

## Illinois/Iowa Center for Independent Living

501 11th St. - Rock Island, IL 61201

**"Where the emphasis is on  
ability"**

[www.iicil.com](http://www.iicil.com)



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# IICIL News & Views

2nd Quarter Newsletter

April-June, 2020

This newsletter will focus on the current pandemic of COVID-19 resources in the community and general ways for you and your loved ones to stay safe. While we are not seeing consumers "face to face", we are able to help people remotely. The IICIL Board and Staff hope that you remain safe. Our thoughts and prayers are with all of you.

## Illinois COVID 19 Response Fund



The Chicago Community Fund came to the aid of many people with disabilities who are at risk in Illinois by providing funds for nutrition, sanitary products and other items to residents across the state. They partnered with centers for independent living across the state, like the Illinois Iowa Center for Independent Living (IICIL) located in Rock Island that serve the Illinois counties of Rock Island, Henry and Mercer." While the funding was limited, we were able to help 113 families" according to Liz Sherwin, Executive Director. They distributed the funds by purchasing gift cards from local Hy-Vees, Walmart/SAMs, Walgreens and Dollar Generals, that ranged from \$50 to \$100. People could also apply funds toward utility payments, paid directly to the company. While we are not currently taking applications at this time, we continue to look for additional funding sources similar to this.

"Liz Sherwin and staff  
Love and  
Light"



Love and  
Light"

"Pat Simmons and Freddie Bradford  
would like to thank you for the gifts of  
care. It was a wonderful blessing.  
Thank you and you entire agency for  
all that you do for the community."

"And thank you Mr. David for the call  
to take the information. God bless and  
keep you all safe and well. God bless  
you we love you."

Pat Simmons & Freddie Bradford

**A note from a thankful recipient of  
this program!!**



THE IICIL STAFF

**I am a target of Covid 19!!**



I AM 65\*

I HAVE A HEART CONDITION\*I HAVE ASTHMA\*

I AM DIABETIC\*I HAVE AN IMMUNE DEFICIENCY\*

I AM AFRICAN AMERICAN\*I AM LATINO\*

I DON'T HAVE HEALTH INSURANCE\*I CANNOT WORK FROM  
HOME\*

I AM A HEALTH CARE PROFESSIONAL\*

***If you fit into one of more of the categories  
above,***

**Are you a target???**

## A letter from the Executive Director

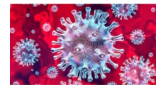
We are all going through a very difficult and different time than just a month ago. None of us could have imagined the effect the Covid-19 (coronavirus) would have on each of us, our families and friends. There are many things IICIL has in place to make sure that you, our consumers and our staff are safe. The IICIL wants to let you know that we are here to serve you, even as our office is closed to in person contacts. That means you cannot visit our office or meet face to face with the person that you regularly see at our office or would come to your home. However, we want to let you know we are here for you. You can reach us by calling and leaving a message on our phone at (309) 793-0090 or Toll Free 1-855-744-8918. We are checking for messages on a daily basis. If you are having a problem with getting the things you need such as: food and household items, medical supplies or other issues please contact us. We will be able to get back with you or put you in touch with someone to help. You can also reach us on our web-site [www.iicil.com](http://www.iicil.com) or face book page **Illinois Iowa Center for Independent Living**. Many of us do not have access to computers or the internet, but reach out to us with a call or even by snail mail. We are here to help you in any way that we can. ***If you are a person with a disability or a family member living in Rock Island, Henry and Mercer counties in Illinois or Scott, Clinton and Muscatine counties in Iowa please reach out to us.*** We will make every effort to connect you with services in your communities or others that can help. If there are things that are needed and not there for you, let us know.

Many of us are feeling afraid and are not clear on what to do. We are devoting this newsletter to share ways you can get through this crisis. In this issue you will be introduced to our staff and how they can assist you. You will also find ways to stay healthy and even make protective face masks.

**Please stay safe!**

*Liz Sherwin, Executive Director*

## **TRANSITION IN THE TIME OF COVID—19**



I help those living in nursing homes move back into the community. The virus means extra steps have to be in place to maintain the safety and health of the consumer and staff.

