



SCIL SPRINGFIELD CENTER FOR
Independent Living

September 2013

THE SCIL ADVOCATE

“Increasing opportunities for persons with disabilities through advocacy, services, and public education.”

October is National Disability Employment Awareness Month

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The purpose of National Disability Employment Awareness Month is to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities.

The history of National Disability Employment Awareness Month traces back to 1945, when Congress enacted a law declaring the first week in October each year "National Employ the Physically Handicapped Week." In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. In 1988, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.

"When I was growing up, many people doubted what I could do just because I was blind. But because I had people in my life who instilled in me an expectation of work and showed me opportunities to be successful, I completed college and became known for what I *can* do," said Kathy Martinez, assistant secretary of labor for disability employment policy when announcing this year's National Disability Employment Awareness Month theme, which is "Because We Are

EQUAL to the Task."

SCIL is proud to be a part of this year's National Disability Employment Awareness Month," says Melissa Norman, Employment Resources Specialist at SCIL. "We want to spread the important message that a strong workforce is one inclusive of the skills and talents of all individuals, including individuals with disabilities."

Employers and employees in all industries can learn more about how to participate in National Disability Employment Awareness Month and ways they can promote its messages — during October and throughout the year — by visiting the ODEP website at www.dol.gov/odep/.

DID YOU KNOW?

Job accommodations for people with disabilities are usually low cost or no cost.

A recent study conducted by the [Job Accommodation Network \(JAN\)](#) revealed that 56 percent of workplace accommodations cost absolutely nothing. Of those accommodations that did have a cost, the typical one-time expenditure by employers was \$500.

See page 6 and 7 for more employment information and a resource to assist Employers to Build an Inclusive Workforce

Free mammograms and more from the Illinois Breast and Cervical Cancer Program

Did you know that the Illinois Department of Public Health offers free mammograms, breast exams, pelvic exams and Pap tests to eligible women through the Illinois Breast and Cervical Cancer Program?

Even if a woman has already been diagnosed with cancer, she may receive free treatment if she qualifies. The program has been providing breast and cervical cancer screenings to the women of Illinois since 1995.

Regular screenings are very important because, except for skin cancers, breast cancer is the most common form of cancer in women. However, if it is detected while still in its earlier stages, breast cancer can be successfully treated. Routine mammograms and breast exams can detect cancer early and provide women with better treatment options and results.

Cervical cancer also is treatable if detected early. There are often no noticeable symptoms, so it is important that women get screened regularly and have a Pap test. The test can find any abnormal changes that could turn into cancer.

The Illinois Breast and Cervical Cancer

It's **your** life.
No one can protect it
better than you.

—JUDY, BREAST CANCER SURVIVOR



Program offers treatment benefits to Women who are enrolled in the IBCCP and diagnosed with cancer through the program's screenings and tests. If a woman is not enrolled in the Illinois Breast and Cervical Cancer Program but has been diagnosed with cancer, she can still receive the free treatment if she meets IBCCP eligibility requirements.

For additional information, call the Women's Health-Line toll free at 888-522-1282 (800-547-0466 TTY)

Source: *Illinois Breast and Cervical Cancer Program*, <http://cancerscreening.illinois.gov>

October is Breast Cancer Awareness Month

Breast cancer is the most common cancer in women. And living with a disability does not make you immune. During Breast Cancer Awareness Month in October, learn the facts about breast cancer and why screening should be a regular part of your health care.

In the United States in 2008, women with a disability aged 50-74 reported a lower rate of mammography use than women without a disability of the same ages (78.1% vs. 82.6%).

Studies also show higher rates of death related to breast cancer among women with a disability, even when diagnosed at the same stage as women without a disability.² Having regular mammograms can lower the risk of dying from breast cancer.

Source: *The Centers for Disease Control*, www.cdc.gov

Lights! Heating! Help is on the Way!

Are you sweating how your utilities are going to be covered in the winter?

