



Jacksonville Area Center for Independent Living

June 2017

CONNECTIONS



JACIL's 20th Birthday highlights eleventh annual fundraiser

WHEELATHON SATURDAY, JUNE 10

The big day is almost here and our 2017 JACIL Wheelathon is ready to go!

On Saturday, June 10, participants will arrive at the Community Park starting at 9:00 a.m.

“Wheelers” are recruiting sponsors now and should turn all monies collected in at the Wheelathon’s registration desk. Those with at least five sponsors will receive a 2017 Wheelathon T-shirt.

Happy 20th Birthday JACIL

The Wheelathon will be highlighted by birthday party activities in the Community Park Center that will celebrate the 20th anniversary of JACIL’s founding.

The Wheelathon will conclude with a free lunch for all participants and an awards ceremony.

This event is even more important this year because of the continuing burdens caused by the ongoing state budget impasse. Funds raised at the Wheelathon are more vital than ever in helping us continue to serve our four-county region.

We are looking forward to seeing you on Saturday, June 10, in the Jacksonville Community Park



SAVANNA LONG

as part of our eleventh annual Wheelathon. For more information or to pick up a wheeler sponsorship packet, call JACIL at (217) 245-8371.

QUICK FACTS:

- Wheelathon: at Community Park
- June 10 from 9:00-11:30
- Bring a team and wheelchair thru the Community Park!
- Happy 20th Birthday JACIL theme
- Free picnic lunch if you participate.
- JACIL needs money!
- More info? Call JACIL!

JACIL @20

SAVE THE DATE:

THURSDAY, JULY 27

JACIL's 20th Anniversary Open House

Details in the next issue of *JACIL Connections*

Wheelers with at least five sponsors earn free tee shirt

As a reward for each Wheelathon participant who recruits at least five sponsors, to support his or her participation in the event, JACIL will provide a beautiful 2017 Wheelathon tee shirt. This year the shirts will be red.

The total amount of money collected does not matter as long as he or she has secured donations from at least five different people.

The shirt features the design provided by Routt Catholic High School Graphic Arts Student Savanna Long as well as logos from all of our major Wheelathon sponsors.



QUICK FACTS:

- Wheelathon tee shirt for participants
- Recruit at least five sponsors
- Shirts red this year
- Shirt has logo design and sponsors

2017 WHEELATHON SCHEDULE

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



Barb Nicholson tapped to serve as Wheelathon “Spokes” Person

JACIL is excited to have long-time JACIL supporter Barb Nicholson as our 2017 Wheelathon “Spokes” Person.

Barb served on the JACIL Board of Directors from 2003 to 2006 and has continued to be a strong advocate for herself and people with disabilities in general. She has assisted JACIL with community access issues and is always up for a rally.

She is active with the First Baptist Church in Jacksonville.

We are very pleased to have Barb as our “Spokes” Person for the Wheelathon. Make plans to come out and see her on June 10 at the Community Park.

QUICK FACTS:

- Barb Nicholson
- 2017 Wheelathon “Spokes” Person
- Long-time JACIL supporter
- Active in church
- Come see Barb at Wheelathon!



Our 2017 Wheelathon “Spokes” Person
BARB NICHOLSON

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

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.

NAME	PHONE OR E-MAIL ADDRESS	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.

What do we want? A BUDGET! When do we want it? NOW!

by Becky McGinnis

You could hear the frustration ringing through the Capitol Rotunda on Wednesday, May 17 as disability advocates from Centers for Independent Living across the state gathered for an Independent Living rally.

Although the group from Chicago was stymied by a train derailment and couldn't make it, there were over 100 people from around the state raising their voices at the rally.

The 17 people who signed up to make the JACIL contingent included staff, Board members, consumers and other disability advocates. A group of four left the office in the morning and visited the offices of each of JACIL's four Illinois legislators: Sen. Sam McCann and Rep. CD Davidsmeyer who represent Morgan and Scott counties and Sen. Jil Tracy and Rep. Norine Hammond who represent Cass and Mason counties.

Because of committee meetings and being on the road, we were able to talk directly with only one representative; JACIL visitors talked with staff for the other three legislators. Possibly by the time you get this newsletter we will know whether there is an FY18 budget, but we did not hear a lot of hopefulness that the end of May deadline would be met.

