



Jacksonville Area Center for Independent Living

May 2017

CONNECTIONS

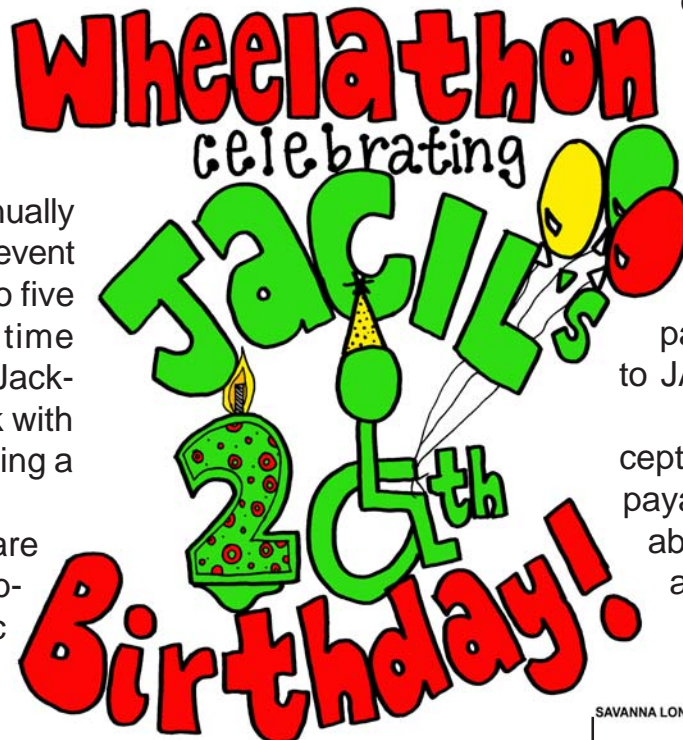


JACIL'S 2017 WHEELATHON SET FOR JUNE 10 AT COMMUNITY PARK

Plans for JACIL's 2017 Wheelathon are rolling along and our big event is set for Saturday, June 10.

As we have done annually for the past 10 years, this event will feature teams of up to five people travelling one time around the road at the Jacksonville Community Park with members taking turns using a wheelchair.

Participant packets are ready now and can be obtained at 15 Permac Road or may be downloaded at our website: www.jacil.org. They in-



clude sponsor sheets and information about team challenges. Please call us at (217) 245-8371 for more information.

All of our "wheelers" are asked to secure people to sponsor their participation with donations to JACIL.

Contributions can be accepted in cash or by checks payable to JACIL. We are not able to accept pledges or do after-the-event billing.

We will provide a free picnic lunch for participants following the event. Those turning in donations from at least five sponsors will receive a 2017 Wheelathon tee shirt.

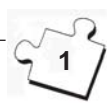
The theme for this year's event is *Happy 20th Birthday JACIL*. We will have activities in the Community Park Center building that incorporate that theme into our program.

Make plans to come out and support JACIL at our eleventh annual Wheelathon fundraiser!

SAVANNA LONG

2017 Wheelathon Schedule

- 9:00 Registration begins - turn in sponsor sheets and all money at the registration table
- 9:00 Disability Awareness event opens.
- 9:50 Opening Ceremony
- 10:00 Wheeling begins
- 10:30 Food stand opens (FREE to sponsored wheelers)
- 11:15 Awards ceremony & raffle drawings



Routt art student creates 2017 Wheelathon logo

JACIL has again been blessed by the creativity of area graphic arts class students.

There were nearly 20 submissions from the graphics arts classes at Routt Catholic and Triopia High Schools.

Students were asked to submit designs for consideration as the official logo of our Wheelathon. We had a difficult task in selecting one submission as many of the drawings were exceptional with a lot of interesting ideas incorporated.

The logo chosen to represent this year's Wheelathon was submitted by Savanna Long, a senior at Routt. Her design was a great interpretation of this year's theme, *Happy 20th Birthday JACIL*.

For coming up with the winning design, Savannah will receive a \$50.00 Visa gift card during the awards ceremony June 10.

Our appreciation to all of the students and to Routt's Linda Dunseth and Triopia's Audrey Wardell for their support.

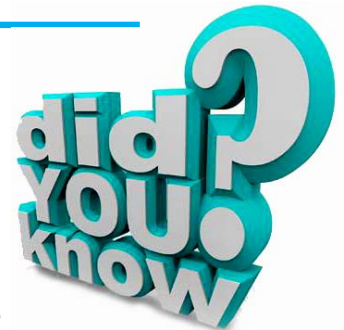
QUICK FACTS:

- Area students created logo designs
- Nearly 20 great logos
- Savannah Long's design chosen
- Savannah gets a \$50 Visa gift card!



Savanna Long's design was chosen by JACIL to serve as this year's Wheelathon logo.

Did you know, according to the World Health Organization, in some countries 25% of disabilities are the result of injuries and violence?