Are your financial resources in a deep freeze in the middle of the summer?

Help is on the Way!

The Sangamon County Department of Community Resources is conducting its annual outreach for the Low Income Home Energy Assistance Program (LIHEAP).

When?

- Tuesday, October 8, 2013, 9:00 a.m. to noon and 1:00 p.m. to 3:00 p.m.
- Wednesday, October 9, 2013, 9:00 a.m. to noon and 1:00 p.m. to 3:00 p.m.

Where?

Springfield Center for Independent Living (SCIL)
330 South Grand Avenue West, on the southeast corner of South Grand and Pasfield, next to Security Bank and the Parent Place

Who can apply?

- Sangamon County residents with disabilities only
- Those **without** a disconnect notice

What do I need to bring?

- Social Security cards for everyone in the household
- Photo ID if over 18 years of age
- Proof of entire household's income for the last 30 days (check stubs, current benefit statement from Social Security)
- Current electric and heating bills

How do I make an appointment?

Call SCIL at 523-2587 (V/TTY).

If you require a sign language interpreter, please let us know when you call.

What if I live in another county?

We will do our best to direct you to the nearest agency in your area offering LIHEAP assistance.

Appointments fill up fast! So call now! Please make every effort to keep the appointment.

MEDICARE PART D – Don't Forget!

As the temperature and leaves begin to fall, it is important for those with Medicare coverage to not forget about their prescription drug coverage. October 15 through December 7 is the annual enrollment period for Medicare Part D. Those who currently have a Part D plan but wish to change plans can do so. Also, those individuals who have Medicare, but who have not yet enrolled in a prescription drug plan can enroll during this time. There are SCIL staff who have been certified by the Senior Health Insurance Program (SHIP) to aid people with disabilities with issues regarding Medicare.

People with disabilities who would like assistance with Medicare Part D enrollment should contact SCIL at 523-2587 V/TTY to schedule an appointment. This does not apply to those on Medicaid only and has nothing to do with the Health Insurance Marketplace. If you require assistance with the Health Insurance Marketplace, there are agencies with staff to specifically address your needs.

So grab your red, white, and blue Medicare card, your list of prescription medications, and your Part D card (if you have a current plan) and call to schedule your appointment today!

Healthy Eating — People with Disabilities

People with disabilities can find it more difficult to eat healthy, control their weight, and be physically active. This might be due to:

- A lack of healthy food choices.
- Difficulty with chewing or swallowing food, or its taste or texture.
- Medications that can contribute to weight gain, weight loss, and changes in appetite.
- Physical limitations that can reduce a person's ability to exercise.
- Pain.
- A lack of energy.
- A lack of accessible environments (for example, sidewalks, parks, and exercise equipment) that can enable exercise.
- A lack of resources (for example, money, transportation, and social support from family, friends, neighbors, and community members).

It's not impossible though! See below for tips from the USDA.

Eating on a Budget -- the Three-P's

Plan

- ★ Plan meals and snacks for the week according to an established budget.
- ★ Find quick and easy recipes online.
- ★ Include meals that will "stretch" expensive food items (stews, casseroles, stir-fry dishes).
- ★ Make a grocery list.
- ★ Check for sales and coupons in the local paper or online and consider discount stores.
- ★ Ask about a loyalty card at your grocery store.

Purchase

- ★ Buy groceries when you're not hungry and when you are not too rushed.
- ★ Stick to your grocery list and stay out of the aisles That don't contain items on your list.
- ★ Buy store brands if cheaper.
- ★ Find and compare unit prices listed on shelves to get the best price.
- ★ Purchase some items in bulk or as family packs which usually cost less.
- ★ Choose fresh fruit and vegetables in season; buy canned vegetables with less

salt.