The rest of us from JACIL joined the afternoon rally. It was rousing and included brief remarks from two legislators who support us as well as statements from several people with disabilities urging a budget with full funding for CILs. Several times the crowd was encouraged to let their rally cries be heard all the way up to the legislative chambers on the 3rd floor; I think the group may have accomplished it!

Although one of the rallying cries dealt with needing a budget, NOW, it is more notable to me that those 100+ people came together in the Rotunda of the Illinois State Capitol, with



Barb Nicholson, Susan Nolls and Keith Sepp advocate for independent living rights at the May rally in Springfield.

PHOTO COURTESY JACKSONVILLE JOURNAL-COURIER

another cry: "What do we want? DIGNITY! When do we want it? NOW!"

People with disabilities are not looking for charity, we are seeking equal access to our communities and to the services available to the public. We want to be treated with dignity and we want our needs to be treated with dignity. And that requires being heard by our government as well as equal consideration in budget talks, and in the services made available to us.

Illinois has a problem and Centers for Independent Living went to Springfield to remind them that it is time to fix it. Way to go, guys!

QUICK FACTS:

- May 17 independent living rally
- Where? At the state Capitol
- Why? To advocate for access to services for the disability community
- Over 100 people went
- No state budget yet
- We support access and services for people with disabilities!
- What we want: equality with respect!

JACIL honors its 2016-17 volunteers “For Being Indispensable”

JACIL recently hosted its annual Volunteer Recognition Reception to thank the many people who have served as a JACIL volunteer over the past year.

A total of 40 people volunteered over 1,400 hours of service this year. Attendees at our event included Kitty Aubry, Tyler Charlesworth, Ralph Hastie, Andy Holtschlag, Jody Rees, Rick McGinnis, Mark Peters, Crystal Roman, Bonnie Watson and Judy Whewell.

Our volunteers contributing the most hours were Daryl Darnell (443), Dan Thompson (421) and Stephany Dirksmeyer (177).

Our volunteers assist us in so many ways, such as answering phones, preparing mailings, folding brochures, helping with disability awareness activities and marching in parades to promote JACIL.



Each volunteer who attended the event received a “WANTED: FBI (For Being Indispensable) poster with their picture embedded in the poster’s design.

2017 WHEELATHON Sponsor Recruiting Guidelines

- ▶ We cannot accept any pledges for future contributions - 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.

People First Aktion Club speaks!

by Cyndy Benton

The Alliance of Self Advocates in Pittsfield asked the People First Aktion Club to provide information on how to start and run an action club.

Four members from our club and its advisor did a presentation for the group. The presentation covered information about organizing a club, running meetings and documenting club business.

Past and present Club Officers Ralph Hastie, Judy Whewell, Jody Rees and Kendra Rohn spoke about their club's mission, its goals and the five core activities it is involved with: self and system advocacy, community service projects, peer support, education and training and fun days.

People First members also shared printed resources including club meeting notices, agendas and minutes, fiscal reports, outline of the procedures used to run a meeting and JACIL's Action Club brochures.



The People First Aktion Club members did a great job representing the club and providing the group with information on the methods and procedures that have served it well over the years.



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: Years of smoking have left my teeth as yellow as a week-old banana. I've quit smoking and now I want a whiter smile. Yet, no matter how hard I brush, I can't get rid of the yellow. Do you have a suggestion?

Kathy says: Just eat a few strawberries. There is an enzyme in strawberries that will help reduce that yellow. And if even this doesn't work, just smile a lot and wear a brown necktie!

Former Jacillian authors feature for *InMotion* magazine

Our former staffer in Havana Tammie Higginbotham recently penned an article printed in the May/June 2017 issue of *InMotion* magazine which promotes living well with limb loss.



Tammie Higginbotham

Entitled *Changing Roles: From Caregiver to Receiver*, the article tells her story as she went from caring for her husband and stepson to having to learn how to receive care following an accident that made her an amputee.

Tammie was with JACIL from 2012 to 2016.

Low Vision Technology Fair set for June 1 in Springfield

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. Notification for accommodations is required in advance of the event day.

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 Larry at (217) 245-8371.

The event is presented by the Illinois Assistive Technology Program and the Mary Bryant Home for the Blind & Visually Impaired.

QUICK FACTS:

- Low Vision Fair
- When: June 1, 8:00-3:00
- Where: Springfield
- Need a ride? Bus with JACIL
- Must RSVP for ride or other needs
- Free lunch: call (800) 852-5110 asap
- Questions? Call JACIL

1997

JACIL @20

2017

One of JACIL's longest-standing peer mentoring efforts has been through our Action Clubs which serve people with intellectual disabilities.

