



August 2012

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Hot weather dangers to your health and life

By the Illinois Department on Aging

With the onset of summer weather, all Illinoisans must take on additional responsibilities to prevent heat related to illness that can be life-threatening. Health problems and isolation are factors that make older people particularly susceptible to heat stress. It is also important for family members, friends and neighbors to check on those older persons who may be unable or unwilling to seek assistance.

What is a heat wave?

Generally a heat wave is three straight days of 90° temperatures or more with high humidity.

Heat waves are the second-leading cause of death among the weather related events.

What is a heat index?

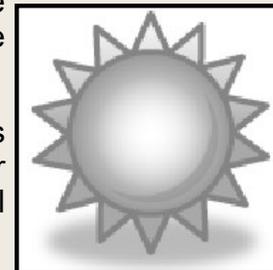
High temperatures and a high relative humidity determine the heat index.

In summer, humidity makes it feel

hotter. If the temperature is 90° and the relative humidity is 80%, it will feel like it is 113°. Your body will react to the 113° temperature.

What can be done to beat the heat?

Some common sense tips for handling the heat include the following:



- Drink lots of water and natural juices. (Please avoid alcoholic beverages, coffees and colas.);
- Avoid going out into the blazing heat if possible;
- Avoid or minimize physical exertion;
- Keep shades drawn and blinds closed, the windows slightly open;

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SCIL Member Heidi Brand passes away unexpectedly in May—HEIDI—(Helping Every Individual Develop Independence) named in her honor.

Written by Gerald and Sandy Brand

HEIDI (Helping Every Individual Develop Independence) was founded by Gerald and Sandy Brand in memory of their daughter Heidi Marie who passed away unexpectedly on May 26, 2011. Heidi was diagnosed with a brain tumor in 1985 at the young age of 6. Even though they believed that a parent's worst trial was having their child stricken with a lifetime of illness, they discovered something worse -- losing a child.

The effects of the brain tumor left Heidi with obstacles in her life experienced by many individuals with special needs. Through her trials and tribulations, she learned to fight for her rights, along with the rights of others who are disabled by serving on several committees in Springfield. Her vision was to improve the lives of those individuals that live a daily struggle with special needs.

As a parent, you want what is best for your children. Being a parent of a child with special needs you experience so many more hurdles than if your child was "normal". After Heidi passed, Gerald and Sandy decided to carry on her vision to help other individuals who deal with special needs struggles. They contacted some extraordinary citizens in the Gillespie area to form a board of directors, and developed the nonprofit organization known as HEIDI.

This foundation started out as a local opportunity to help special needs children within the Gillespie school district, where Heidi received all of her special education classes. In conversations during the meetings, the Brands came to the realization that there are many special needs adults who could also benefit from this organization. With the generous outreach of the Gillespie community and the surrounding communities, HEIDI is now helping children, men, and women and may someday expand the foundation into many communities to help those individuals whose lives have been plagued by special needs.

The Brands believe their daughter did her best to live a full life and contribute to society. So many doors were closed to her, many of which "normal" people may take for granted.

HEIDI needs help to expand this foundation to other communities and help those individuals who have disabilities. Please visit www.heidihelps.com for additional information and inspiration.

If you would like to help by donating, please make donations at any United Community Bank in your area.

Illinois Veterans: Stand Up and Be Counted!

The Illinois Department of Veterans Affairs (IDVA) is pleased to announce the launch of online access to its Veterans Service Officers. This new web function, located at www.veterans.illinois.gov, encourages all Illinois veterans to "Stand up and Be Counted" by submitting basic contact information to IDVA.

Veterans who do so will be contacted within 48 hours by one of our Veterans Service Officers, who stand ready to assist them in navigating the many federal, state and local benefits and re-

source available to them.

Veterans who "Stand Up and Be Counted" will also be assisting their fellow veterans by helping the IDVA and the entire veteran advocacy community to get a better understanding of who and where Illinois veterans are. This will help us plan for future services, lobby for future federal VA funding and facilities and generally serve Illinois veterans better. Be sure to spread the word!

- Do not place tinfoil over your windows, as the room temperature will rise;
- Keep electric lights off or turned down;
- Take frequent cool baths or showers; use cool towels;
- Remain in air conditioning either at home or at a cooling center; only one or two hours of air conditioning can prevent a person from becoming ill;
- Wear loose cotton clothing;
- Do not eat heavy meals (eat small meals and eat more often);
- Avoid using cooking ovens;
- Avoid using salt tablets unless directed to do so by a physician;
- If you're taking medications, check with your pharmacist or doctor on any side effects due to the heat;
- Check on family members, friends and neighbors; and
- Above all, take the heat seriously and do not ignore danger signs like nausea, dizziness and fatigue. If you or anyone you know needs medical attention, call 911 or the local

police department immediately.