### **PA or Not**

- If PA is not needed you can proceed to secure housing, etc.
- If a DON has been completed and the consumer has been approved for a PA, the coordinator would contact DRS staff and they would follow-up with MCO on service plan and CIL PA list would be used to identify PA's to refer and select.

### **Housing**

- Once housing is secured, based on consumer needs and preference
- Consumer makes a decision on whether to proceed
- Housing authority staff/building manager agree on criteria for safe move
- Consumer is on board and nursing home staff is on board.
- Lease signing can be done through email or regular mail.
- Arrange times and dates for the move with consumer

### **Furniture, Food and Household supplies**

- Furniture, if possible can be ordered in advance, and delivery times set up in advance.
- Shopping for furnishings/groceries can be done a day or 2 prior to move. Try to do all the purchasing at one time.
- Coordinate with transition team and Wal Mart or a Target on the date and time. Everyone will follow safety guidelines (masks, gloves, etc. and distancing) Shopping early will mean fewer people and a faster total shopping time.
- Once food and household supplies are purchased the team will go to board /door handles, etc. ;unload and arrange supplies.

the apartment, wipe down counters, cup-



### **Day of the move,**

- The nursing home will transport the resident and their belongings.
- The consumer and or PA will be responsible for putting away their belongings. Once the consumer is settled in, the T/C will stay with the consumer go any concerns.

*David Stewart*

## **Blind and Low-vision Services**

In partnership with ICUB (Iowa Council of the United Blind), we have put together some exciting opportunities that might be of interest to you, as you are staying inside. For more information, call Thandra Ritchie at the IICIL office: 309-793-0090.

### **Iowa Book Club**

Join us to create a lively discussion, as we form a state-wide book club. Think of one book that you would like to read in the near future, and the group will vote on a title together. If your title is not immediately chosen, then it will be saved for upcoming reads. Accessible format options will be provided for those in need.

### **Cooking in Quarantine**

Are you getting tired of cooking the same meals each week? Are you looking for new ideas? Let's talk and share recipes and ask cooking questions! Let's get in the kitchen and get excited!

### **Exercise and Movement**

Do you need help with a new exercise plan? Regardless of age or size of home, there is something that you can do. A short assessment will be conducted in order to design a plan that is right for you.

### **Calling All iPhone and iPad Users!**

Current or perspective users: want to learn more about VoiceOver tips and tricks? Have you been pondering an iPhone question or have an accessibility app that you would like to know more about? Devices are not required to participate but are highly recommended. Participant is responsible for all device and equipment costs.

### **What Can Amazon Alexa Do For You?**

Do you have an Alexa device? Have you been interested in purchasing one? Are you interested in learning more about its many features? If so, then join us! Alexa is a virtual assistant that is capable of voice interaction, music playback, making to-do lists, setting alarms, streaming podcasts, playing audio books, and providing up-to-date weather, traffic, and sports information. Devices are not required to participate but are highly recommended. Participant is responsible for all device and equipment costs.

### **Happy Hour with Norma**

Wednesday night fun! Pop open your favorite beverage and join us for games, stories, and a little excitement. All sessions take place in a free group conference call to enhance the fun and the learning opportunities. However, exceptions to the conference call will be made whenever possible. No fee or registration is required.



**Hello youth, families, and other IICIL consumers,**

This is a difficult time and my thoughts are with each one of you. I miss all of you. Please see the attached links to the last few IICIL youth and family newsletters. If you would like to be added to the mailing list please send me your email address. In-person events, peer counseling, support groups, fast track, and school visits have been cancelled to keep us safe, but if you need assistance with anything related to distance learning, transition skills, independent living, advocacy, peer counseling, information or referral let me know and I will do my best to help you.



*Take care and stay safe.*

*Sincerely, Debbie Kunakey*



Debbie Kuna "Keys to Success" IICIL Youth, and Family Newsletters

Fifth edition - May 2020 <https://docs.google.com/document/d/1hYkSTf5XzD5I43cfRPfesG5hx6bEgEn5gKqoPWkHFvg/edit?usp=sharing>

Fourth edition - April 2020

[https://docs.google.com/document/d/1z0foCYSw7b2bMKygWK6L7vJqBQJAU1uS\\_bNIBSL-nQ/edit?usp=sharing](https://docs.google.com/document/d/1z0foCYSw7b2bMKygWK6L7vJqBQJAU1uS_bNIBSL-nQ/edit?usp=sharing)

