



Five-part seminar on living with visual disabilities:

JACIL, DRS to offer "Yes Eye Can" Series

by Larry Whewell

The Jacksonville Area Center for Independent Living (JACIL) along with the local DRS Bureau of Blind Services are happy to announce that we will be hosting a series of seminars titled "YES EYE CAN".

The goal of the five days of seminars is to improve and or increase independence in the lives of people who live in Morgan, Scott, Cass or Mason Counties, are 55 years or older, and who have a vision disability. The seminars are designed to be educational, social and fun.

The five days of seminars will be held on four Tuesdays and one Wednesday for five weeks beginning in March and ending in April.

The day will begin at 10:00 a. m. and end at 3:00 p. m. with transportation and lunch provided with no cost to participants. Those who complete all five days will be given a package of adaptive aids and devices which are valued at approximately \$100.00.



Following is the agenda:

March 29

Eye diseases and communication skills

April 5

Trip to IATP and lunch in Springfield

April 12

Safety around the home including orientation and mobility

April 20

(Wednesday)

Cooking skills and getting around the kitchen

April 26

Activities of daily living skills and wrap up

This is the second year JACIL has hosted these seminars. If you attended last year you don't qualify to participate this time. This will be a great opportunity to learn new techniques and have fun doing along the way.

Our hope is that you will finish with knowledge and skills to be more independent. The first thing you must do is register and the deadline is March 15, 2011. Once you have registered we will be in contact with you with more exact details

For questions or more information and to make reservations contact Larry at JACIL call (217) 245-8371 or toll free 888-317-3287

QUICK FACTS:

- BBS meetings
- Five meetings: 3-29; 4-5, 4-12, 4-20, 4-26
- All meeting times: 10:00-3:00
- For age 55 and over
- Free! Free info and free aids
- To register: call JACIL

Parent perspectives of their children on the spectrum

by Taylor Sweeting

Do you have a child who is on the Autism spectrum? Does it sometimes feel like you are the only parent who has faced this challenge? You are not alone!

Join us here at the Jacksonville office of JACIL on Thursday, April 7, from 2:30-4:30 p.m. for our Parent Panel on Autism. Come and meet other parents of children on the spectrum, listen to their stories, and share your experiences.

The goal of this panel is to establish connection between the parents of children with autism within our community.

Because we live in such a rural area resources for autism are limited. By using each other as a resource and gaining support from one another, these gaps can be filled.



Come and hear the stories of others, share your own stories and learn new interventions you might never have thought about.

The discussion will be led by JACIL Independent Living Advocate Susan Nolls, along with a panel of parents.

We hope that you will take advantage of this exciting opportunity to share and connect with other parents of spectrum children. Not only will you gain a wealth of knowledge, you will also gain new friends and resources to aid in your child's journey through autism. You are not alone.

All interested individuals are welcomed to attend.

QUICK FACTS:

- Learn more about Autism
- Where? JACIL meeting
- When? April 7 at 2:30
- Meet the parents

MARCH 24 KIP

Anger and Depression in People with Disabilities

Anger and Depression--What is the difference? Many times anger will lead into depression and people are not aware of how these two emotions overlap.

Our March KIP will break this down and people will have the opportunity to discover, "Am I angry or Am I depressed....or both"

The session will take place on Thursday, March 24, from 2:30 to 4:30 p.m., and will be held at JACIL's Jacksonville office at 15 Permac Road. Kim Pate will be the presenter for this program.

Join us for the information. We will be playing Anger Bingo with prizes. This should be fun as well as a very good educational experience.

Refreshments will be available. A sign language Interpreter will be here as well. Please call 217-245-8371 (v/tty) by March 18 to request materials in alternate formats.

Illinois Cares Rx & Circuit Breaker Changes

Effectively immediately, there are new income guidelines for Illinois Cares Rx (this is for PART D - pharmaceutical plans. This does not affect license renewals or grants (that was cut last year).

New Income Limits for Illinois Cares Plus due to the new Federal Poverty Levels:

- \$27,066 for a household of one.
- \$36,560 for a household of two.

The income limits for Illinois Cares Basic and Circuit Breaker will stay the same this year:

- \$27,610 for a household of one
- \$36,635 for a household of two
- \$45,657 for a household of three

These guides are ONLY for Illinois Cares PLUS.