Older persons have a reduced capacity to perspire and are therefore even more vulnerable to heat. Persons who do not perspire will not be helped by fans. They must have air conditioning to recover from the accumulated effects of the heat. A few hours a day in air conditioning is extremely important to protect your life and health.

The Illinois Department on Aging and local area Agencies on Aging will be working hand in hand to assist older persons at risk. During heat emergencies, communities will be involved in door-to-door outreach; senior centers, adult day care sites and other familiar public buildings in your community will be used as cooling centers; and information and assistance will be available on an ongoing basis through a network of local agencies serving older persons where do you live.

For further information about local grants and services available to assist older persons please call the Department of Aging Senior Helpline at 1-800-252-8966 or visit www.state.il.us/aging.

Disability Awareness and Public Education

Do you belong to a church, community organization, or work at a business that is looking for individuals to provide presentations?

Public education and community awareness are important parts of the mission of SCIL. Disability Awareness presentations can fit any time slot, age group, or agenda. Other presentations can be tailored to specific interests and subject matter. SCIL offers presentations on the ADA, effective advocacy, disability awareness for children, and many other subjects that affect people with disabilities. Consider scheduling a public speaker for your organization and

improve public awareness on disability issues in your community! Please contact Karen DeLay, Community Resource Coordinator at 217-523-2587 v\TTY or e-mail kdelay@SCIL.org.



“A Brush with Kindness” helps with home repairs

Habitat for Humanity's A Brush with Kindness (ABWK) is a nationwide program serving homeowners who struggle to maintain the exterior of their homes. A Brush with Kindness focuses on exterior home repair services such as painting minor exterior repairs landscaping and exterior cleanup. Groups of volunteers work to revitalize the home fixture.

A Brush with Kindness is part of Habitat's Neighborhood Revitalization Initiative (NRI). This initiative is a holistic approach, assisting communities as well as families. It revitalizes the appearance of the neighborhood, encourages connections within the community, and most importantly, helps preserve affordable housing.

To qualify, applicants must:

- Live in an owner-occupied home (renters are not eligible)
- Have homeowners insurance
- Be willing to partner with Habitat for Humanity and contribute 15 sweat equity (volunteer) hours to Habitat For Humanity
- Be in need of exterior improvements to their home including painting, minor exterior repairs, landscaping and exterior cleanup.
- Have an ability to pay for the materials through a zero interest loan.

For an application or more information, visit www.habitatsangamon.com or call 217-523-2710.

Maximum family incomes to qualify for the

# of people	1	2	3	4	5	6	7	8
Maximum income (80% AMI)	\$39,200	\$44,800	\$50,400	\$56,000	\$60,000	\$65,000	\$69,450	\$73,950

Adjusting to Life Without Illinois Cares Rx

The Illinois General Assembly recently voted to completely eliminate the funding for Illinois Cares RX, the state pharmaceutical assistance program. This program worked in conjunction with Medicaid and Medicare to lower prescription drug copays and monthly premiums for Medicare beneficiaries, as well as easing the financial burden of the coverage gap or “Donut Hole.”

In the absence of the Illinois Cares RX program, here are alternatives to consider:

- You may qualify for the Extra Help (Low Income Subsidy) program through Social Security if you have Medicare coverage and your combined savings and assets are less than \$13,070 if single or not living with your spouse and \$26,120 if married and living together.

- If you are covered by both Medicare and Medicaid and have a spend down and you meet your spend down any time after July 1, 2012, you will qualify for the Extra Help program for the rest of 2012 and all of 2013.
- The Extra Help program will pay monthly Medicare prescription drug premiums and annual deductibles, as well as lower prescription copays.
- The pharmaceutical companies may offer their own assistance programs based on income.

Call SCIL and speak with someone about pharmaceutical assistance, Medicare, Medicaid, Social Security, or other benefit programs. Just call 217-523-2587 V/TTY to ask a question or schedule an appointment.

SCIL Celebrates Its Volunteers

SCIL volunteers are an asset to us and we are forever grateful for their support. On May 3, we invited our volunteers to an ice cream and cake party. Each volunteer received a thank-you gift and a certificate of appreciation to take home with them. For those who volunteered May 1, 2011 to May 1, 2012 and were unable to attend, we are holding your gift and certificate of appreciation for you. A special thank you to all our volunteers:

Marlon Bailey

Toby Basil

Hannah Burke

Belinda Duncan

Janice Faulstich

Janice Gerstenberger

Vincent Hart

Katie Layzell

Melinda McDonald

Melissa Norman

Shane Pastrovich

Michael Skilbeck

Adrie Smith

Nur Smith



Volunteer Belinda Duncan helps out at SCIL.

