



## JACIL using Zoom software to facilitate meetings

by Roger Deem

During the COVID-19 crisis, the software called Zoom has become one of the leading video conferencing software apps. JACIL has started using Zoom for some meetings

Zoom is a cloud-based video conferencing service we can use to virtually meet with others - either by video or audio-only or both, all while conducting live chats - and it lets you record those sessions to view later.

Zoom allows one to interact with others across the internet when in-person meetings aren't possible.

Zoom has become an essential tool for small, medium and large-sized groups that want to keep in touch or conduct meetings.

A Zoom Meeting refers to a video conferencing meeting that's hosted using Zoom. A person can join these meetings via a webcam or phone.

Zoom allows one-to-one chat sessions that can grow into group calls, training sessions and webinars for internal and external audiences.

The desktop app is available for Windows and macOS, while the mobile app is available for Android and iOS. All the apps let you join a meeting without signing in, but also let you sign

in using a Zoom account, Google, Facebook, or SSO. From there, you can start a meeting, join a meeting, mute/unmute your mic, start/stop the video and invite others to the meeting.

You can download the Zoom app on your computer or phone and join any meeting with a meeting ID supplied by the people running the meeting. To download the app visit the following link:

<https://zoom.us/download>.

With the implementation of Recover Illinois Phase 4, we will be resuming hosted

meetings at our JACIL office starting in July. The KIP presentation will take place at JACIL although it may be offered via Zoom as well because we are limited to the first 15 people to register. We hope our monthly support group meetings will be able to resume shortly.

### QUICK FACTS

- COVID-19 has changed everything
- ZOOM meetings use computers
- Stay home and join the meeting
- You can join ZOOM mtng free
- Free App!
- Questions? Call JACIL
- Hosted meetings resume in July!



# Sleep Apnea can be a deadly disability

by Roger Deem

A long-term affliction turned deadly for me this year as the condition known as Sleep Apnea became life threatening.

Sleep apnea is a serious sleep disorder in which breathing repeatedly stops and starts. If a person snores loudly and feels tired even after a full night's sleep, he or she might have sleep apnea. The most common form, which I have, occurs when throat muscles relax and the breathing passage becomes blocked.

I was diagnosed with this over 10 years ago. The treatment is to use a device that requires a person to wear a face mask to force air into the system in order to maintain breathing. And it was during the testing for such a device that a huge problem surfaced for me.

I have always had a little claustrophobia (fear of enclosed places) but it usually has not been a major issue. It turned out that covering my face with a mask triggered that phobia and it became almost impossible to get to sleep. Even when I did I had horrible nightmares constantly. After two months of trials with dozens of different masks, I gave up and just decided to live with the problem.

Suddenly, while in the hospital this past March, I found I might not live with it. One night I stopped breathing and the staff had to perform CPR on me. Coming back to life was the ultimate wake-up call.

We began the process again with the same panic attacks with the full-face mask. Then one of the nurses asked if I had ever tried just a nasal mask which covers only the nose. I had not, since such a thing was not available to me



before. Several weeks of trials ensued and slowly I was able to get used to the half-mask. My sleep was still not good and I rarely could last more than four hours before having to remove it. Part of the trouble was constant bouts of insomnia which I blamed

on the uncomfortable nature of the bed. Imagine a device that adjusts to hundreds of positions and not one of them is comfortable.

Upon discharge, I went back home with my new CPAP unit. Imagine my surprise when my first night, I slept continually until morning, waking up only once. I have found that to be the norm now--I am getting real sleep when using the machine. I wake up most mornings before the alarm hits and I feel great. It has been a LONG time since i felt this way.

The preceding decade was full of bad nights and lousy sleep. I remember telling a friend a few months ago that I could not even remember what a good night's sleep felt like.

Medical science could not help me when I was first diagnosed but the technology has improved and I am benefitting from its effects to a greater degree than I ever imagined possible.

## QUICK FACTS

- Sleep apnea is serious!
- I did stop breathing many times
- I could not find the right mask
- I could not sleep
- I almost died! CPR saved me
- I finally got a nose-mask that works
- Now I can sleep and breathe
- If it happens to you, do not give up
- New tech can help
- Questions? Call Roger at JACIL

# Elections - You have the power to make a change

by Colton Pettyjohn

The world as we know it is not what we thought we were going to be dealing with when we rang in the new year, right?

With everything thing going on during this pandemic life can be very uncertain. We may feel like life is so unpredictable and that we do not have a say in what is going on.