Third edition - March 2020

[https://docs.google.com/document/d/1TjyKbxM0ePq\\_YwYq4DspJdA5eVHtJwFoGsSk-AFySwg/edit?usp=sharing](https://docs.google.com/document/d/1TjyKbxM0ePq_YwYq4DspJdA5eVHtJwFoGsSk-AFySwg/edit?usp=sharing)

## IICIL TEAM



Kathy Starling

To reach Kathy call 309-793-0090 Monday – Friday 8 am to 4:30 pm and leave a message. She can help you if you have problems with:  
Social Security and SSDI, SNAP, Housing or Transportation and much more.

To reach Hershel Jackson call 309-793-0090 Monday – Friday 8 am to 4:30 pm and leave a message. He can help you if are a person who is deaf and experiencing problems related to your disability



Hershel Jackson

To reach Thandra call 309-793-0090 Monday – Friday 8 am to 4:30 pm and leave a message. She can help you if are a person who is blind or low vision and experiencing problems related to your disability.



Thandra Ritchie

To reach David call Monday – Friday 8 am to 4:30 pm at and leave a message He can help you if are a person who is living in a nursing home and would like to live in the community or recently moved from a nursing home to the community. Needing a personal attendant if you are in the Illinois Home Services Program, Call (309) 738-7407.



David Stewart

Marisa can be reached at (309) 738-0921. She manages the PA Training Program. If you need a personal attendant and enrolled in the Illinois Home Services Program and need a replacement PA because of a situation caused by Covid -19 call her. She can be of assistance if you would like to be trained as a personal assistant. She provides disability awareness trainings for the community.



Marisa Cantu

Jennifer Garrison, Sign Language Coordinator. Jennifer can be reached 24/7 at 563-327-8448. She schedules Sign Language Interpreters for medical, legal and other situations where communications with people who are deaf are needed. This is a fee for service program. If you are interested in obtaining an interpreter or need information about interpreting call her.



Jennifer Garrison

Jaci Weckerly, Staff Assistant. Jaci can be reached at (309) 793-0090. She is the voice you hear when you call the center. She will direct you to the right person. She also will provide detailed information on our answering system if she is not available to answer your call personally. She can also answer questions you have about amplified phones.



Jaci Weckerly

Tammy Duett, Staff Associate has been with the center for 20 years. Tammy can be reached at (309) 793-0090. She assists staff in getting to their appointments and answer phone calls and take messages when other staff are not available. She will be able to direct you to the right person on staff or the community resource to help you. She can also assist you with questions about amplified phones



Tammy Duett

Debbie Kunakey, Youth Transition Advocate has been with the Center 1 year. Debbie can be reached at (309) 793-0090 by leaving a message and she will get back with you. She assists students and families who are transitioning from school to work and adult life. She hosts a number of support and life style activities especially design to help students increase opportunities for their success.



Debbie Kunakey

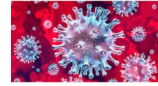
Liz Sherwin is the Executive Director can be reached at (309) 793-0090. Please leave a message and she will get back with you. Contact her if you have questions about the center and its overall operations or if you have questions or concerns that others are not able to assist you with. She is the spokesperson for the center and a representative on various local, state and national organizations.



Liz Sherwin  
Executive Director



## COVID 19 UPDATES



*Nita Ludwig, administrator of the Rock Island County Health Department :*

**On Thursday, Illinois Gov. J.B. Pritzker said all residents should wear a face covering when leaving home. Starting May 1, the face coverings will be a requirement in public for anyone age 2 and older and medically able to tolerate them. He also extended the Illinois Stay at Home order until May 30.**

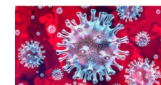
- Social distancing by staying at home as much as possible
- Keeping at least 6 feet between you and anyone else
- Washing your hands frequently with soap and water for at least 20 seconds each time and using hand sanitizer when washing your hands is not possible
- Covering coughs and sneezes with a tissue or into your elbow
- Wearing a face covering when you must go out for essential supplies

Staying home when you are ill

- Use materials that will hold up to daily washing and drying. Launder them before for the first time.
- Have more than one covering per person that can be laundered daily.
- Wash your hands with soap and water or use hand sanitizer before putting on a covering and immediately after removing it.
- Avoid touching the face covering while using it. If you do wash, your hands with soap and water or use hand sanitizer.
- Have the covering fit snugly around your mouth and nose.
- Replace your covering when damp or wet

Illinois and Iowa might differ on some mandates and rules. Iowans aren't required to wear a face covering in public, but we believe wearing one will help keep the infection rate of the entire Quad Cities as low as possible. We know that this virus spreads through respiratory droplets. Wearing a face covering in public reduces the number of droplets in the air. Face coverings protect all of us.