50/50 Wheelathon raffle tickets on sale with bonus prize basket

In conjunction with our Wheelathon, we will be conducting our annual 50/50 raffle.

Tickets are available from any JACIL staff or board member or at our Jacksonville office at 15 Permac Road. They will also be available for purchase at the Wheelathon.

Tickets are \$1.00 each or six for \$5.00. The winning ticket will be drawn during our Awards

		Jacksonville Area Center for Independent Living WHEELATHON 50/50 RAFFLE 	DRAWING TO BE HELD AT JACIL'S 2017 WHEELATHON SATURDAY, JUNE 10 - 11:15 A.M. COMMUNITY PARK \$1.00 each or six for \$5.00. Need not be present to win. Special 2nd Place drawing for Birthday Party Basket.
NAME	PHONE OR E-MAIL ADDRESS		

Ceremony at the Wheelathon on June 10.

The recipient will receive half the proceeds and doesn't need to be present to win.

We will also be offering a special basket with birthday party items as a second prize to be drawn after the 50/50 winner.

Tickets will be on sale now until just before the drawing on June 10.

Low cost internet available

AT&T is offering low-cost home Internet service to qualifying households:

- With at least one resident who participates in the U.S. Supplemental Nutrition Assistance Program (SNAP) and
- With an address in AT&T's 21-state service area, at which we offer wireline home Internet service, and
- Without outstanding debt for AT&T fixed Internet service within the last six months or outstanding debt incurred under this program.

Service availability and speed may vary by address. AT&T will assign you the fastest of these speed tiers available where you live:

- 10 megabits per second, for \$10 per month
- 5 megabits per second, for \$10 per month
- 3 megabits per second, for \$5 per month
- 1.5 megabits per second, for \$5 per month
- 768 kilobits per second, for \$5 per month

If none of the above speeds are technically available at your address, unfortunately you won't be able to participate in the Access program from AT&T.

For more information, visit this internet link:

<https://www.att.com/shop/internet/access/#/>

When you visit the site the availability in your area is determined and then you can apply to be accepted for the program.

Kathy Price celebrates 10 years with JACIL

Custodian Kathy Price celebrated her 10th anniversary with JACIL on April 14, 2017.

Actually that ten years does not include her five years before that as a volunteer at our front desk. And during the last two of those years she volunteered to help our custodian before being hired for that job herself.

Happy Anniversary Kathy!



Executive Director Becky McGinnis congratulates Kathy Price as she presents her with her 10-year service pin.

REMEMBER THESE GUIDELINES WHEN RECRUITING WHEELATHON SPONSORS:

- ▶ No pledges - all donations must be turned in with the sponsor sheets
- ▶ All checks may be made payable to JACIL
- ▶ All sheets and money must be turned in no later than June 10 at the Wheelathon. We are happy to accept turn-ins at our office in advance of the event.

State CILs to hold Independent Living Rally May 17

By Larry Whewell

There are 22 Centers for Independent Living throughout the state of Illinois. State funding stopped as of January 1, 2017, because our legislators and state leaders do not have an approved budget.

This is soon going to be two years our state has not passed a budget to pay agencies like JACIL even though we have a signed contract with the state. This lack of funding is making it difficult for CILs to continue providing services for people with disabilities as it has been in the past.

An advocacy group representing all CILs has decided to take action. Plans are being made to host a rally at the Illinois State Capitol on May 17 at 1:30 p.m. This rally will be held in the Capitol Rotunda and we hope many advocates will participate.

There are several messages we want to convey: for an example, "Do your job so we can do ours." Basically we need the legislators to pass a budget so we can continue providing services for our consumers.

JACIL will provide transportation to the Capitol and back. We will leave JACIL's office at 12:00 p.m. and return by 4:00 p.m. We are asking staff, Board members and any consumers who want to go and help Centers make noise and show our state officials that we mean business.

If you think you can help out contact JACIL and make your reservation. Please call (217) 245-8371 no later than 5:00 p.m. on May 12. Advance registrations to ride the bus will be required. There is no cost for this transportation.

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JACIL @20

2017

One of our core services is peer mentoring and much of our work in this area centers around the various support groups we host each month. They include:

Knollwood 20/20: This support group is for residents of Knollwood Retirement Community. It helps people of senior citizen age deal with the many challenges faced by people with low vision

VisAbility: People ages 55 and older meet monthly in Jacksonville share common experiences and discuss solutions to low vision issues.

Mason County Visions: Our low vision group that gathers each month in Havana.

Cass County Visions: Our newest low vision support group that meets monthly in Beardstown.

We have also previously operated several other support groups. This year we hope to reactivate our former support groups for families dealing with Autism and for people with mobility disabilities.

JACIL also has terrific Action Clubs for people with intellectual disabilities and we will be telling about them in the next edition of *JACIL Connections*.