The People First group began meeting in 2002 and is currently supervised by JACIL's Legislative & Voter Advocate Cyndy Benton. It has been a powerful force in support of both our agency and this community.

In 2009 the club joined forces with the Kiwanis Club of Jacksonville and became the People First Aktion Club (Aktion with a "k" for Kiwanis). Club members provide community service including assisting at the annual Kiwanis Pancake & Sausage Day.

In 2009 the Friends Helping Friends Action Club was inaugurated in Beardstown to serve Cass County. Its members also work very hard to make their area a better place to live.

Both groups are invaluable to JACIL with special projects and especially as enthusiastic and hard-working "wheelers" at our annual Wheelathon fundraisers.

JACIL is proud of our Action Club members and we are so appreciative of all they do in the community and to assist us in achieving our mission of helping people to live with dignity and self-reliance in our communities.

Tips for decision making

We all know that sometimes making a decision can be overwhelming -- even if we think the decision should be an unimportant one, it can sometimes feel like a huge weight on our shoulders.

Here are some tips to help you get past the decision-making mental block.

Anytime we are overwhelmed or feeling panicked, it does us good to stop, take a deep breath and let it out. You think better when you can relax a bit. Sometimes putting off a decision for a little bit while we "calm down" about it, or relax is a good thing, but be sure you don't delay the decision too long -- that will just make you feel overwhelmed again.

And waiting too long can mean people who can help you figure things out might not be available.

Give yourself a pep talk if you need to! Tell yourself you can deal with this, that you can do it. Remind yourself that making decisions is important for your independence.

Analyze the situation -- make sure you are clear about what the problem is. Then think of all the possible solutions. Maybe it will help to write them down.

Make a list of "pros" and "cons" about each of the solutions. What would be the consequences of each choice you could make? Take some time to think about who and what is important to you (your values).

This is a good time to talk to someone you trust to help you come up with the positives and negatives of each solution. You aren't asking them to make your decision for you, but you are asking them to help you think it through.

Then, after thinking about the things above, make your decision.

Decisions are an important part of being independent, and if later we wish we had made a different decision (and it happens to everybody!), we learn: about ourselves and about how to make decisions!



APP-HAPPY Smart Phone Services


by Roger Deem

Barcode Scanner

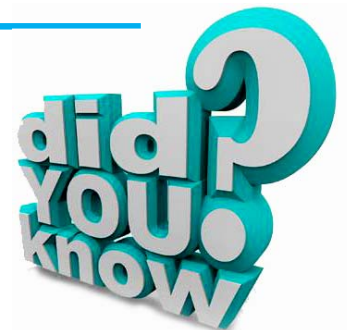
Sometimes the print on product packaging is so tiny it can't be read and there is no store employee to be found. This app from ZXing Team will scan a bar code on most products and produce a report that will give a description of the item, a list of stores where one can buy it, customer reviews and a listing of similar products.

The app uses a phone or tablet's camera to "take a picture" and then searches for the information on the internet.

This app is available through the Google Play Store.

Jell-O Instant Pudding & Pie Filling, 	
4.7 ★★★★★ (505)	
OVERVIEW	STORES
1 · 3.4 oz	
Shop now	
\$0.99 · Target	
\$0.98 · Walmart	

Did you know the World Bank estimates that 20% of the world's population living in the deepest poverty are people with disabilities?





JUNE CALENDAR OF EVENTS

- Tue 6 Knollwood 20/20 Support Group - 9:30 to 10:30 a.m.
Program: Yes Eye Can Series - *New Ways to Manage Your Day & Safety in the Home*
- Thu 8 VisAbility Support Group - 10:30 a.m. to Noon
Program: Yes Eye Can Series - *New Ways to Manage Your Day*
- Sat 10 JACIL's 11th ANNUAL WHEELATHON!**
- Tue 20 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 21 Visions Support Group in Havana - 2:00 to 3:00 p.m.
Program: Yes Eye Can Series - *New Ways to Manage Your Day*

Moving On!

JACIL



JACIL is in the planning stages for restarting our Moving On Support Group for people with mobility disabilities. JACIL staffer Roger Deem will facilitate the group.

We are currently seeking input from people who want to be involved in selecting a day and time for monthly meetings as well as activities and speakers you might like to hear.

Call Roger at (217) 245-8371 for more information.

"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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