



JACIL offers Circuit Breaker Workshop

by Lori Shipley

The Illinois Department on Aging's Circuit Breaker program provides grants to senior citizens and persons with disabilities to help them reduce the impact of taxes and prescription medications on their lives.

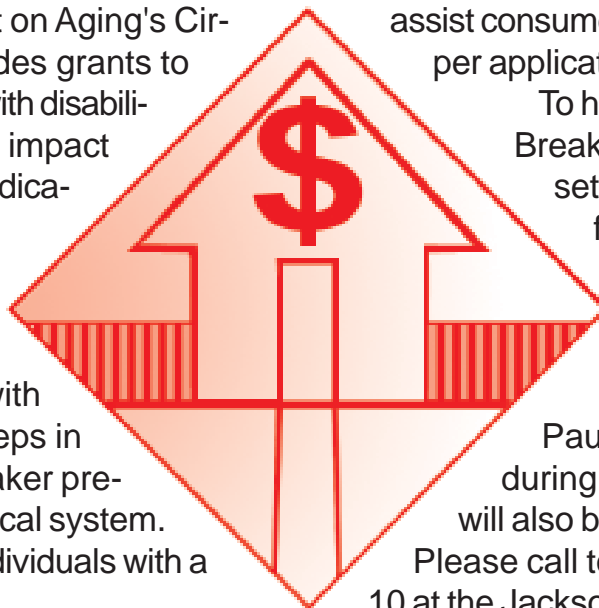
When the costs of property taxes and prescription medicines begin to "overload" our seniors and persons with disabilities, this program steps in to help, just as a circuit breaker prevents overloads in an electrical system. The program also assists individuals with a discount in license plates.

NOTICE: In past years, the Department on Aging has been able to issue Circuit Breaker grants at the maximum allowable amounts. However, the state budget for fiscal year 2010 (July 1, 2009 - June 30, 2010) did not fund the Circuit Breaker program at those levels.

In order to continue to provide the Circuit Breaker grant benefit to older adults and persons with disabilities on and after July 1, the Department made the difficult decision to cut each grant awarded in half. This decision based on budgetary cutbacks cannot be appealed.

Also, the Circuit Breaker Program assists with medications for any one over 65 years old and people with disabilities ages 16 to 64 who meet the income guidelines.

JACIL staff will begin taking appointments to



assist consumers in completing online or paper applications on February 10, 2011.

To help individuals file their Circuit Breaker forms this year, JACIL has set aside Thursday February 10 from noon to 3:00 p.m. in the Jacksonville office. You are encouraged to call 217-245-8371 for an appointment.

Derrick, Mary, Susan and Paul will be assisting individuals during that time, and an interpreter will also be available from 12:30 - 2:00.

Please call to reserve your space on Feb 10 at the Jacksonville office.

For an individual appointment at the Havana office, call 309-543-6680.

QUICK FACTS:

- Sign up for Circuit Breaker
- CB helps pay for meds
- CB helps pay for license plates
- JACIL will help on Feb 10, 12:00-3:00

Legislative Contact Info



Legislative contact sheets are included with this newsletter. State Senator Sam McCann's complete listing is not yet available.

JACIL supporters enjoy second annual Festa Jaciliana

Bogart's Banquet Hall owners Brad & Kim Fellhauer welcomed a packed house to their facility as they hosted our second annual JACIL fundraiser - Festa Jaciliana II.

The event featured an excellent pork roast dinner with entertainment by Jazz Musicians the Rob Killiam Quartet with Jane Hartman.

The event was chaired by JACIL Board Member Liliana Costa.

Below are photos from the Festa:



OUR THANKS TO:

14k Gold Diamond Dinner Ring
Donated by: Kevin & Carolyn Denney & Precious Jewelers, Nick Xamis & Westown Ford, Liliana Costa, Beverly Ware & D.L. Heiniger
DRAWING WON BY ROSELLA BASS

Original Acrylic Abstract Painting
Donated by Allison Pratt
AUCTION WON BY JOY BECKER

White Flowering Dogwood
Donated by Happy Hollow Nursery
AUCTION WON BY TOM GROJEAN

Also thanks to Jess Spradlin, our auctioneer
And to our marvelous group of table captains who helped make everything possible



Lunch & Learn coming February 23 for family caregivers

The Area Agency on Aging for Lincolnland will team up again with JACIL to present a Lunch and Learn program on Wednesday, February 23, from Noon to 1:15 p.m. at JACIL.