Eat Better, Feel Better - Final session May 25

by Lisa Viles

The last session of "Eat Better Feel Better" healthy eating workshop is rapidly approaching!

On Thursday, May 25, two Master Gardeners from the Morgan County Extension Office will demonstrate how to grow your own herbs and vegetables through container gardening.

Participants will be provided with all the materials needed to create their own container gardens to take home with them.

We will be planting lettuce and spinach from seed, and will also have available patio tomatoes and several different varieties of herbs for participants to choose from.

Weather permitting, we hope to be able to plant our container gardens in the parking lot out front and will finish off our series with an outdoor BBQ.

Be sure to call JACIL at (217) 245-8371 and register early for this popular event.



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: There is a great history of kidney stones in my family. Is there anything I can do to keep from getting them?

Kathy says: Although it is not 100% effective in preventing kidney stones, if you regularly drink lemonade it will reduce the possibility of developing them by a large percentage.

TUB-LIFT FOR SALE

Battery-operated seat to assist during the use of a bathtub.
Contact Ron Miller at 217-685-3130

Low Vision Technology Fair Where do I go from here?

by Larry Whewell

The annual Low Vision Fair is scheduled for June 1 in Springfield. It will be held at the South Side Christian Church, 2600 South MacArthur Blvd. Registration begins at 9:00 a.m. and the event ends at 2:00 p.m..

This event features hands-on demonstrations of technology & educational sessions. Come and see the latest in low vision technology for reading, computers and adaptive vision aids.

Listen to speakers and have the opportunity to visit several vendors with the newest adaptive devices and win door prizes.

The event is free and lunch will be provided but advance registrations are required by calling (800) 852-5110.

Transportation will be provided by JACIL. The bus will leave JACIL's office at 8:00 a.m. and return at 3:00 p.m. The bus ride is free as well. Seating is limited so make your reservations early. For questions and to make reservations for the bus call (217) 245-8371 and ask for Larry.

Free amplified phone open house in Beardstown May 15

By Larry Whewell

Having trouble hearing on the telephone? Illinois has a FREE amplified phone program!

Jacksonville Area Center for Independent Living (JACIL), located at 15 Permac Road in Jacksonville is now a Selection Center for ITAC amplified phones.

JACIL is hosting an Open House to demonstrate the Amplified Phones on Monday, May 15th from 9:00 a.m. to 12:00 p.m. at the Bread of Love Site/Golden Senior Center, 111 West Third Street, Beardstown, IL

Stop by and try out the selection of amplified phones. There is also an amplified receiver for cell phones. If you have a hearing loss, you will qualify and all phones are Free. A hearing specialist will be on hand to verify hearing loss and we will be able to fill out your application and order phones that same day.

All we need is a picture ID and home and/or cell phone bill. If you have a prepaid cell phone, we can verify service while you are here. For questions or if you cannot come during this time call 217-245-8371 or Toll Free: (888) 317-3287.

Required and governed by Illinois law.



HAPPY MEMORIAL DAY
Monday, May 29
JACIL office closed



APP-laudable Smart Phone Services

by Roger Deem

Google Translate

Google Translate is a very powerful app. It has the ability to listen to spoken word and put it into text. This can be a great way for people who do not know ASL to communicate with people who are deaf or hard of hearing.

It also can translate the spoken AND printed word of one language into over 100 other languages.



MAY CALENDAR OF EVENTS

- Tue 2 Knollwood 20/20 Support Group - 9:30 to 10:30 a.m.
Program: Yes Eye Can Series - *Communication*
- Wed 3 Friends Helping Friends Action Club - 3:45 to 4:45 p.m.
- Thu 11 VisAbility Support Group - 10:30 a.m. to Noon
Program: Yes Eye Can Series - *New Ways to Manage Your Day*
- Mon 15 ITAC Open House in Cass County - 9:00 a.m. to 12:00 p.m.
Golden Age Senior Center, 111 West 3rd, Beardstown
- Tue 16 Cass County Vision Support Group - 10:00 to 11:00 a.m.
Golden Age Senior Center, 111 West 3rd, Beardstown
Program: Yes Eye Can Series - *New Ways to Manage Your Day*
- Wed 17 Independent Living Rally Day in Springfield
- Wed 17 Visions Support Group in Havana - 2:00 to 3:00 p.m.
City Works Building, 326 West Market Street in Havana
Program: Yes Eye Can Series - *New Ways to Manage Your Day*
- Wed 17 People First Aktion Club - 3:30 to 4:30 p.m.
- Wed 24 Lunch & Learn - 12:00. to 1:00 p.m.
Topic: *You Have a Voice: Long term facility residents rights*
To register contact the Area Agency on Aging for
Lincolnland at (217) 787-9234 or (800) 252-2918
- Thu 25 *Eat Better, Feel Better* workshop IV - 11:30 a.m. to 1:30 p.m.
- Mon 29 Memorial Day - JACIL office closed

"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
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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