JACIL holds Disability Awareness event at MacMurray College

JACIL staff members recently held a Disability Awareness event for students at MacMurray College. A variety of educational and practical exercises were included in the experience.

The program was organized by JACIL's Director of Administrative & Outreach Services Larry Whewell and MacMurray's Disability Support Coordinator Pam Harrison.



Kathy Price (center with Suki) tells the students about the protocols for use of service animals.



Ron Price (center) helps students experience a new perspective using low-vision goggles.



Lori Shipley (right) talks with students about the A-B-C's of the Americans With Disabilities Act.



Roger Deem (right) runs a session on the realities of dealing with learning disabilities.



Larry Whewell (right) quizzes students on their knowledge of disability-related facts.

Emergency Preparedness for Personal Assistants and people who receive home services

by Cyndy Benton

The Jacksonville Area Center for Independent Living (JACIL) will be holding a workshop on emergency preparedness for people with disabilities who receive Home Services and for Personal Assistants (PAs) who help individuals receiving services through the state's Home Services Program.

This informational session is geared to provide people with severe disabilities and their caregivers with valuable information on the what, when, where and how of emergency preparedness for people with disabilities.

The two-hour session will be held on March 30, from 12:30 until 2:30 p.m., at JACIL's office located at 15 Permac Road, in Jacksonville. Sign language interpreter services will be available and alternate format materials are available upon request to JACIL, by no later than March 16.

Attendees may register for the March 30 training by calling 217-245-8371 and letting us know you will be attending.



QUICK FACTS:

- Prepare for emergencies!
- Meeting at JACIL March 30
- Time: 12:30-2:30
- Free! No cost
- Register: call JACIL

Next round of ASL classes starting in late March

The Jacksonville Area Center for Independent Living is offering American Sign Language classes from March 28 to May 18.

The tentative schedule is as follows:

- ASL I - Mondays, 4:30 - 6:00 p.m.,
or
- ASL I - Wednesdays, 6:15 - 7:45 p.m.
- ASL II (for those who have completed the ASL I class) Tuesdays, 6:00 - 7:30 p.m.

The registration fee is \$35.00 for the eight-week session, and \$25.00 for the book, which is used in both Levels I and II. Payment is due at the first class.



Pre-registration is required and class size is limited. Please call Mary at (217) 245-8371 to register.

These classes are supported in part through federal ARRA stimulus funds.

QUICK FACTS:

- Sign Language classes
- Level 1: March 28-May 16, 4:30 - 6:00 Mondays
- Level 1: March 30-May 18, 6:15 - 7:45, Tuesdays
- Level 2: March 30-May 18, 6:00 - 7:30, Wednesdays
- Pre registration is required
- Call JACIL for more info!



MARCH CALENDAR OF EVENTS

- 3 Knollwood 20/20 Support Group - 10:00 to 11:00 a.m.
- 10 VisAbility Support Group - 10:30 a.m. to Noon
- 15 P.A. Training in Havana - 9:30 a.m. to 1:30 p.m.
- 15 Centers for Independent Living Lobby Day in Springfield, IL
Call (217) 245-8371 for details.
- 17 Friends Helping Friends Action Club - 1:00 to 2:00 p.m.
- 17 Visions Support Group Open House in Havana, 2:00 to 3:30 p.m.
- 17 Deaf Silent Club - 6:00 to 8:00 p.m.
- 18 People First Aktion Club 3:45 to 4:45 p.m.
- 22 P.A. Training in Jacksonville - 9:30 a.m. to 1:30 p.m.
- 24 Laborer's for Greater Vision Support Group - 1:00 to 2:00 p.m.
Laborer's Home Development (in the library).
- 24 Knowledge Is Power - 2:30 to 4:30 p.m. at JACIL
Kim Pate, presenter
Topic: Anger & Depression in People With Disabilities
- 30 Severe Weather Workshop for Personal Assistants & PA employers,
12:30 - 2:30 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

15 Permac Road, Jacksonville, IL 62650

Office Hours: Monday-Friday, 8 a.m. to 5 p.m.

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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

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2011 STATE LEGISLATORS

Updated Contact Information

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2011 STATE LEGISLATORS

Updated Contact Information

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