### Testing: updated Illinois guidance— Illinois residents only



Testing is now available for people who:

- Have COVID-19 symptoms (cough, shortness of breath and fever) AND Have a risk factor, such as
- Contact with someone confirmed to have COVID-19
- A compromised immune system or a serious chronic medical condition

Testing is also available for those with or without symptoms who:

- Work in a health care facility
- Work in correctional facilities, such as jails or prisons
- Serve as first responders, such as paramedics, emergency medical technicians, law enforcement officers or firefighters
- Support critical infrastructure, such as workers in grocery stores, pharmacies, restaurants, gas stations, public utilities, factories, childcare and in sanitation.

A list of testing sites can be found online at [coronavirus.illinois.gov/s/testing-sites](https://coronavirus.illinois.gov/s/testing-sites) . In Rock Island County, testing is available at Community Health Care in Rock Island, Moline and East Moline; Genesis HealthPlex in Moline and UnityPoint Clinic Express Care – SouthPark Pointe, Moline. At each site, you must call ahead.

## Social Distancing While Riding a Bus



**WHEELCHAIR USERS ENTER BUS AT THE FRONT**



**OTHER PASSENGERS ENTER BUS BY THE BACK ENTRANCE ONLY**



**WEAR CLOTH COVERING OR MASK **UNLESS YOU HAVE A RESPIRATORY CONDITION****



**STAY SIX FEET FROM OTHER PASSENGERS AND BUS DRIVER**



**ONLY RIDE BUS WHEN NECESSARY (GROCERY STORE, DOCTORS OFFICE, ETC.)**



**BUS FARES HAVE BEEN WAIVED**

### EMERGENCY PROVIDER PROGRAM

“A Covid 19 Response in Illinois to increase the safety of people receiving PA Services”

The center will provide 24 hour 7 days per week emergency referral services to individuals on the Home Services Program that may find that they are unable to find a PA due to the virus impacting their level of care. If you find yourself in this situation please call Marisa at the 24-hour hotline (309)738-0921. For all other PA questions call David at (309)738-7407.

### DEAF/HARD OF HEARING/DEAFBLIND MEDICAL PLACARD

- I AM DEAF/HARD OF HEARING/DEAFBLIND.
- I DO NOT UNDERSTAND YOU WITH YOUR MASK ON.
- MY NAME IS \_\_\_\_\_.
- HERE IS MY IDENTIFICATION CARD / DRIVER'S LICENSE.
- PLEASE SPEAK INTO MY SMARTPHONE. I AM USING IT TO UNDERSTAND YOU.
- PLEASE RESPECT MY LEGAL RIGHT TO UNDERSTAND YOU AND PARTICIPATE IN MY CARE BY ALLOWING ME TO USE THE SMARTPHONE.
- IF MY SMARTPHONE IS NOT WORKING WELL OR AT ALL, PLEASE WRITE DOWN WHAT YOU ARE TELLING ME.

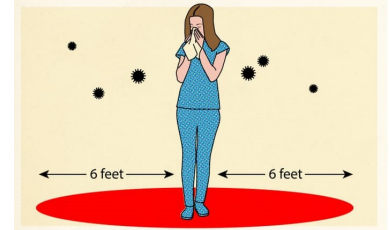
## How to Protect Yourself and Others

### Know how it spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person. Between people who are in close contact with one another (within about 6 feet). Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

### Avoid close contact

Avoid close contact with people who are sick. Stay at home as much as possible. Put distance between yourself and other people. Remember that some people without symptoms may be able to spread the virus. Keeping distance from others is especially important for people who are at higher risk of getting very sick. **Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications.**