Tougher penalties for parking abuse

Legislation proposed by Illinois Secretary of State Jessie White to crack down on fraud and abuse of the state's disability parking programs was approved by the Illinois state Senate and moves to the governor's office for his approval.

House Bill 5056 will toughen penalties for those who abuse parking privileges designed to assist persons with disabilities.

"The message we are sending is simple: if you don't belong there, don't park there," said White. "Stronger penalties will hopefully make people think twice before they deprive a person with the disability from using the disability parking spot"

White is committed to conducting a top to bottom review the state's parking program for persons with disabilities. A subcommittee will outline ways to eliminate fraud and abuse of this vital program.

"The goal of the subcommittee is to eliminate fraud and misuse and to ensure that disability parking spot are available for those truly in need," said White.

The Importance of Registering and Voting

As citizens of the United States of America, voting is not only our right but also our responsibility. It is vital that we have our voices heard. The only way to do that is to be vocal about issues facing us and to vote.

The first step you can take to make your voice heard is to register to vote this year. SCIL staff can assist consumers by registering them to vote, a very important service as consumers are encouraged to participate in all elections. For more information about voting please contact SCIL, 217-523-2587 v/tty.

You can also register to vote at your local county clerk's office. Find out more about registering at the Sangamon County Circuit Clerk's office by going to www.sangamoncountyclerk.com/Elections/Register

SCIL Suffers Loss of Long-time Board Member And Friend



Howard J. Jack passed away on Tuesday, July 17, 2012 at St. John's Hospital. His loss will be deeply felt at SCIL. Howard began his volunteer work with SCIL in 1992 as a SCIL Board Member. He continued to provide SCIL years

of volunteer service as a member of the board, and a volunteer on various committees. Howard's work will be felt at SCIL for a very long time and his humor and personality will be missed.

SCIL is pleased that he requested memorials to be made to us and we will honor his contribution by ensuring that funds collected in his honor support our mission as we continue to secure independence for people with disabilities in these very harsh economic times. Thank you Howard for your gift to us.

Teen Support Group Offers Friendships, Connection and Advice

The Teen/Young Adult Support Group is for any high school-aged student between the ages of 14-21 who wants to socialize with peers or gain knowledge about a certain topic. The group sponsors a variety of activities – there should be something of interest for everyone. This is a good way to socialize and develop new friendships. What a great way to get connected with others. The Parent Group is also just as important and is for any parent who has a teen or young adult who is transitioning into adulthood.

The Teen/Young Adult and Parent Support Group will meet from 6:30-8 p.m. on Tuesday, September 18 at SCIL. Carolyn Thorpe coordinates this group. The meeting will be a brainstorming activity to discuss what events or speakers you would like; after all, these meetings are geared around your needs.

Meetings are informal and any new or returning teens/young adults and parents, and other family members interested in learning more, are always welcome to attend. Let's make our first meeting a success. So, come

with your ideas so that we can get busy planning events for your meetings.

Light refreshments will be provided. Please call to let Carolyn know you will be coming so she can plan accordingly. Also, if you have any questions, please call her at 523-2587 v/tty or e-mail her at cthorne@scil.org.

SAVE THE DATE!

SCIL Annual Meeting

Thursday, October 18, 2012

Registration at 5:30

Dinner at 6:00 p.m.

Join us for dinner, an awards ceremony and a celebration. (more details to come)

Please contact Karen DeLay

@523-2587/v/tty for more information.

ADA Celebration Held on July 25, 2012
Local Individuals Honored for their Participation

Keep Me in a Safe Seat



correctly every time.

Your child or grandchild deserves the very best protection while riding in your vehicle. The best child safety seat is one that fits the child and the vehicle, and is used

The Secretary of State's office provides child safety seat inspections at several Driver Services facilities throughout the state. Please visit one of these fitting stations to ensure that your child or grandchild's seat is properly installed and meets federal guidelines for the child's height and weight.

The Secretary of State offers free Child Car Seat Checks! Check them out at the Illinois State Fair

**August 10-19
10 am-7 pm
Emmerson Building (Kids Corner)**

For more information or to schedule a child safety seat inspection, please call 866-247-0213, or visit www.cyberdriveillinois.com.

Youth Transition Workshop Addresses Records Transfer

The next free informational workshop, "No Child's Records Left Behind," will be held from 6-9 p.m., Monday, September 17 at SCIL. At this workshop, participants will learn about the contents of student records, laws regarding student records and the purpose of maintaining and organizing records. Light refreshments will be provided at this workshop. Please note that child care is not available.