Teri Johnson, AAAL Benefits Specialist will provide information on:

- Protecting yourself and loved ones from health care fraud
- Medicare and the new health care law: what it means for you

This program is part of a series of quarterly informational programs for family caregivers of older adults and for relatives raising children being presented by The Area Agency on Aging for Lincolnland. The Lunch and Learn programs are free to the public and are held over the noon hour to accommodate working caregivers. Lunch



is provided, and pre-registration is required. A sign language interpreter will be available.

To register or learn more about the Lunch and Learn series, contact the Area Agency on Aging for Lincolnland at (217) 787-9234 or (800) 252-2918.

This event is funded by the Older Americans Act and Illinois General Revenue Funds through the Illinois Department on Aging

QUICK FACTS:

- Learn about Health Care laws
- Meeting: Feb 23
- 12:00-1:15 p.m.
- Come to JACIL for lunch and learn
- RSVP 800-252-2918
- Meeting at JACIL

A look at accessibility vs. inclusion

by Becky McGinnis

My interest was recently piqued by an article in the January 2011 issue of *New Mobility*. My thanks to Scott Rains for his article "Accessibility is NOT Inclusion";

People with disabilities deal every day with access issues. We celebrate the Americans with Disabilities Act because it made access a right - curb cuts, ramps, restrooms, communication, etc. But accessibility looks at things - and gives specifics (minimum standards, by the way) for how wide, how high and where, etc.

Inclusion, on the other hand, focuses on the person. In his article, Rains compares "inclusion" to hospitality. Inclusion looks past the physical barriers which are the focus of accessibility. Inclusion strives for participation, and draws people in, welcoming them to be a part of the action. Inclu-

sion requires active involvement of all.

Accessibility assures that the door is open; inclusion welcomes people in the door to participate in the social fabric of our world. In spite of accessibility, when people are not welcomed into the human network, the result is "exclusion".

Scott Rains opens his article with a question: "What if the first question we asked was 'what is so unique about this situation that it justifies exclusion?'" That question should be the crux of decision-making rather than the cost of access.

JACIL's mission statement asserts we are committed to "maximum independence and community participation", including the home, workplace and community. Inclusion is important to JACIL. Come our office to see a copy of Mr. Rains' full article.

JACIL & friends a powerful lobbying force in 2009-10



JACIL's Legislative & Voter Advocate Cyndy Benton recently reported on the successful efforts by our staff and supporters in making legislative contacts from October 1, 2009, to September 30, 2010.

"In all there were nearly 900 contacts made to our elected officials during the reporting year," Cyndy said. "Just over 87% of the contacts were made with officials from the state of Illinois. About 11% were advocacy efforts with federal officials and two percent were local contacts.

"These communications included telephone calls, letters sent by mail, e-mailed messages and attendance at various political rallies," Cyndy said. "It was an amazing effort by our people and helped influence some great decisions made in Washington, Springfield and on the local front."

QUICK FACTS:

- Report: 900 contacts to our lawmakers!
- We support Disability Rights!
- Thank you for help, so the right laws are passed
- Contact Cyndy at JACIL for more info or to help



PA CORNER.....by Ron Price

P.A. Training program undergoes makeover

JACIL'S Personal Assistant Training is getting a makeover, with an updated manual and a new Power Point presentation in the works. We are excited about the changes.

We need our consumers and their personal assistants to help us refine the presentation by sharing their thoughts about our program. Working together is the key to successfully prepare new P.A. applicants to do the best job possible for their future employers. If you have suggestions, please contact me at JACIL, (217) 245-8371 (voice/tty).



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: Since I caught a cold, I cannot seem to get a decent night's sleep. I am so clogged up I can't breathe properly and that wakes me up. Can you help?

Kathy says: If you have a cold, some things you can do are: If you have a wedged pillow, please use it. If you do not have this kind of pillow, then just fold your pillow in half and use that.

Also if you have malt apple vinegar, sprinkle a few drops on your pillow case and it will open your nose passages. Good sleeping!

“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

15 Permac Road, Jacksonville, IL 62650

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

866-790-5311 Deaf Advocate’s Toll Free Videophone Line

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

JACIL - MASON COUNTY OFFICE

220 West Main Street, Havana, IL 62644

Office Hours: Mon. 8-12; Tue. 10-12; Wed. 8-10; Thu. 10-12; Fri. By chance

309-543-6680 Voice/TTY • 309-543-6711 Fax • 877-759-2187 Toll Free

E-mail: jacil@casscomm.com



*JACIL is a Prairieland
United Way Agency*

A Proud Member of the



15 Permac Road
Jacksonville, Illinois 62650



2011 STATE LEGISLATORS

Contact Information

STATE REPRESENTATIVES

97th District

Rep. Jim Watson (Republican for Morgan Co.)

