

News & Views



September/October, 2020

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Contact us

Give us a call for more information
about our services or an article
you've 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

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

IICIL open by appointment only.

The IICIL is open to consumers for on site visits. Due to the Covid 19 virus and to maintain the safety and health of consumers and staff we will follow strict practices for individuals visiting the office.

They are as follows:

- You must call ahead to schedule an appointment at (309)793-0090
- Masks must be worn upon entering the office
- Your temperature will be taken
- Visitors will be restricted to interview room only
- Bathrooms are not in use for visitors

****We have masks available if you do not have one



Please prevent the spread of Covid 19 by following health practices and social distancing guideline that will keep us safe and healthy.

While the storm is gone, the damage still remains. Many are still recovering from the damage. If you still need some help, here are some resources that may be able to help. There are time limits for some of the programs such as food replacement if you are receiving food benefits from DHS and lost your food due to the storm.

American Red Cross	www.redcross.org
Iowa Dept of Public Health	www.DHS.IOWA.GOV
Iowa Community Action	www.iowacommunityaction.org
Individual Disaster Assistance Grant Program	1-877-347-5678
Community Action of Eastern Iowa	www.Caeiowa.org

There may be other local agencies and a list of local food pantries that are willing to help as well. Contact an advocate at the IICIL for more information 309-793-0090.



IICIL Legislative Corner

Voting During COVID-19

By Hershel Jackson & Kathy Starling

Don't let COVID stop you from exercising your right to vote in the 2020 General Election. Here are your options:

Voting at the Polling Site:

Safety precautions are being conducted at the polling sites to minimize the risk of COVID-19.

Early Voting:

Early voting allows you to cast your ballot prior to the general election on assigned specific dates and times, at specific designated polling location, or in person at your local county clerk's office/county auditor's office. For specific dates, times, and locations for early voting, please check your local county clerk's/county auditor's website or call them for specific details and information.

In Illinois:

Residents in Rock Island County can call 309-786-8683 for more information.

Residents in Henry County can call 309-937-3575 for more information.

Residents in Mercer County can call 309-582-7021 for more information.

In Iowa:

Residents in Scott County can call 563-326-8631 for more information.

Residents in Clinton County can call 563-244-0568 for more information.

Residents in Muscatine County can call 563-263-5821 for more information.



Voting By Mail:

Due to COVID-19 you have the option of voting by mail. You should have already received an application to vote by mail; if not: Residents in Illinois should contact their local county clerk's office to request for an application to vote by mail. Residents in Iowa should contact their local county auditor's office to request for an application to vote by mail.

It's very important to remember it doesn't matter how you vote, as long as you vote.



Governor JB Pritzker and the Illinois Housing Development Authority (IHDA) announced today that there is a program called Emergency Rental Assistance (ERA) program to assist those who have not been able to pay rent due to COVID-19.

For more information about this program or to apply, go to <https://era.ihda.org/>

Future Personal Assistant (PA) Orientations

Wednesday, September 16, 2020 5:00pm-7:00pm

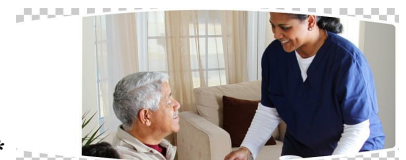
Wednesday, October 21, 2020 10:00am-12:00pm

Both trainings will be held at the Illinois/Iowa Center for Independent Living 501 11th Street Rock Island, IL

You must call (309) 793-0090 to reserve your place or email marisa@iicil.com, there is a limit of 6 attendees allowed for each training.

No Medical training needed * Decide your availability * Choose where you want to work

Funding is provided in whole or in part by the Illinois Department of Human Services



DID You Know?

All People with Disabilities and Seniors
are Eligible for Free Services from Their Local
Center for Independent Living (CIL).

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CILs provide the following services, as well as other programs based on local needs:

- ⇒ **Peer Support and Mentoring**
(Organizing social interaction and support across the disability spectrum)
- ⇒ **Information and Referral**
(Assisting those who need information to live independently)
- ⇒ **Individual and Systems Advocacy**
(Speaking out to pursue personal rights and policy change)
- ⇒ **Independent Living Skills Training**
(Skills for a successful life in the community and help with Assistive Devices)
- ⇒ **Transition Support**
(High school to college and/or work, and institutionalization to independence)



Contact us Today!

IL/IA Center for Independent Living
We are Open Monday – Friday from 8:00am – 4:30pm
By Appointment only.
501 11th St., Rock Island, IL 61201
(309) 793-0090, www.icil.com or Find us On Facebook

Reintegration Success Story by David Stewart

Several years ago, Lora found herself in bad health and few options. It eventually led her to Aspen rehab and health center. It was a difficult transition to go from your own place to living with dozens of other people. Lora did not let that discourage her and made the decision that she would have her own place again. She refocused on her health, doing therapy and getting healthy.