To register for this workshop, call or email Carolyn at 523-2587 v/tty or cthorge@scil.org. Please watch your mail for a flyer about this workshop.

Rules of the Road Review Course and Super Seniors

The Rules of the Road Review Course gives drivers — especially senior citizens and persons with disabilities — the knowledge and confidence needed to renew or obtain a driver's license. The review course combines an explanation of the driving exam with a practice written exam. Here are some classes available this summer:

Sangamon County: 9:30 - 11:30 a.m., Saturday, August 25; Senior Services of Central Illinois, 701 West Mason, Springfield, Illinois. Phone 217- 528- 4035

CONFERENCE FOR CAREGIVERS

For Caregivers of Older Family Members and Friends
& Grandparents and Other Relatives Raising Children

Saturday, September 8, 2012

8:00 a.m. to 3:00 p.m.

Northfield Inn, Suites & Conference Center
3280 Northfield Drive, Springfield, Illinois

Presented by

Area Agency on Aging for Lincolnland
Funded by the Older Americans Act through the
Illinois Department on Aging

Conference participants will attend a variety of interesting and educational breakout sessions. Attendees will also have an opportunity to learn about helpful services and products in the exhibit hall. Lunch will be provided and will be followed by luncheon speaker Bob Stromberg, known for his unique and perfect blend of comedy and storytelling.

Respite service may be arranged for caregivers who need it in order to attend this conference by calling the Area Agency on Aging at 217-787-9234 or 1-800-252-2918.

A registration fee of \$10.00 must be mailed with the registration form. This fee will be refunded at the conference. Call 217-787-9234 for a registration form.

ADA anniversary marked by disability rights film screening

Lives Worth Living, a film documenting disability rights movement, was screened at the Great Hall of the Department of Justice in Washington, DC on July 26 to commemorate the twelfth anniversary of the signing of the Americans with Disabilities Act.



and dragging themselves up courthouse steps and quadriplegic activists who maneuver their chairs in front of public buses that are not equipped to accommodate them.

The film is an oral history, told by the movement's heroes themselves, and illustrated through the use of rare archival footage. The story features Fred Fay, who suffered a spinal cord injury at age 17 in 1961 and Ed Roberts, who founded the independent living movement in Berkeley and is also considered a father of the disability rights movement. *Lives Worth Living* also features footage of protestors climbing from wheelchairs

Lives Worth Living traces the development of consciousness of these pioneers who realized that in order to change the world they needed to work together. Through demonstrations and inside legislative battles, the disability rights community secured equal civil rights for all people with disabilities. Thanks to their efforts, tens of millions of people's lives have been changed.

SCIL owns a copy of this film. For more information, contact ?

Group connects and assists PA employers

When does this group meet?

The PA Employer Group meets the last Tuesday of the month from 3 to 4:30 p.m. at SCIL. Individuals employing personal assistants are encouraged to attend.

What is offered?

Support, ideas, and resources are offered to assist individuals with the tools they need to be effective employers.

Discussions include problem-solving on issues such as tardiness, effective communication, advanced notification for schedule changes, and job and task descriptions. Skill building empowers individuals to make better decisions in screening and selecting candidates as well as the day to day supervision of a hired

personal assistant.

Information is shared in a relaxed and confidential setting. Attendees are invited to bring issues to the group for open discussion. Very often, individuals think they are the only one dealing with a particular issue. After attending a meeting, they realize they are not alone and find that others are there to hear their concerns!

Want more information

Contact Bradley Kinney, Personal Assistant Specialist at 217-523-2587 v/tty or email him at brkinney@scil.org.



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Independent Living**

330 S. Grand Ave West
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AUGUST 2012

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NEWSLETTER ARE
AVAILABLE IN
BRAILLE, LARGE
PRINT AND COM-
PUTER CD**

Monthly Support Groups

Heads Up Group

Contact Dave Munroe at
SCIL: (217)523-2587 v/tty

Paralysis Group

Contact Dave Munroe at
SCIL: (217)523-2587 v/tty

Personal Assistant Employers Group

Contact Bradley Kinney at
SCIL: (217)523-2587 v/tty

Post-Polio Group

Contact Bradley Kinney at
SCIL: (217)523-2587 v/tty

WREN (Women's Re- source Empowerment Network)

Contact Susanne Cooper at
SCIL: (217)523-2587 v/tty

BEST (Becoming Empow- ered and Successful Teens) and Parent Transition Support Group

Contact Carolyn Thorpe at
SCIL: (217)523-2587 v/tty



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program!

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Springfield, IL 62704
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www.itactty.org A FREE program required and governed by Illinois law.