



Jacksonville Area Center for Independent Living

November 2017

CONNECTIONS



Functional and Access Needs in an emergency seminar set for Friday, November 3 at Pathway

JACIL has taken the lead in organizing an exciting FAN Fair on Friday, November 3, 2 - 8 p.m. at the Pathway Community Room, 1905 W. Morton. The public is invited at no charge.

The day will focus on Functional and Access Needs (FAN) of people with disabilities and seniors during emergency situations. It has been designed to give first responders like police, fire fighters and emergency services information about the needs of people with disabilities so that they can provide top-notch assistance in the event of an emergency.

In addition to natural disasters such as tornadoes and floods, the information will be helpful in situations such as house fires, etc.

During the fair, attendees will be able to visit several interactive stations where they can learn more about challenges faced by people with specific disabilities.

There will be several simulation activities and an obstacle course to try out with a wheelchair or walker. First responders will be present to explain their role in assuring maximum safety for everyone in a disaster.

There will be a limited amount of seating available during each of the following breakout sessions:

2:00 to 4:00 p.m.

ARE YOU READY?

How people with disabilities can prepare for an emergency.

4:00 to 6:00 p.m. & 6:00 to 8:00 p.m.

IN THE MOMENT

A panel of people with disabilities talks to first responders

The Red Cross Central Illinois Chapter will provide attendees with the Are You Ready training on preparing for an emergency.

"Emergency personnel and volunteers are

the first line of hope for residents in the face of a disaster," said Bryan Soady, Red Cross disaster specialist. "It is imperative they are equipped with the knowledge and confidence to assist all residents, including those living

with functional and access needs."

"Too often those living with disabilities are overlooked in emergency situations," said JACIL's Becky McGinnis. "Whether it's a functional disability or an accessibility issue, we want to ensure those assisting residents with disabilities are able to effectively and sensitively serve all members of our communities."

Questions? Call JACIL at (217) 245-8371.



FAN Fair

It's My Life! - Part 2 Self-advocacy

by Cyndy Benton

"It's My Life" is a four-part training that JACIL has developed to help people with disabilities learn how they can have more control of their lives in the home, workplace and in the community.

The first session examined Self-Determination, looking at how people determine their own personal wants and set life goals.

The second training session will be held November 16, 2017 from 4:00 - 6:00 p.m. at the JACIL offices. This session will look at Self-Advocacy. It was developed to help people with disabilities learn how to best stand up for what they want and need in their lives.

The session will also cover when it is best to stand up (advocate) for different things, and how to go about it in a way that will help their chances of getting what they are asking for. It is designed to also help people better under-



stand the difference between rights, needs and wants as an American with a disability and as someone who may be receiving services through disability programs or public schools.

An ASL interpreter will be available on request; alternate formats of written resources will be available if requested by Nov 9.

A light meal will be served. Anyone interested in coming to this session should call JACIL at 217-245-8371 to register by Nov. 14.

QUICK FACTS:

- Take control of your life meeting
- Self-advocacy training
- Where? JACIL
- When? Nov 16 from 4:00-6:00
- ASL interpreter will be there.

Strategic Planning Update

by Becky McGinnis

Our Strategic Planning is in full swing now, at least the information-gathering stage!

The Illinois College students who are helping us have started holding focus groups, guiding small groups to share their input about JACIL.

You may have received an invitation to one of the focus groups and, if you have, we hope you'll plan to come. We have some more invitations to be mailed soon, but don't wait to be invited.

All sessions will be one-hour in length. The schedule is as follows

Wednesday.November 8	4:30 p.m.
Thursday.November 9	12:15 p.m.
Monday.November 13	4:30 p.m.
Wednesday.November 15	4:30 p.m.
Monday.November 20	4:30 p.m.
Monday.November 27	4:30 p.m.
Wednesday.November 29	4:30 p.m.

If you'd like to join one of these focus groups, please call Becky at (217) 245-8371, and ask to be put on the list. Your input is extremely important in helping JACIL a better and more effective agency!



KIP CAFÉ

Secretary of State accessible parking program

by Larry Whewell

JACIL's monthly KIP Café is scheduled for November 16, from 11:30 to 1:30 p.m. The guest speaker will be William Bogdan, Disability Liaison to the Secretary of State's Office as we discuss an overview of the Parking Program for Persons with Disabilities. Come and learn what is new with the new Accessible Parking Placard Program.

We will hear about the process as the Secretary of State's office implements its online renewal certification process for permanent disability parking placards. Also we will hear about the do's and don'ts of the program



and how a person can reduce the fraud and abuse of parking placards and disability license plates.

Mr. Bogdan will also provide an overview of other programs and services offered by the Secretary of State, and answer questions from the audience.

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

Call (217) 245-8371 to make your reservations by November 15.

For more information or questions call JACIL and ask for Larry.

QUICK FACTS:

November 16

- Time: 11:30 a.m. - 1:30 p.m.
- Secretary of State parking placards
- Other programs and services
- Call (217) 245-8371
- RSVP by November 15
- Light lunch: free
- ASL interpreter: Yes!



JACIL Independent Living Advocate Mary Little shares information about our Illinois Telecommunications Access Corporation accessible phone program with a visitor to our booth at a recent senior fair at Hamilton's in Jacksonville.

