



News & Views



April-June, 2022

2020-2021 Annual Meeting Highlights

In this issue...

Page 1

Annual Meeting Highlights

Page 2

Reintegration Success Stories

Quad Cities Deaf Club

IICIL

Page 3

Travel Tips

Page 4

PA Orientation dates



Rhonda Wilson



Molyneux Insurance



Wheelan-Pressly Funeral Home

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



Illinois/Iowa Center for Independent Living

The IICIL 2020-2021 Annual Meeting happened on Monday, March 28, 2022. Due to COVID, our meeting was held virtually.

The Award recipients were:

Rhonda Wilson - Advocate of the Year for her Advocacy with Davenport Citibus regarding the treatment of bus riders with disabilities.

Molyneux Insurance - Volunteer of the Year for their monetary donation that was used to purchase gift cards for the Virtual Holiday Carnival.

Wheelan--Pressly Funeral Home - Business of the Year for their efforts to provide interpreters for visitations & funerals for the Deaf and Hard of Hearing.

Thank you for all of your hard work and dedication.

Congratulations to all of the award recipients from the Board & Staff of the IICIL



Liz Sherwin Executive Director (left) Lucille Davis (center) board member 1 year award Bonnie Ballard IICIL Board President (right).



Maria King (far left), Liz Sherwin (center left), Johnnie Woods (center right), Bonnie Ballard



John Klingon in his new apartment.

"Destiny and the IICIL gave me hope. I was depressed, feeling that I was never going to be able to live on my own again. I can hardly believe the amount of work Destiny put in for me. She kept on top of things, went head to head with uncooperative nursing home staff and really went beyond the call of duty to get me into an apartment. I owe a lot to her."

John Klingon

I'd like to thank Center for Independent Living for helping me with getting an apartment. It's fully furnished. Sofa, two recliners, bed, sheets & pillows. A television, table and chairs. Laundry soap and bleach. It's much more than I expected and greatly appreciated. I'd like to thank Ms. Gleason for a wonderful job. Well done.

Mr. Albert Nesbit



Albert Nesbit in his new apartment

All People with Disabilities are Eligible for
FREE SERVICES
From their Local Center for Independent Living



The IL/IA Center for Independent Living is here to assist you with:

- ⇒ Applying/Appealing for Disability Benefits
- ⇒ Housing, Bus passes, SNAP and Medical Benefits
- ⇒ Free Hearing and Visual Assistive Devices
- ⇒ New Personal Assistants and PA management
- ⇒ Moving from Nursing Home to Independence
- ⇒ Youth Life Skills & Career Exploration Programs

All services are available in Rock Island, Mercer and Henry County in Illinois and Scott, Clinton and Muscatine County in Iowa
Please call to schedule an appointment so that we can meet your needs.



We Can Help!
501 11th Street
Rock Island, IL
PH: (309) 793-0090
Website: www.iicil.com



IL/IA Center for Independent Living

SAVE THE DATE
JULY 9,
2022

GAME NIGHT

SPONSORED BY
QCDC

SAVE THE DATE!
Saturday, May 14, 2022

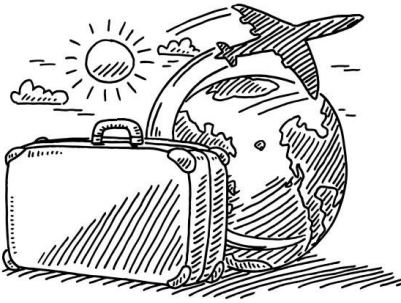
SOUND THE ALARM
 Save a Life

American Red Cross

The American Red Cross will be installing free smoke alarms in the Quad Cities. Call us today at 309-743-2166, ext. 6, to book an appointment for Saturday, May 14.

Travel Tips for People with Disabilities

Taken from the Travel Channel
By Meredith Rosenbe



Plan in Advance Whether you're traveling with someone with a permanent or temporary physical disability, the challenges remain the same. The [U.S. Department of State](#) is a good general resource, while [The Americans with Disabilities Act \(ADA\)](#) details what accommodations should be made. Even though U.S. hotels, transportation, and cruise ships sailing in U.S. waters are required to be ADA-compliant, don't assume that the foreign equivalent will be. If transportation, a cruise, hotel, or other lodging (such as Airbnb) isn't ADA-compliant, call ahead to discuss what accommodations can be made.

Try to Replicate the Home Routine When planning an itinerary, for example, remember the importance of factoring in the stamina of the person in the wheelchair. If

that person has more energy in the morning, then plan sightseeing around that. Holtz says to avoid doing too much in a day. He adds that some people are resistant to taking naps while on vacation, even if they regularly take them at home, but that decision can make or break a trip due to fatigue. "If you require it at home, plan on requiring it in a vacation schedule as well," he says.