### Everyone should Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.



### You could spread COVID-19 to others even if you do not feel sick.

Everyone should wear a cloth face cover when they have to go out in public, for example to the grocery store or to pick up other necessities. **Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.** The cloth face cover is meant to protect other people in case you are infected. Do NOT use a facemask meant for a healthcare worker. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

### Cover coughs and sneezes

If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

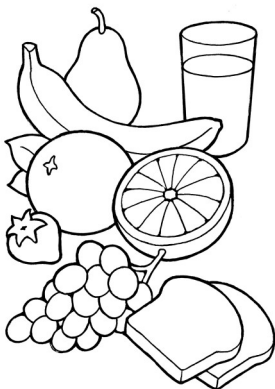


### Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks. If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



**For more information go to [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**



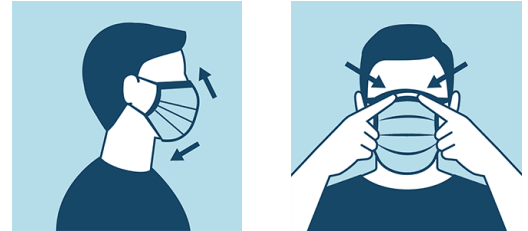
## **Food Pantry information**

During this time, there are many drive up food distribution sites throughout the Quad City area. For a list of food pantries please call Riverbend food bank (563) 345-6490 or visit their website [riverbendfoodbank.org/find-food](https://riverbendfoodbank.org/find-food).

## How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



### CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

### How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

### How does one safely remove a used cloth face covering?

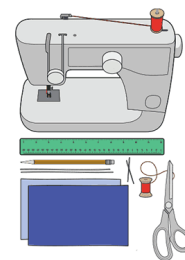
Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.

## Sew and No Sew Instructions

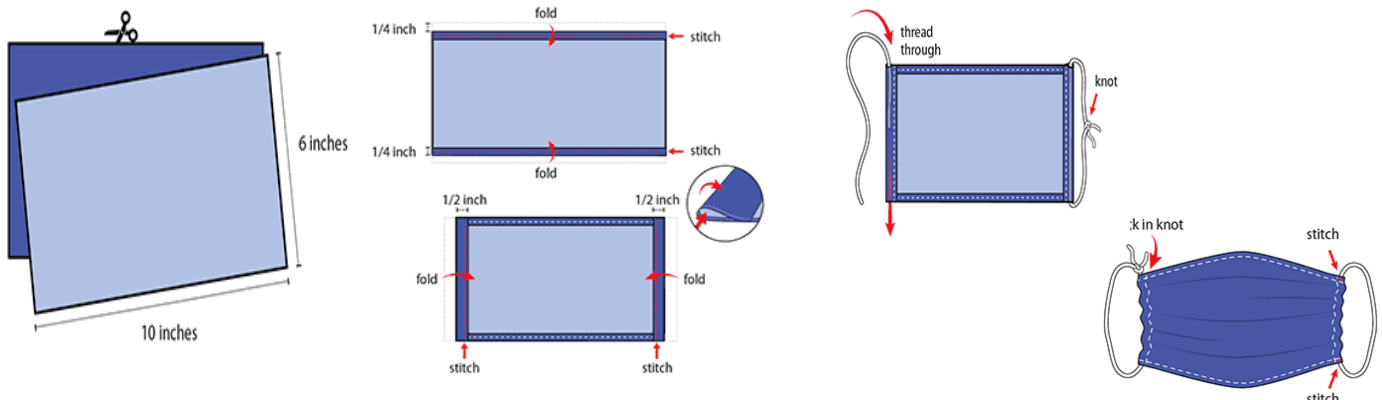
### Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.
2. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.
3. Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.







## Resources for people who are Deaf, Hard of Hearing and Deaf-Blind



During the coronavirus (COVID-19) pandemic, how will you be able to talk to doctors, nurses and others at the hospital? **This guide is to help you get ready for your hospital visit.** Going to the hospital will be very different during the pandemic. In normal times, hospitals must give services that help you understand what is being said and are supposed to ask you what services you need. This might include in-person sign language interpreters, Video Remote Interpreting (VRI), lip-reading, written communications, hand-held amplification devices, captioning or CART, or speech-to-text apps.

