



Larry Whewell retires from JACIL

by Roger Deem

December 22, 2017, was Associate Director Larry Whewell's last day with us as he retired from the Jacksonville Area Center for Independent Living after a career of over 16 years.

On December 13, we hosted a reception for Larry and his wife, Barb. Our conference room was packed with well wishers for the entire two hours of the event. Many friends and business and civic leaders stopped by to offer congratulations to Larry for his service to the community in general and people with disabilities in particular.

Larry will continue serving JACIL as a volunteer program advisor and as a member of our Board of Directors' Development Committee. His years of experience and knowledge of our industry will continue to be an asset from which we can benefit.

We wish Larry and Barb a long and happy life together and extend our sincere appreciation for all they have done to help JACIL be a productive and positive influence in central Illinois.



Barb & Larry Whewell visit with Sharon Ruda.



Kelly & Bill Latham enjoy the reception.



Some of the many well wishers that attended Larry's retirement reception.

Now YOU'RE Cooking!

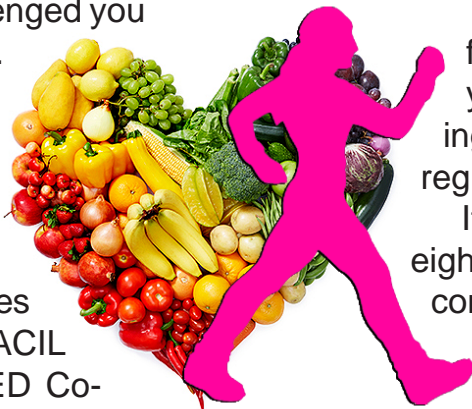
“Eat Smart, Be Active” An eight-lesson cooking series

by Lisa Viles

Earlier in 2017, JACIL challenged you to "Eat Better, Feel Better". Through those four workshop sessions you learned the basics of good nutrition, meal planning, budgeting and how to grow your own herbs and vegetables.

Now in 2018, JACIL challenges you to "Eat Smart, Be Active". JACIL and Melinda Vortman, SNAP-ED Coordinator from the University of Illinois Extension Office, will be presenting an eight-session cooking series that will give participants the chance to prep and cook nutritious meals themselves in the Extension Office kitchen. Sessions will end with a short period of light exercise or stretching, to reinforce the connection between healthy eating and an active lifestyle.

"Eat Smart, Be Active" will hold its first session on Tuesday, January 23, with classes scheduled every Tuesday thereafter through March 20 for nine weeks, with the exception of Tuesday, February 20, when there is no class. It will be held at the Extension Center, located at 104 N. Westgate Avenue in Jacksonville and runs from 11:00 a.m. until 1:00 p.m.



This workshop is open to the first 20 registrants of any age and you do not need previous cooking experience to participate. Pre-registration is required.

It is not necessary to attend all eight sessions, but participants that complete six of the eight sessions will receive a certificate of completion and will be given two cooking utensils of their choice courtesy of the Extension Center.

As an added incentive, all names of participants who attend four or more sessions will be entered into one of four drawings for a chance to win door prizes such as storage containers or fitness accessories.

All participants must register in advance and can do so by calling JACIL at (217) 245-8371, and asking to speak with Lisa Viles. Registration for this workshop will close on Tuesday, 1/16/2018.

We would like to thank Wal-Mart for once again sponsoring this workshop so that we all can learn to make healthy eating an important part of our routines.

It's My Life! - Part 3 - Peer Mentoring

by Cyndy Benton

"It's My Life" is a four-part training JACIL developed to help people with disabilities learn to have more control of their lives.

The first session examined Self-Determination, looking at how people determine their own personal wants and set life goals. The second workshop dealt with self-advocacy.

The third training session will be held January 18, 2018, from 4:00 until 6:00 p.m., at the JACIL Office. This session will cover Peer Mentoring.

The session will look into the different ways people can learn to help support others who have the same kinds of life experiences (peers) and how we can learn to mentor others .

An ASL interpreter will be available on request; alternate formats of printed resources will be available if requested one week in advance.

A light meal will be served . Anyone interested in coming needs to call JACIL at 217-245-8371 to register by January 17.



CAFÉ

State Treasurer's ABLÉ savings program

by Becky McGinnis

Our next KIP Café is scheduled for January 25, 11:30 a.m. to 1:30 p.m. at the JACIL office.

The presenter will be Robert Baren, who is a senior advisor in the office of the Illinois state treasurer. He will be telling us about the Illinois ABLÉ program, and how it can work for people with disabilities.

The ABLÉ program allows eligible people with disabilities to set up a tax-advantaged savings plan to save for future disability-related needs. These savings plans allow saving money without putting certain benefits at risk - the ones with "asset limits."

The ABLÉ funds can be used for a variety of expenses, including education, transportation and assistive technology.

A light lunch will be provided and an ASL interpreter will be present.

Call (217) 245-8371 to make your reservations by January 24.

For more information or questions call JACIL.

