



News & Views



January-March, 2023

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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**

Virtual 2021-2022 Annual Meeting

When: Monday, March 27, 2023

1:30 p.m.

**Where: Illinois/Iowa Center for
Independent Living**

501 11th Street

Rock Island, IL

**With everyone's safety in mind, this event
will be held Virtually and will be streamed
live on Face Book.**

*Thank
You!*

for 34 years of service.

Wheelchair Accessible Taxi Cab Survey

Would you use a wheelchair accessible taxi cab if it was available in your community? Yes ___ No ___

Have you ever had your private vehicle break down and as a result be stranded and need alternative wheelchair accessible transportation? Yes ___ No ___

Do you currently use Paratransit Services? Yes ___ No ___

Do you have difficulty scheduling a ride for the time you need it? Yes ___ No ___

You can share your responses by contacting Jim at 309-230-0760, or Emailing your responses to Hershel at hershel@iicil.com



Emergency SNAP Benefits are ending March, 1, 2023

Since April 2020, all Illinois SNAP households received both regular monthly benefits and an emergency SNAP allotment to address food insecurity challenges exacerbated by the COVID-19 pandemic. February 2023 will be the last month for SNAP households to receive the emergency SNAP allotment.

Under direction from the federal government, SNAP benefits will return to pre-pandemic levels, effective March 1, 2023. Each SNAP household will receive benefits based on the normal eligibility determination process that considers the household size, income, and deductions. Customers will receive normal SNAP benefits through their Electronic Benefit Transfer (EBT) card on their regularly scheduled issuance date. The end of the SNAP emergency allotment will constitute a total decrease of between \$95 and \$255 per household per month. This amount will vary and depend on each household's size and financial circumstances. This is a result of a federal policy change, not because of changes in individual SNAP cases.

To prepare for this change, IDHS recommends that SNAP customers visit www.abe.illinois.gov and update their account if there is a change in address, increase in housing costs, or decrease in income. This will ensure that SNAP customers are receiving the maximum benefit for which they are eligible.

Tips for living with a disability

Written by The Mobility Resource

Living with a disability, without a doubt, can be one of the most challenging experiences that anyone could ever face. From the constant healthcare to the struggle for equality in the workplace, people with disabilities are frequently reminded of just how strong they really are.

That's why when my team at [The Mobility Resource](#) compiled the best advice for living with a disability; we weren't surprised to see some hilarious, honest and downright sassy responses. Take a look at some of the best advice from people with disabilities, for people with disabilities.

1) Never be embarrassed about your disability. Sure, there may come some times when the city bus takes its sweet time putting out the platform, or you encounter someone who doesn't understand social etiquette, but don't let these moments bring you down. You are more than your disability – you are a positive and awesome person who [makes that handicapped van](#) look good.

2) People are going to be uncomfortable with your disability – that's a fact. Put them at ease by cracking a joke about your disability. Humor about your super-stylish wheelchair, plus social situations, equals your new status as the most popular guy in the room.

3) Let the haters talk. Unfortunately, there will be some people who insist on telling you their negative opinions about you and your disability. Ignore them; they're probably just jealous that they can't [skip the line at Disney World](#).

4) Connect with others who can relate. Get yourself a Facebook profile. And a Twitter account. And a Pinterest profile. And a Google plus account. Whatever you choose, get onto social media and start connecting with other people who can relate. Form fan groups, plan meetings or just spend time reveling in the fact that you can always find parking at a crowded mall.

5) Don't be afraid to accept help from others. You're independent, but that doesn't mean you should be totally devoid of assistance when you need it. Most people are willing to accept help when they need it the most – the rules shouldn't be different because you have a disability

Having a sense of humor about your disability can go a long way. Remember to just smile and give yourself a pep talk on those days when you need a little extra lovin'.



Join Us

Illinois and Iowa Deaf Coffee Chats

2023

SECOND FRIDAY 5:00 pm – 8:00 pm

Hy-Vee-Devi's Glen Rd, Bettendorf, IA

February 10
March 10
April 14

May 12 June 9
July 14
August 11

September 8
October 13
November 10
December 8

LAST FRIDAY 5:00 pm – 8:00 p

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

February 24
March 31
April 28

May 26 June 30
July 28
August 25

September 29
October 27
November 24
December 29

Fast Track Adventures

Students from [ExCEL School](#) in the Fast track and STEP program were able to visit the [QC Electrical Training Center](#) for some hands on career exploration. They enjoyed bending conduit that is used for passing through electrical wiring and learning about the education and skills needed to become an electrician.



Checking out one of the classrooms at the QC Electrical Training Center.



Practicing conduit bending.



Students from the ExCel School.



Christmas Party for Fast Track Students

Thank you to Wheelan-Pressly Funeral Home for their generous donation. Fast Track students were able to enjoy gift cards and Holiday cheer.



Students from the ExCEL program in Atkinson

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Rock Island, IL 61201

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Addressee or Current Resident

Free Tax Preparation

Free tax preparation from February 1, 2023-April 12, 2023 is being offered by appointment through out the Quad Cities. Sign up at www.UnitedWayQC.org/VITA. Or call Monte Schwartz 563-344-0352. Walk-in tax preparation is being offered at the Martin Luther King, Jr. Center 630 9th Street Rock Island.

All other sites are by APPOINTMENT ONLY!

Bettendorf

Ascentra Credit Union Mondays 5pm-8pm-Feb 6-April 10

2019 Grant Street

Davenport

Friendly House - Tues & Thurs 5pm-8pm, Sat 9-Noon-Feb 2-April 8

1221 Myrtle Street

Davenport Public Library - Eastern Branch-Feb 1-April 11-Mon & Wed 12:30pm-4pm, Tues 9:30am-1:00pm *NO appointments on Wednesday, February 15*

6000 Eastern Avenue

Moline

WIU-QC Campus-Feb 7-April 11-Tues 5pm-8pm

3300 River Drive

Moline Public Library - Feb 1 - April 12 - Mon & Wed 10:30am-3:30pm

3210 41st Street

Rock Island

Rock Island Senior Center - Feb 4-April 8-Saturdays 9am-Noon

2221 11th Street

Rock Island Township - Feb 7-April 11-Tuesdays 9:30am-3:15pm

2827 7th Avenue