then come and join us for our low-vision VIP Summer Series. There are four different locations and many different dates to choose from, pick your location and attend one session or attend them all.

### YOU CAN:

- ◆ Make new friends
- ◆ Receive peer support and social interaction
- ◆ Learn Independent Living Skills
- ◆ Learn about new and existing Assistive Technology
- ◆ Receive free Information & Referral services
- ◆ Receive a free low-vision aid or device



#### Center for Active Seniors (CASI)

1035 W. Kimberly Road

Davenport, IA

10:00AM

July 19th

August 16th

#### Project NOW

Rock Island County Senior Center

2221 11th Street  
Rock Island, IL

10:00AM

July 12th & 26th

August 9th & 23rd

#### Sarah Harding Senior Living

308 S. Bluff Blvd

Clinton, IA

5:00 PM

July 26th

August 23rd

#### Active Day of Moline

4011 Avenue of the Cities, Suite 102

Moline, IL

1:00 PM

July 26th

August 23rd

**For more information, call Thandra at (309) 737-0857 or the IICIL (309) 793-0090.**

In partnership with:

Illinois/Iowa Center for Independent Living

CASI (Center for Active Seniors)

Sarah Harding Senior Living

Virdi Eye Clinic

Illinois Department of Rehabilitation Services

Iowa Department of the Blind

Project NOW Rock Island County Senior Center

Active Day of Moline

Lions Club International

## **To purchase the mobility scooter that's right for you, consider the following:**

*This article originally appeared on [Red Scooter Diaries](#) by Claire Szabo-Cassella*

This article appeared on the [accessiblego](#) website 7/11/2022

**Location, location, location** Determine whether you plan to ride mostly indoors or outdoors, or both.

**Indoors** Double check the width of your door frames and turning radii of walkways.

**Outdoors** Know what kind of terrain you'll most roll on: asphalt, grassy surfaces or dirt roads, etc. The more rugged it gets, the more durable suspension system needed.

**Weigh in** Your physical height and weight will help to determine a model that fits well.



**Wheelies** Three-wheel models are generally intended for indoor use with smooth surfaces, narrow spaces and sharp turn radii. Four-wheel models work well outdoors and offer greater overall stability. If you have a strength or balance issue, this stability will be important. Many four-wheelers can also roll indoors given enough turning radius.

**Ramp it up** Whether you're rolling in and out of the house or loading your wheels in and out of a van, be prepared to purchase a ramp. A good mobility device dealer will be able to help you select the right size for your intended use, and likely be able to sell you one, too.

**Travel advisory** Consider how you're going to transport your scooter. My husband loads my Pride Pursuit into the back of our Dodge Grand Caravan (2017) with a ramp. (The ramp fits in, too.) Whether you're a frequent flyer or a weekend road tripper planning to travel with your machine, link to my helpful article, [5 Top Tips for Mobility Scooter Travel](#). It includes pictures of our van and loading ramp, and offers other transport equipment options and ideas.

**Storage** Scooters like good weather. Protection from the elements is important when you are riding (more later) and especially when you are not. Know where you're going to store the scooter.

**Cost** You get what you pay for when it comes to scooter quality. Inquire whether or not your medical insurance will cover the cost of a mobility scooter. A medical supply dealer generally knows the approved models and the paperwork involved. Although I recommend buying from a medical supply dealer for warranty and repair, Facebook marketplace often sells used models at very good price points.

**Add-ons** There are a lot of useful accessories available to better ensure safe scootering. Do not hesitate to buy a basket and cell phone holder. For long distance, outdoorsy scootering, I highly, (and I mean HIGHLY,) recommend a rearview mirror, helmet, flag, phone charger and attachable flashing lights (I have four, to date). During hot weather months, my attachable shade canopy and platypus water pouch have been worth every penny.

**Apps** Investing in the Strava Safety Membership enables three contacts to track your whereabouts in real time, record your mileage, and connect you to other rolling enthusiasts. This app gives me, my husband, and my caregiver peace of mind when I am traveling solo and has already proved helpful in minor emergencies.

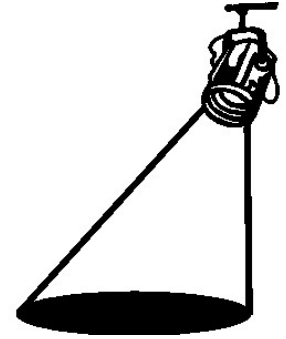
**Attitude adjustment** Not that long ago I was blissfully and blessedly engaged in a well rounded array of physical activities, foremost hiking some of the world's greatest trails. As my fifth decade approached, muscular dystrophy started to change all that rapidly, but it hadn't lessened my love of outdoor adventure. No way. The time had come to research buying a mobility scooter. Somewhat still in disbelief, I scanned the Internet not knowing whether to laugh or cry. From the moment I took my first test drive around the block of the medical supply dealership, I experienced the joy of riding a mobility scooter. The forward motion. The renewed freedom to roam independently. The fantastic feeling of sunshine and wind kissing my face as I rolled along. Right then and there, I told the sales rep, "I'll take it!" Ever since, my shiny red scooter and I get heads turning, smiles and thumbs up from people I encounter. Beep, beep, I sound in reply. In 2019, I'm on track to scooter over 1000 miles for the year, including at the Grand Canyon and Bryce National Park.