QUICK FACTS:

- Time: 11:30 a.m. - 1:30 p.m.
- state treasurer ABLÉ Program
- Tax savings plan
- Call (217) 245-8371
- RSVP by January 24
- Light lunch: free
- ASL interpreter: Yes!

Remember the JACIL office will be closed through January 1.

We wish you all a MERRY CHRISTMAS & A HAPPY NEW YEAR!



by Kathy Price

Each issue Kathy will answer your questions about anything--from household hints to the price of tea in China.

Please e-mail your question to her at kathy@jacil.org.

This Month's Question: My husband is always coming to the dinner table late. By the time he finally sits down, our salads have gone from crisp to queasy. Any suggestions?

Kathy Says: There is a way to keep leafy salads crispy longer. Just lightly sprinkle the salad with salt and it will stay crisp for hours. Just don't tell your husband because he's late enough as it is!



JACIL will be closed
MARTIN LUTHER KING, JR. DAY
Monday, January 15

JACIL seeks new board members

by Becky McGinnis

The JACIL Board of Directors includes 11 - 15 members, and is responsible for the management of our business and legal affairs, through the JACIL employees. You can read JACIL's mission statement on the final page of this newsletter; it is the overall guideline for the Board to follow.

Our Nominating Committee will begin their work soon, and we need your help to identify a good pool of candidates to consider. It is required that the majority of our board members be people who have disabilities; we are also looking for people with a commitment to independent living for people with disabilities. If you are interested in serving on the JACIL Board or know of someone who would make a good Board member, please contact Becky at 217-245-8371.

Art Classes held at JACIL

When Illinois College students interviewed small groups this fall as part of JACIL's strategic planning process, one of the groups suggested that JACIL offer an "art nite". The students jumped on the idea and on November 30 we offered our first "Art Nite". The medium for the night was air dry clay and those present were able to create their own clay sculpture.



Those present were interested in more art nites, and plans are underway for another one by early spring. Stay tuned for more information, and thank you to Addy Drake and Cody Thomas for planning this session.

WHO HEARS A H OT?

by Mary Little & Susan Nolls

The subject of hearing loss may be one our loved ones do not want to discuss, but it is a common occurrence as we age.

The National Institute on Deafness and Other Communication Disorders reports 50% of people age 75 and over have disabling hearing loss. Many are unaware of what they cannot hear. Untreated hearing loss may have a number of negative effects including isolation and depression.

Signs of hearing loss may include difficulty understanding others during conversation and television dialogue. Television volume may be increased but loud noises are disturbing.

Many complain of constant ringing and/or plugged sensation in the ears. Some may experience balance issues or loss of sense of direction.

Speaking clearly while facing the person will aid communication. Try to meet in quiet places and eliminate background noises when possible. Consider using a sound amplifying device.

Encourage them to seek help and/or offer to accompany them if needed. A primary care provider is a good place to start. Ears may be examined for wax build up, infection, and other problems. Referrals, if needed, will be made to specialists who will test the hearing in each ear.

The examinations may include the use of a tuning fork. If you receive a hearing test, request a copy of the audiogram.

Treatment may include removal of built up wax, surgery, or the use of hearing aids or amplifiers. JACIL is a demonstration center for ITAC amplified telephones. The amplified telephones and captioned telephones are free to Illinois residents who have hearing loss and landline service. A telephone amplifier is also available for qualified cell phone users.

Improved communication may also improve the quality of lives.



JANUARY CALENDAR OF EVENTS

- Mon 1 New Year's Day - JACIL office closed.
- Thu 11 VisAbility Support Group - 10:30 a.m. to Noon
- Mon 15 Martin Luther King, Jr. Day Observed - JACIL office closed.
- Tue 16 Cass County Vision Support Group - 10:00 to 11:00 a.m.
- Wed 17 Visions Support Group in Havana - 2:00 to 3:00 p.m.
- Wed 17 People First Aktion Club - 3:30 to 4:30 p.m.
- Thu 18 It's My Life - Peer Mentoring. 4:00 to 6:00 p.m.
- Jan 23 Eat Smart - Be Active! - 11 a.m. to 1 p.m. - UI Extension office
- Thu 25 KIP Café - 11:30 a.m. to 1:30 p.m.
Topic: *ABLE Program*
Speaker: Robert Baren, Illinois state treasurer's office
- Jan 30 Eat Smart - Be Active! - 11 a.m. to 1 p.m. - UI Extension office

"JACIL Connections" is published by the Jacksonville Area Center for Independent Living. JACIL is organized to serve people with disabilities in Morgan, Scott, Cass and Mason Counties. JACIL is committed to serving persons with disabilities to gain control and direction of their lives in the home, workplace and community. JACIL's goal is to stimulate and promote a growing sense of personal dignity through individualized services designed to provide the tools necessary for maximum independence and community participation. We invite your comments and suggestions.

JACKSONVILLE AREA CENTER FOR INDEPENDENT LIVING
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Office Hours:
MONDAY-FRIDAY 8 a.m. to 5 p.m.

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E-mail: info@jacil.org
Website: www.jacil.org



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