Make Sure Travel Insurance Includes Medical Some travel insurance plans only cover financial losses, and Medicare doesn't cover overseas travel. Check the [U.S. Department of State](#) for a list of recommended medical providers. Be sure to choose one that includes medical evacuation, or medevac, in case of an emergency; that option could be cost-prohibitive if insurance doesn't cover it.

Use a Specialized Travel Agent or Company Nowadays, everywhere from Bali and Turkey to Russia and India are accessible for independent and group travelers with physical limitations. A knowledgeable agent can craft an itinerary that works for everyone, advise on whether or not a hotel is fully accessible, Agents also have firsthand knowledge of accessible destinations.

Enroll in the Smart Traveler Enrollment Program (STEP) The U.S. Department of State offers [STEP](#) as a free service that allows you to share trip information with the local U.S. Embassy or Consulate of your destination; this way it's easy to be notified in the event of an emergency. More importantly, there's a section under [Traveler Information](#) that allows you to enter any relevant information about a physical limitation.

Arrange Accessible Accommodation If you're planning an independent trip, Holtz says to consider what you typically need to do at home. For example, if you have a roll-in shower at home with a shower bench, look for that in a hotel. ADA-compliant hotels should also contain grab bars. Holtz cautions that when contacting non-ADA-compliant hotels, "many people don't understand what fully accessible means," such as not realizing that one step can be a barrier to someone in a wheelchair. Other considerations to ask non-ADA-compliant hotels are whether a wheelchair can fit through the room and bathroom doors, and if there's enough room to maneuver a wheelchair once in the room.

Arrange Assistance While Flying Holtz says to allow at least two hours for domestic and connecting flights, and three hours for international flights. He also recommends arranging wheelchair assistance with the airline ahead of time, and double check 48 hours beforehand. At the airport, remind the check-in counter that you need wheelchair assistance. Holtz says family members should allow assistance, since agents can help with luggage and get everyone through security faster. At the very least, review [TSA guidelines for special procedures](#). Remind the gate agent that you need assistance so that everyone in your group can preboard.

If someone is traveling with their own wheelchair, Holtz says to remove and take everything from the wheelchair that could fall off and get lost during storage, including the foot rest, head rest, and any cushions. On board, every U.S. airline that seats more than 60 and is equipped with an accessible bathroom is required to have an aisle wheelchair. Holtz suggests always requesting an aisle seat close to the bathroom. Finally, he notes that those in wheelchairs are last off the plane, so factor in that time and allow help through customs, if applicable.

Decide Whether to Bring or Borrow a Wheelchair This depends on the nature of the trip and the needs of the user. The pros of bringing one include the known comfort level of the person using it, and not having to worry about arranging one for every step of the journey. On the other hand, if it's electric, for example, you will have to factor in power outlet access for charging it. If you're flying, review the [U.S. Department of Transportation](#) and the [Air Carrier Access Act](#) for rights on U.S. airlines. It's also important to understand the laws for where you're going.

Take Advantage of Discounts For example, [Amtrak](#) offers discounts (from 15%-50%) to wheelchair users and a travel companion. You must show proof of your disability, such as a doctor's note or transit ID card; visit the site for a full list of approved documents. Reduced fares for those with physical limitations are also available on buses (such as [Greyhound](#)) and trains both here and abroad, including Japan, London, Singapore and more.

The [National Park Service Access Pass](#) is free for U.S. citizens with permanent disabilities and grants access to any of the national parks, monuments, historic sites, and more. Museums, zoos, and theme parks are some other attractions that typically offer discounts.

Don't Forget the Needs of the Caregiver If a wheelchair user is in a manual (as opposed to an electric) wheelchair, Holtz says the needs of the caregiver pushing that person are often forgotten. He advises against seeing too much in one day to account for the stamina of both people. Holtz also advises considering the amount of care someone needs, which affects how much energy the caregiver has to expend. For example, if the caregiver has to get up early to help the person in a wheelchair get ready, then both people might need a nap in the afternoon.

Work as a Personal Assistant



FIND A JOB!

- 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 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., May 4th, 9 - 11am
- Wed., June 8th, 9 - 11am
- Thur., June 16th, 5 - 7pm

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

- Wed., April 27th 10am - noon
- Thur., May 26th 10am - noon

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

- Wed., May 11th, 10am - noon

SPACE IS LIMITED TO 10 ppl

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

IL/IA Center for
Independent Living

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



Web: www.ICIL.com

FUNDING PROVIDED IN WHOLE OR IN PART BY THE ILLINOIS DEPARTMENT OF HUMAN SERVICES



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