- ★ Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and cereal are convenient, but usually cost more than those that require a bit more prep time.
- ★ Good low-cost items available all year include:
 - ◇ Protein -- beans (garbanzo, black, cannellini)
 - ◇ Vegetables -- carrots, greens, potatoes
 - ◇ Fruit -- apples, bananas

Prepare

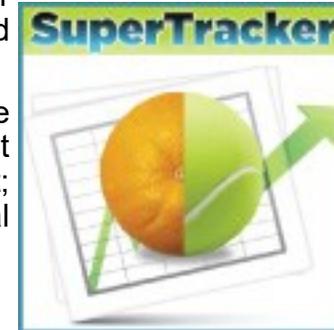
- ★ Some meal items can be prepared in advance; precut on days when you have time.
- ★ Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- ★ Try a few meatless meals by substituting the beans and peas or try "no-cook" meals like salads.
- ★ Incorporate leftovers into a subsequent meal.
- ★ Be creative with a fruit or vegetable and use it different ways during the week.



USDA offers free tools to help plan healthy meals

Choose My Plate (choosemyplate.gov), launched by the USDA in 2011, provides practical information to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.

On the site, consumers can sign up for the SuperTracker, which can help you plan, analyze, and track your diet and physical activity. You can also find out what and how much to eat; track foods, physical activities, and weight; and personalize with goal setting, virtual coaching, and journaling.



Personal Assistant Training a Success in Menard County!

SCIL hosted a community event in Petersburg in March and identified many individuals who were very interested in a PA Training but could not make the trip to Springfield. Bradley Kinney, Personal Assistant Specialist collaborated with Laura Bounds, Residents Services Specialist with Menard County Housing Authority and other Menard County agencies to identify individuals interested in the Personal Assistant (PA) Training.

The PA Training was held in Menard County in June. This is the first training held in one of SCIL's outlying counties. Attendees were provided the same training that individuals received during PA Trainings at the SCIL office in Springfield. Bradley felt holding the training in Menard County brought a unique perspective to all involved as the attendees all resided in the county. The information shared during the training provided many insights to the challenges that people with disabilities face in the rural areas of Menard County, and discussion uncovered

many available resources residents depend on for services and support in that area.



Pictured above, left to right:

Employer Assistance and Resource Network

The Employer Assistance and Resource Network (EARN) is a service of the [National Employer Technical Assistance Center \(NETAC\)](#) based at [Cornell University's Employment and Disability Institute](#). NETAC is funded by the [Office of Disability Employment Policy, U.S. Department of Labor](#).

Mission and Vision

EARN's **vision** is to increase employment and workplace inclusion for people with disabilities by engaging and empowering employers to be leaders in this effort.

EARN's **mission** is to be a center for excellence in supporting employers' talent acquisition and competitiveness by:

empowering employers to source, hire, retain and advance qualified individuals with disabilities through dissemination, collaboration, and technical assistance; and researching and promoting promising employer-focused disability practices and policies.

EARN Supports Employers

EARN supports employers in recruiting, hiring, retaining and advancing qualified individuals with disabilities through

Toll-free [technical assistance](#)

EARN offers employers individualized technical assistance on issues related to recruiting, hiring, and promoting individuals with disabilities, including providing linkages to state and local community-based organizations serving job seekers with disabilities. All calls

and inquiries are confidential; no contact information is shared with any outside entity.

Individualized [consultation](#)

EARN provides comprehensive consultation on a broad range of disability topics to meet employers' recruitment and hiring goals. Consultation may be through phone or online conference.

Customized [trainings](#)

EARN provides customized online and in-person training on a broad range of topics to assist employers. Topics include, but are not limited to: disability etiquette and awareness, interviewing and accommodating candidates with disabilities.

Webinars and [events](#)

EARN conducts webinars and attends events throughout the year on a variety of topics relevant to employers. EARN webinars frequently offer [HRCI](#) credits for attendance.

Regular [updates](#) on disability employment news

EARN publishes a monthly newsletter and weekly news blasts. These include disability employment statistics, best practices, special events and updates.