325 W. State St., Suite 102

P.O. Box 160, Jacksonville, IL 62651 - Jacksonville Office

E-mail - jimwatson@localnetco.

Phone - 217-243-6221

FAX - 217-245-2071

200 - 4N Stratton Bldg., Springfield IL, 62706 - Capitol Office

Phone - 217-782-1840

FAX - 217-782-1336



93rd District

Rep. Jil Tracy (Republican for Scott and Cass Co.)

3701 E. Lake Centre, Suite # 3, Quincy, IL 62306 - Quincy Office

E-mail - jiltracy@jiltracy.com

Phone - 217-223-0833

FAX - 217-223-1565

209 N Stratton Bldg. Springfield, IL 62706 - Capitol Office

Phone - 217-782-8096

FAX - 217-782-5257



94th District

Rep. Norine Hammond (Republican for Mason Co.)

331 N. Lafayette St., Macomb, IL 61455 - Macomb Office

Phone - 309-836-2707

FAX - 309-836-2231

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200-7N Stratton Bldg. Springfield, IL 62706 - Capitol Office

Phone - 217-782-0416

FAX - 217-782-5257



2011 STATE LEGISLATORS

Contact Information

STATE SENATORS

47th District

Sen. John Sullivan (Democrat for Scott, Cass & Mason Co.)

926 Broadway, Suite 6, Quincy, IL 62301 – District Office

Phone - 217-222-2295

FAX - 217-222-2944

417 Capitol Building, Springfield, IL 62706 - Capitol Office

E-mail - jsullivan@senatedem.ilga.gov

Phone - 217-782-2479

FAX - 217-782-2331



49th District

Sen. Sam McCann (Republican Morgan Co.)

264 North Broad Street, Carlinville, IL 62626 – District Office

Phone - 217-854-6525

FAX - 217-

Springfield, IL 62706 - Capitol Office

E-mail -

Phone - 217

FAX - 217



2011 FEDERAL LEGISLATORS

Contact Information

NOTE: It is advised that when contacting federal legislators in writing, at their Washington D.C. offices, to FAX or e-mail them the written information. Mail delivered to Congress by the US Postal Service goes through safety procedures which significantly delays its arrival.

US SENATORS

Senator Dick Durban (Democrat serving Illinois “at-large”)

525 S. Eighth St., Springfield, IL 62703 - Springfield Office

Phone - 217-492-4062

FAX - 217-492-4382

E-mail - matt_mcanarney@durbin.senate.gov – **Note: this email address is for use if trying to obtain assistance with personal issues or support with personal matters**

230 S. Dearborn St., Ste.3892, Chicago, IL 60604 – Chicago Office

Phone - (312) 353-4952

FAX - 312-353-0150

309 Hart Senate Building, Washington D.C. 20510 – Washington D.C. Office
website – www.durbin.senate.gov - contact via website; click on tab that states “contact Dick Durban” tab located at top left corner of homepage

Note: this website is for use in voicing opinions or support/opposition regarding federal laws, legislation, guidelines or programs.

Phone -202-224-2152

FAX - 202-228-0400



Senator Mark Kirk (Republican serving Illinois “at-large”)

230 S. Dearborn, Suite 3900, Chicago, IL 60604 - Chicago Office

Phone - 312-886-3506

FAX - 312-886-2117

607 E. Adams St., Suite 1520, Springfield, IL 62701 - Springfield Office

Phone 217-492-5089

FAX - 217-492-5099

387 Russell Senate Office Bldg., Washington DC, 20510 – Washington Office

Website www.kirk.senate.gov – contact via website; click on tab that states “contact Mark” tab located in center of homepage

Phone - 202-224-2854

FAX - 202-228-4611



2011 FEDERAL LEGISLATORS

Contact Information continued

US REPRESENTATIVE

Representative of 18th Congressional District

Aaron Schock

(Republican serving Cass, Mason, Morgan, & Scott Counties)

100 N. 235 S. Sixth St., Springfield, IL, 62701 – Springfield District Office

Phone – 217-670-1653

FAX - 217-670-1806

209 W. State St., Jacksonville, IL, 62650 - Jacksonville District Office

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TTY Phone – 217- 245-1431

FAX - 217-243-6852

328 Cannon House Office Bldg., Washington D.C. 20515 – Washington D.C. Office.

Web site - www.schock.house.gov- Note: contact via website; click on tab that states "email Aaron" located at top right corner of homepage

Phone - 202-225-6201

FAX - 202-225-9249



Washington DC Capitol Building Switchboard – 888-876-6242