Liz Sherwin, IICIL Executive

### Staff Spotlight

Liz has been employed by the center for over 30 years and became the Executive Director in 1998. She is a member of the Administration/Support Team and the Resource and Development Team. Under her leadership, the agency transitioned itself to a Team Management style of operations. As a member of a team she works along with other members to guide the direction of the agency. She oversees other team members under the guidance of the board of directors and manages annual assets of 1.4 million dollars.



Liz conducts community training on the ADA (Americans with Disabilities Act), and other legislation that protects the rights of people with disabilities (PWD). She has been a national trainer and facilitator for both the National Council on Independent Living (NCIL) and the Association of Programs on Independent Living (APRIL). She developed a plan to improve services for unserved and under-served populations that addressed urban and rural communities with significant African-American and Hispanic population. The center was awarded recognition for these services by ILRU for Outstanding Rural Outreach Services in 1992. Liz is also a member and past president of the Coalition of Citizens with Disabilities in Illinois as well as past president of APRIL. She is the current President of the Iowa Association of Independent Living, a member of the Illinois Network of Centers for Independent Living Board, and governor appointee to the Iowa Statewide Independent Living Council (SILC), the Illinois Statewide Independent Living Council (SILC), as well as the IDOT Coordinating Committee on Transportation for Illinois. Locally, she is a commissioner on the Bi-State Regional Commission, Rock Island Liquor Commission, Martin Luther King Community ACTIVE Club, Housing Council Board, a member of the Rock Island County Chapter of the NAACP and Treasurer for the 11th Street Business District.



## Join Us

### Illinois and Iowa Deaf

### Coffee Chats 2022

#### SECOND FRIDAY

5:00 pm – 8:00 pm

Hy-Vee-Deviils Glen Rd, Bettendorf, IA

August 12      October 14      December 9  
September 9      November 11

#### LAST FRIDAY

5:00 pm – 8:00 pm

Hy-Vee-18th Avenue, Rock Island, IL

July 29      September 30      November 25  
August 26      October 28      December 30



Quad Cities Deaf Club has several events coming up

### Save the Dates & Mark Your Calendars!!

- Saturday, July 9<sup>th</sup> - Game Night @ 5pm - LeClaire Civic Center
- Saturday, Aug 20<sup>th</sup> - Summer Picnic - West Lake Park, Davenport
- Saturday, Oct 22<sup>nd</sup> - Halloween Party - LeClaire Civic Center
- Saturday, Dec 10<sup>th</sup> - Christmas Party - LeClaire Civic Center

### More Information to Follow

If you're interested in being on the planning committee for any of these events, please contact Cassie Alexander, Brian Rodriguez, Hershel Jackson or Kim Souhrada or sign up during Deaf Coffee Chat.

Celebrate. Learn. Share.

# ADA 32



1990 - 2022

## Americans with Disabilities Act



Illinois/Iowa Center for Independent Living

# Work as a Personal Assistant

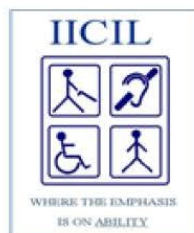


- **No Medical Background Required**
- **Decide on Your Own Hours of Availability**
- **Choose Where You Want to Work**

### **Some Duties**

- **Housekeeping & Laundry**
- **Cooking and Meal Prep/Clean Up**
- **Assist with Hygiene Needs**
- **Run Errands**
- **Assist with Mobility Needs**
- **Other Individualized needs**

**This program goes hand in hand with the DHS/DRS Home Services Program where Personal Assistants are currently being paid \$16.50 per hour.**



**Come Fill Out an Application  
For Your New Career  
At Our Next Orientation!**

## **ORIENTATIONS**

**IL/IA Center for Ind. Living**  
501 11th St., Rock Island, IL

- ♦ Wed., July 6th, 11am - 1pm
- ♦ Tues., July 19th, 10am - noon
- ♦ Tues., Aug 9th, 12 - 2pm
- ♦ Thur., Aug 25th, 5-7pm
- ♦ Thur., Sept 15th, 9 - 11am
- ♦ Mon., Sept. 19th, 11am - 1pm

**BHC Comm. Ed Center**  
404 E. 3rd St., Kewanee IL

- ♦ Thur., Sept. 22nd, 10am - noon

**Genesis Medical Ctr.**  
409 NW 9th Ave., Aledo, IL

- ♦ Wed., Aug. 17th, 10am - noon

**SPACE IS LIMITED TO 10 ppl**

**Reserve your place today!**  
Call (309) 793-0090 or  
E-mail: maria@iicil.com

IL/IA Center for  
Independent Living

501 11th Street  
Rock Island, IL  
PH: (309) 793-0090  
Fx: (309) 793-5198



Web: [www.IICIL.com](http://www.IICIL.com)

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Illinois/Iowa Center for Independent Living

501 11th Street

Rock Island, IL 61201

Non-Profit  
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U.S. Postage Paid  
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Rock Island, Illinois

### Addressee or Current Resident



ILICL Reintegration Advocate Destiny Gleason volunteering her time to read with a student at the Rock Island Academy. Destiny volunteers once a week, through United Way, to listen to her student read and in doing so, providing a great role model for future generations.