I put Lora on the public housing waiting lists for Moline and East Moline and I applied with Rock Island housing also. We hit a few speed bumps as the process moved forward. Lora's Medicaid was coded incorrectly. This was preventing her from leaving long term care. She made many phone calls to Medicaid in Rock Island county. I reached out to the long term care office in Chicago. They were helping with Medicaid that covered being in the community. That problem was resolved. Now it was just a waiting game.



Lora in her new apartment

In the early spring the COVID situation arose and made pretty much everything more of a challenge. In the late spring Lora was informed that an apartment downtown East Moline was available. I coordinated with the housing authority, Aspen and staff here to get Lora moved. Everyone worked together and Lora moved into her own place at the end of May. She has already purchased items to make look more like home and her children and grandchildren have come to see her. I have spoken to Lora several times and she sounds happier each time.

Wayne and the tough road back by David Stewart



Wayne happy to be home

In the spring of 2018, Wayne's life changed forever. In May, Wayne suffered a stroke. He had been living in his family home for many years. He had a job, a car, friends and a good life. All that went away in a matter of minutes.

Wayne spent several weeks in the hospital. Then he had transferred to a long term care facility. Wayne had to begin the process of being independent all over again. Learning how to dress and feed himself, brush his teeth, maneuver a wheelchair and sign his name. Wayne stayed focused and pushed himself forward and through all the struggles in his path

I met Wayne in the summer of 2018. The social service director called and told me a little about Wayne and his situation. She felt that Wayne would be a strong candidate for integration. I met with Wayne in July of 2018. We had a long and productive conversation. I explained the program and what it offered.

Over the next 18 plus months, there were a variety of road blocks that Wayne nor I had control over or some we did not know that were even there. In December of 2019 Wayne, myself, his family, the nursing home administrator and his court appointed guardian met and made a plan for Wayne to transition out of long term care. Some tough decisions were made, mostly by Wayne himself, but those decisions cleared the way to leave.

In the summer of 2020 Wayne found an apartment. Wayne went to see the apartment and liked it very much. Between the end of May and through June all the parts of a transition were put into place. On July 13th Wayne left the nursing home and moved into his own place. It has been just over a month and I have seen him several times and he is very happy.

NEW!

Blind and Low-vision Interactive Workshops

By Thandra Ritchie

Expand your horizons with these exciting new programs designed for you to learn, thrive, and stay connected from the comfort of your home. Each of the following workshops will be held via teleconference and will include a discussion and an opportunity for questions and answers. Participation is free, and all are welcome. Call 309.737.0857 in advance to register.

Coffee Cafe

Grab a cup of Joe and join us for conversation on topics that matter to you. If you have experienced vision loss, then you know that everyday tasks can become full of worry. While we can get along great in some areas, we sometimes have difficulty in others. Having trouble preparing a meal, struggling with reviewing the mail, and losing the ability to drive can all erode self-confidence. Constantly relying on family and friends who might not understand vision loss can take a toll on personal morale. If you are having trouble learning to live with vision loss or simply want to connect with others, then this group is for you. In this dynamic group, participants will share information, learn about community resources, and discover new technology. This workshop will meet on the first Wednesday of each month from 9:00 AM to 10:00 AM.



Beginning Braille

Have you ever wanted to learn Braille but were not sure where to start? In this ongoing introductory workshop, you will learn Braille basics including the alphabet and numbers. Braille is a system for tactical reading and writing for blind and low-vision individuals. A slate and stylus will be provided, if needed. This workshop will meet on the first Wednesday of each month from 10:00 AM to 11:00 AM.

The Many Uses of Bump Dots

What are bump dots? Bump dots are small raised dots that come in various sizes and are designed to make items in your home and workplace more accessible. These helpful dots can be applied on everything from appliances to books. They seem so simple; however, they can save you from selecting the wrong wash cycle or always having to squint. Already a bump dot user? Then please join us and share your ideas! This workshop will meet on the first Thursday of each month from 9:00 AM to 10:00 AM.

Choose the Right Magnifier

If you struggle with low vision or perhaps have a hobby that requires a magnifying glass, then this workshop is for you. While choosing a magnifier does not have to be a difficult task, it's still essential that you know a few key tips in order to get started. In this workshop, you will learn how to choose a magnifier that provides the most relief from low-vision problems and enhances daily tasks. This workshop will meet on the first Thursday of each month from 10:00 AM to 11:00 AM.