Now, during the pandemic, most hospitals are seeing a large number of patients and often **cannot provide the same services.** Many hospitals will **not** allow in-person interpreters, family members, or visitors to come into the hospital. **You may be alone for a long time when you are in the hospital. Most doctors and nurses in hospitals now wear masks and gloves and may talk to you from behind a window or curtain,** so it may be harder for you to understand them.

**You have the right to decide your care.** This means **you will need to know a few things and bring your own communication tools** to the hospital during the pandemic:

**Print out a page saying you are deaf, hard of hearing, or DeafBlind and need hospital staff to communicate with you differently.** A sample page is on Page 6 of this newsletter.

- **If you have a smartphone, load the apps you need to communicate, and bring your smartphone with you.**
- Before you go to the hospital, download several VRI apps and/or speech-to-text apps. Some of those apps are free.
- A list of apps is available at [NAD.org/covid-19](https://NAD.org/covid-19)
- Test the apps at home before you go to the hospital.

Keep in mind you may have to use your smartphone using your cellular connection only<sup>[1]</sup> in case the hospital does not have WiFi.

- When you get to the hospital, ask hospital staff to let you use their WiFi, and to put you in an area with strong WiFi.
- Tell hospital staff to communicate with you through your smartphone with VRI or speech-to-text apps.
- **If you do not have a smartphone, bring or ask hospital staff for something to write on and pens or markers.**
- **Bring an emergency bag with items you need to communicate. Label the bag and items with your name. Leave space on the label to add your hospital room number. The emergency bag can include:**
- Paper and pens or markers
- Plugs and chargers for your smartphone
- Tablets and/or laptops and chargers
- A cellular hotspot in case the hospital WiFi is not working
- An extension cord or power strip in case your bed is far from an outlet
- Extra eyewear supplies you might need, such as reading glasses to read the speech to text on a phone app
- Extra batteries for your hearing aid, cochlear implant, or assistive listening device
- A copy of your advance medical directive, if you have one. You can find more information and instructions to make an advance directive on [AARP's website](https://AARP.org)
- Emergency contact information for family members or friends
- For DeafBlind people, Braille device and charger and extra gloves for an interpreter to use

**If the hospital staff refuses to talk with you or respect your wishes, demand an “ethics consultation.”**

You can also contact [ConsumerGroups@DHHCAN.org](mailto:ConsumerGroups@DHHCAN.org) for help.

For a complete list of apps, video relay and other devices that may help Deaf, Hard of Hearing and Deaf-Blind; please go to [NAD.org](https://NAD.org) for more information.

**Above all, be kind. Everyone is dealing with things in their own way.**



Illinois/Iowa Center for Independent Living  
501 11th Street  
Rock Island, IL 61201

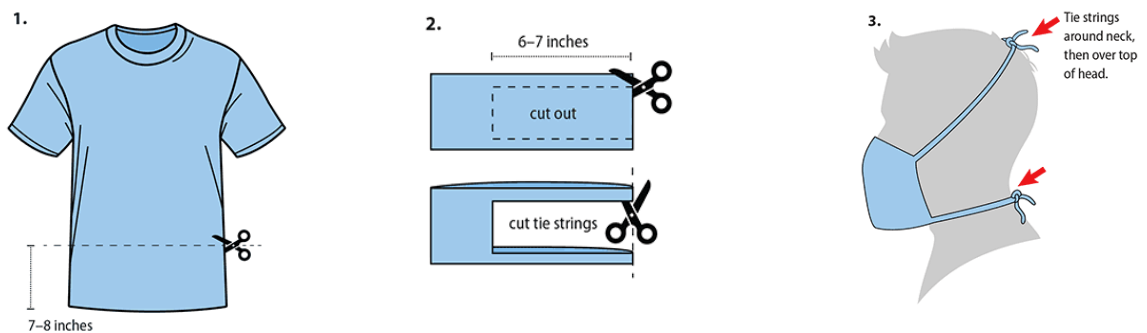
Non-Profit  
Organization  
U.S. Postage Paid  
Permit No. 216  
Rock Island, Illinois

Addressee or Current Resident

### Quick Cut T-shirt Face Covering (no sew method)

#### Materials

- T-shirt
- Scissors



### Bandana Face Covering (no sew method)

#### Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