JACIL WILL BE CLOSED

VETERANS DAY

Saturday, November 11

Observed Friday, November 10



THANKSGIVING DAY

Thursday, November 23

Friday, November 24



APP-HAPPY Smart Phone Services

by Roger Deem

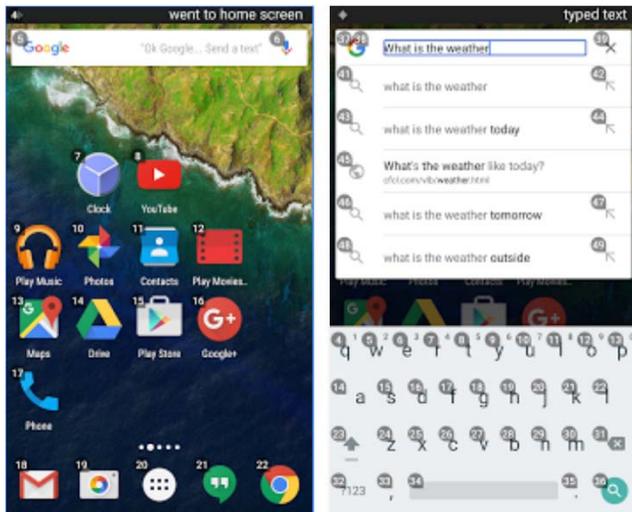
Google Voice Access

Voice Access is an accessibility service that helps users who have difficulty manipulating a touch screen (e.g. due to paralysis, tremor, or temporary injury) use their Android devices by voice.

Voice Access provides voice commands (currently English only) in three categories:

- ★ Basics and navigation from any screen (e.g. "go back", "go home")
- ★ Gestures to interact with things on the current screen (e.g. "click next", "scroll down")
- ★ Text editing and dictation (e.g. "type hello", "replace coffee with tea")

You can access on-screen help by saying "What can I say?" within Voice Access. You can also see the full list of voice commands by going to Voice Access Settings and selecting "Show all commands."



WHO HEARS A H OT?

by Mary Little & Susan Nolls

Hearing often decreases as we age. Decreased blood supply, cochlear (tiny ear bone) deterioration, and thickened eardrums may lead to hearing loss. Presbycusis is another name for age-related hearing loss.

Approximately one third of adults age 60 and older and one-half of those 75 and older experience hearing loss. Both ears are usually affected. The ability to hear high-pitched tones is lost first. Speech may be hard to understand. Older adults often say they can hear people talking but don't understand what is being said.

Hearing loss, vision loss and slower reaction times affect many seniors. The ability to concentrate and remember may slow down for some and, to make matters worse, hearing loss is mistaken for decreased intellect. Arthritis and other health conditions may make it harder to use some equipment that makes sounds easier to hear. Some people are embarrassed or frustrated by hearing loss and avoid using telephones and being around people. For them, life may become sad and lonely.

The exact cause of age-related hearing loss is unknown. Researchers continue investigating genetics (family history) and high cholesterol levels as links. In the meantime, eat healthy diets, avoid loud noise, and wear ear protection when around loud noise. Proper diagnosis is important. Age-related hearing loss is not the same as hearing loss caused by noise exposure, illness, or medication.

Treatment varies. Hearing aids and sound amplifiers are two options. Professionals, according to individual needs, fit hearing aids. Amplifiers are available over the counter and may come with money back guarantees. Amplified telephones are helpful. JACIL is a demonstration center for free amplified ITAC telephones, including cell phone amplifiers and captioned telephones.

NOVEMBER CALENDAR OF EVENTS

- Thu 2 Making Computers Fun with Dan Thompson - 2:00 to 3:30 p.m.
- Fri 3 FAN Fair at Pathway Community Room - 2:00 to 8:00 p.m.
- Tue 7 Knollwood 20/20 Support Group - 9:30
- Thu 9 VisAbility Support Group - 10:30 a.m. to Noon
- Thu 9 Making Computers Fun with Dan Thompson - 2:00 to 3:30 p.m.
- Fri 10 Veteran's Day Observed - JACIL office closed.
- Wed 15 Visions Support Group in Havana - 2:00 to 3:00 p.m.
- Thu 16 KIP Café - 11:30 a.m. to 1:30 p.m.
Topic: *New Accessible Parking Placard Program*
Speaker: William Bogdan, Disability Liaison to the
Secretary of State's Office
- Thu 16 Making Computers Fun with Dan Thompson - 2:00 to 3:30 p.m.
- Thu 16 It's My Life Training - Self Advocacy. 4:00 to 6:00 p.m.
- Tue 21 Cass County Vision Support Group - 10:00 to 11:00 a.m.
- Thu 23 Thanksgiving Day - JACIL office closed.
- Fri 24 JACIL office closed
- Thu 30 Making Computers Fun with Dan Thompson - 2:00 to 3:30 p.m.

"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.

217-245-8371 Voice/TTY • 217-245-1872 Fax
888-317-3287 Toll Free
In Mason County call (309) 543-6680
866-790-5311 Deaf Advocate's Toll Free Videophone Line
E-mail: info@jacil.org
Website: www.jacil.org



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