The Best Smartphone Apps for Blind and Low-vision Users

Be My Eyes

Whenever you need visual assistance, Be My Eyes is there to help. In this interactive workshop, you will explore the endless possibilities of communicating with a volunteer who will assist you through a live video call. The volunteer will guide you using your smartphone's camera to help you solve a problem. Your smartphone will be helpful but not required to participate. This workshop will meet on the second Tuesday of each month from 10:00 AM to 11:00 AM.

TapTapSee

In this exciting workshop, you will learn how to identify everyday objects using your smartphone. TapTapSee utilizes your smartphone's camera and VoiceOver or Talkback function to take a picture or video of anything in front of you and identify it aloud. Your smartphone will be helpful but not required to participate. This workshop will meet on the second Wednesday of each month from 10:00 AM to 11:00 AM.



Aira

Aira (pronounced EYE-rah) is an interactive form of communicating with a skilled professional agent to simplify everyday life. Agents are trained staff members who speak to you to solve your problems and concerns. In this workshop, we will chat with an agent to explore the many services provided. For blind and low-vision individuals who walk, shop, or travel alone, Aira agents can also provide immediate assistance with regard to your location and surroundings. Your smartphone will be helpful but not required to participate. This workshop will meet on the second Thursday of each month from 10:00 AM to 11:00 AM.

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The Best Smartphone Apps for Blind and Low-vision Users (cont.)

Seeing AI

Seeing AI narrates the world around you. Seeing AI uses the power of Artificial Intelligence to open up the visual world and describe nearby people and objects. With VoiceOver, this amazing app enables you to recognize text, products, people, currency, color, and room lighting. Seeing AI is highly rated and among the most popular apps for blind and low-vision users. Come prepared to be fascinated! Please note that Seeing AI is only available to IOS users at this time. Your iPhone will be helpful but not required to participate. This workshop will meet on the third Tuesday of each month from 10:00 AM to 11:00 AM.

Orientation & Mobility

Do you want to further your O&M skills in order to increase your independence? This workshop will help blind and low-vision individuals become more aware of their spatial surroundings and help them to devise a plan of where they want to go. O&M teaches individuals how to navigate the world more efficiently, effectively, and safely using sensory awareness. In this workshop, you will learn how to correctly locate items, identify objects, gain searching skills, use a sighted guide, and more. A long white cane is required for participation and will be provided, if needed. This workshop will meet on the third Wednesday of each month from 9:00 AM to 10:00 AM.

Transportation in Your Community

Need a ride? In this workshop, we will discuss the various ways of getting around in your community. This workshop will explore alternate modes of transportation, including free and low-cost options. Safety will be a focal point. Come prepared with your questions, ideas, and suggestions to share. Guest speakers will be available to answer questions. This workshop will meet on the third Wednesday of each month from 10:00 AM to 11:00 AM.



The Best Grocery Shopping and Delivery Services

The best grocery shopping and delivery services bring fresh produce, meat, dairy, and pantry staples right to your doorstep. Grocery delivery services can be a convenient way of shopping; however, you should be aware of hidden fees, charges, and memberships. Some will offer same-day delivery, while others might require you to wait for several days. This workshop is designed to save you time, and money, and hassle. This workshop will meet on the third Thursday of each month from 10:00 AM to 11:00 AM.



Hello youth, families, and other IICIL consumers,

I am recruiting Fast track youth for the 2020 - 2021 school year, so if you know someone aged 14 - 21 with a disability who may benefit from transition support in the following areas: self-advocacy, job exploration, workplace readiness, post-secondary education counseling, and work based learning opportunities please contact me at debbie@iicil.com or call (309) 793-0090.



We have an in-person support group that has been meeting weekly in Moline during the summer months. Starting in September, we will meet the second and fourth Tuesdays of the month from 6:30 to 8:00 p.m. Participants are required to wear masks and sit six feet apart. If you would like to attend please contact me and register. I am limited to 10 participants a week, so I need to know a day in advance if you will be coming.

Thank you,
Debbie Kunakey
IICIL Youth Transition Advocate
Debbie@iicil.com
309-793-0090





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

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Addressee or Current Resident



Americans with Disabilities Act

Celebrate the ADA! July 26, 2020

ADA National Network (adata.org)



30 years

20 years

Liz Sherwin
Jennifer Garrison

Years of Service

Interpreter Business of the Year Prairie State Legal

Youth Volunteer

Shaun Brown, Daniel Burroughs, Katie Jensen-Pinell
Penelope J. Scott

Volunteer of the Year

WTU Communications Department, QC Campus

Advocate of the Year

Mark Jeffrey

Due to the COVID-19 pandemic and on-going uncertainty, we were unable to have our Annual Meeting on March 23, 2020. Below, is a list of the award recipients. We would like to congratulate all of the recipients for their hard work and tireless efforts to make the QC area a better place for everyone that lives here.