Well, there are two events that can change the course of history. This year is election year. We all have the civil duty to cast our votes as citizens. It is in these elections where the people we vote and support, make the decisions that impact the way we live our lives. Well one important thing that you need to do before you go to the polls is you got to register in your county.

Without registering you cannot cast that very important vote. If you are not registered to vote, it's your lucky day. JACIL will be holding a drive through voter registration drive on July 9th from 12:00-3:00 p.m. An American Sign Language interpreter will

be provided from 1:00-3:00 p.m. All you need to bring is your photo ID and another form of identification. We ask that you wear a mask during this interaction as well. We encourage everyone who is not registered to vote to come on out and get registered, so you can make a change in the country you wish to see.

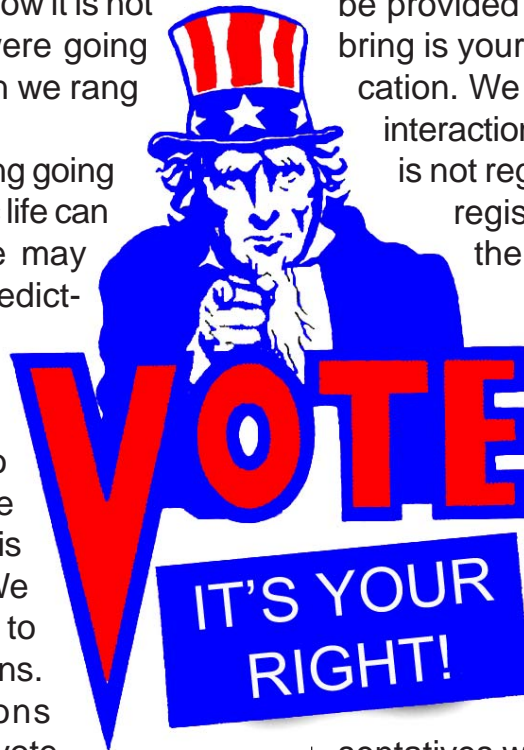
The second event that is happening this year is the Census. The Census happens every ten years and it counts the number of people in each house hold. This number is super important to the federal government because it shows how many people are in each area. Then the federal government gives each state money for schools, service organizations, and it also determines how many repre-

sentatives we have for the state.

It is super important to complete the Census and due to COVID-19 the deadline to complete this important document is extended till October 31st.

We will have a set up on the same day as the voter registration day to help fill out the Census if you need it. All you need to bring is the card you received from the Census and we can do it online.

If you have any questions please contact Colton Pettyjohn at 217-245-8371 or send him an email at [colton@jacil.org](mailto:colton@jacil.org).



## QUICK FACTS

- 2020: What a hard year!
- Make it better!
- Register to vote
- Register at JACIL on July 9
- ASL interpreter from 1-3 p.m.
- Wear masks
- Do the Census papers
- Help count people with DA
- Get more services!
- Questions? Call JACIL
- (217) 245-8371

# JACIL honors new board officers, retiring directors

by Roger Deem

On July 1, new officers will take over at the head of the JACIL Board of Directors.

The following will be serving us for the coming year:

## Officers:

Jean Jumper, President

Keith Anderson, Vice President

Judy Lakin, Secretary

Eric Thomas, Treasurer

Larry Whewell, Immediate Past President

At its June meeting, the board and Executive Director Peggy Davdsmeyer honored Larry Whewell for his 18-month tenure as board president. Larry was instrumental in helping us navigate the waters as Peggy was hired to replace long-time and retiring Executive Director Becky McGinnis. Larry will continue on the board as immediate past president.

Peggy also honored retiring Director and Secretary Mark Peters after three years of devoted service.

The following directors will continue their service for the coming year:



Retiring Director Mark Peters is congratulated by Peggy Davdsmeyer.



Peggy Davdsmeyer honors Larry Whewell (On screen at upper left) for his 18 months service as chairman of the JACIL Board.

## Board Members:

Sue Bower

Andrew English

Robert Hall

Ralph Hastie

Martha Hauck

Lisa Rellenger-Zetlerk

## QUICK FACTS

- New JACIL Board Officers:  
Prez: Jean Jumper  
V-P: Keith Anderson  
Sec: Judy Lakin  
Treas: Eric Thomas
- Larry Whewell still on Board
- Mark Peters retiring from Board
- Continuing members:  
Sue Bower  
Andrew English  
Robert Hall  
Ralph Hastie  
Martha Hauck
- Thank you!!!

## Volunteers help JACIL staffers to pass out emergency bags

Volunteers worked with Brandie Belford and Morgan Grant of the JACIL staff to hand out the personal needs bags to our consumers in the community.