Join the Employer Assistance and Resource Network and receive more information at:

www.askearn.org

Open Dyslexic Font Available Free Online at opendyslexic.org

According to the Dyslexia Research Institute, anywhere from 10 to 15% of the US population has some form of dyslexia. Dyslexia is a very broad learning disability that impacts an individual's ability to read text.

Dyslexia can affect people in many different ways. Although there is no single tool that works for everyone, OpenDyslexic font offers free assistance to some.

Some people with dyslexia have trouble with their brain rotating letters as they read. This can make an "M" look like a "W" or a "d" look like a "p." To help with this problem Abelardo Gonzales created the OpenDyslexic font which has letters with "weighted bottoms" that make it easier to see which parts of the letters belong at

the bottom.

Letters in the OpenDyslexic font appear fatter at the bottom, almost like gravity is pulling down on them. This makes every letter unique and can prevent the confusion happens when letters are flipped around by the brain. Since OpenDyslexic is open source it can be downloaded and used for free from www.opendyslexic.org.

How do I download the OpenDyslexic Font?

Click the **Download Now** button on the OpenDyslexic.org home page and you will be brought to a page where you can download the font by following the directions.

New Nonprofit is Helping Change the World for People with Dyslexia



We are on the cusp of a revolution in the way society views people with dyslexia. As researchers learn more about the how dyslexic brain works, they are discovering that what has long been considered a disability actually maybe more accurately described by the word "possibility."

But for now, many people with dyslexia is still are denied the opportunity to reach their full potential because their limited reading and writing skills have relegated them to low-skill, low-wage jobs. Mainstream employers do not understand that the same thing that creates difficulty in reading and writing also gives people with dyslexia a uniquely visual, conceptual mind that enables them to approach problems in ways that the rest of us can envision.

Jobs for Dyslexics, Inc., a nonprofit organization founded in 2013, is seizing upon this cutting-edge research to not only change but also to turn lives around by helping clients get jobs and keep them.

While many European countries, especially the United Kingdom, have realized the potential of people with dyslexia and taken steps to ensure that their voices are heard, America has fallen woefully behind. That's why Jobs for Dyslexics' work is so important.

The simple fact is that there are many assistive devices that can help people with dyslexia overcome their shortcomings and perform as well or better than others who do not have limited reading and writing skills. But many people with dyslexia do not know these devices exist, do not know how to use them and/or can't afford this often expensive technology.

With help from generous manufacturers, Jobs for Dyslexics has gathered these assistive devices into toolkits offered for free or at greatly reduced prices to people with dyslexia who

might not have the resources or the knowledge to buy and use them correctly. In addition they help match clients with employers, then provide job coaching or other health as needed so clients hold onto their jobs.

In essence, Jobs for Dyslexics believes that every person with dyslexia should have the same chance to succeed as those without it. They want the world to celebrate dyslexia as an asset, not a liability.

They want today's children's, young adults and older adults with dyslexia to be able to envision a future in which they can realize their dreams and become productive and contributing members of society.

Visit their website, www.jobsfordyslexics.org to learn more about them and the exciting possibilities they are creating for people with dyslexia.



A new resource called the LD Navigator provides online, comprehensive and up-to-date information and resources that enable pediatric professionals and parents to navigate a child's learning disability together.

Developed in partnership with the American Academy of Pediatrics (AAP) and the National Association of Pediatrics Nurse Practitioners (NAPNAP), the LD Navigator delivers expert, evidence-based tools and strategies into the hands of those on the frontlines of diagnosis and family support. Support for the LD Navigator was provided by a grant from the Robert Wood Johnson Foundation. You can find LD Navigator at <http://ldnavigator.nclld.org>.



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SEPTEMBER 2013

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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 Resource Empowerment Network)

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

BEST (Becoming Empowered

and Successful Teens) and Parent Transition Support Group

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

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on the telephone?**

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amplified phone
program!

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**SPRINGFIELD CENTER FOR
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217-523-2587
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