Here are a few pictures from that effort.

PHOTOS BY BRANDIE BELFORD



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](mailto:kathy@jacil.org).

**This Month's Question:** Why are all my clothes still dirty and dingy even after washing them with laundry soap that claims to be the best? Is there anything I can do to brighten up my laundry?

**Kathy Says:** Your laundry soap my NOT be the villain in this drama. Your washing machine's lines may be clogged. Put one cup of white vinegar into a small load hot water cycle (water only--NO CLOTHES!) This will help clean out your hoses.

## Support groups to resume soon

The Recover Illinois Phase 4 program will allow us to resume most of our support groups in the weeks ahead. We will have attendance limits based the capacity of whatever facilities host our meetings.

Group members will be contacted with dates and times just as soon as we finalize our plans. We can't wait to see you all again!



# CAFÉ

## KIP Café returns in July to focus on Home Fire Safety

by Cyndy Benton

On July 23, JACIL will be holding its first in person KIP Café since April when we had to stop having them due to the COVID - 19 Pandemic. JACIL believes that since Illinois is in Phase 4 of Restore Illinois that it is once again safe---with some modifications---to start holding Kip Cafés in person. Phase 4 of Restore Illinois permits groups of no more than 50 people or half the room's capacity, whichever is the least amount. Therefore, JACIL's July 23 KIP Café is limited to the first 15 people to register to attend.

July's KIP will be held from 11:30 a.m. until 1:00 p.m. The topic will cover fire safety in the home and will be presented by the Jacksonville Fire Department.

We will be eating out back under the shade trees. Afterwards, we will go inside to JACIL's conference room where face masks are required to be worn at all times.

Bring a lawn chair if you'd like to join us for the meal served prior to the presentation. We will be serving, sub sandwiches, chips, cookies and soda. All food served that day will be individually packaged. While outside eating we will need to maintain a 6 foot social distance at all times between each person or couple who came together.

An ASL Interpreter will be available during the KIP Café. Anyone wanting printed resources, handed out during the presentation, in alternate format must request them by no later than July 16.

Those interested in joining us at the picnic before the presentation need to make a reservation by no later than 5:00 p.m. on July 21.



*JACIL Executive Director Peggy Davidsmeyer leads the KIP session held June 25 over the Zoom video conferencing system. KIP returns to presentations hosted at JACIL in July.*

However, those interested in attending should register as soon as possible because seating will be limited to the first 15 people to register to attend. And, don't forget to bring a lawn chair if you want to eat lunch with us that day and a mask to wear while inside JACIL's building.

JACIL staff look forward to us seeing you in person once again.

### QUICK FACTS

- KIP cafe in person!
- Limit 15 people
- RSVP asap!
- When: July 23
- Time: 11:30-1:00
- Topic: Fire safety at home
- Bring lawn chair
- ASL Interpreter - Yes!
- Questions? Call JACIL
- (217-245-8371)

*The following schedule is subject to local and state regulations concerning the Coronavirus efforts. These events will NOT take place until restrictions have been lifted by state/local authorities.*

## **JULY (TENTATIVE) CALENDAR OF EVENTS**

- Wed 1 Friends Helping Friends Action Club - 3:45 to 4:45 p.m.
- Fri 3 Independence Day observance - JACIL office closed.
- Tue 7 The Pointe 20/20 (formerly Knollwood) Support Group  
9:30 to 10:30 a.m.
- Thu 9 VisAbility Support Group - 10:30 a.m. to noon.
- Thu 9 Voter Registration Drive - 12:00 to 3:00 p.m.
- Wed 15 Mason County Visions Support Group - 2:00 to 3:00 p.m.
- Wed 15 People First Aktion Club - 3:30 to 5:00 p.m.
- Tue 21 Cass County Visions Support Group -10:00 to 11:00 a.m.
- Wed 22 Personal Assistant Orientation - 9:30 a.m. to noon  
Via Zoom from JACIL Office  
Contact [danielle@jacil.org](mailto:danielle@jacil.org) for a link to attend
- Thu 23 KIP Café - 11:30 a.m. to 1:30 p.m.  
Program: *Fire Safety in the Home*  
Presenter: Jacksonville Fire Department

"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 encouraging people 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.

Roger Deem - JACIL CONNECTIONS Editor

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

217-408-2668 Deaf Advocate's Videophone Line

E-mail: [info@jacil.org](mailto:info@jacil.org) • Website: [www.jacil.org](http://www.jacil.org)



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Jacksonville, Illinois 62650  
15 Permac Road

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