
E-LIFELINES FALL 2022



“Autumn reminds us that change can be beautiful!” - *unknown*

At LIFE CIL, we know we are lucky to have opportunities to work towards positive change and increased access for all. In our Fall Newsletter, we bring news of changes for the better!

Read on for more info about:

- LIFE CIL Celebrates 37 Years!
- Our upcoming October Annual Meeting and speaker
- How to become a member of LIFE CIL (or renew your membership!), and vote on who sits on our board of directors
- Our website redesign
- Community Reintegration and an Impact story: how a consumer was able to move out of the nursing home
- A job opening at LIFE CIL
- Our next Dine & Donate fundraiser... And more!

LIFE CIL Celebrates 37 Years

Living Independence For Everyone Center for Independent Living also known as LIFE Center for Independent Living and/or LIFE CIL opened in September 1985. The programs and services offered have varied over the years, but the mission has always remained the same!

Our Mission

LIFE Center for Independent Living advances equality and integration of all persons with disabilities. To achieve this mission, we:

- Promote local, state, and national advocacy
- Educate persons with disabilities about their rights and responsibilities
- Provide support services
- Raise community awareness about disability issues

in DeWitt, Ford, Livingston, and McLean Counties.

Over the years, our Bloomington office has been in three different locations. We have been in our current office on Eastland Drive since 1998. Our Pontiac office opened in 2001 and we have also had three locations in Pontiac with the current location in the Pontiac Township Senior Community Center since 2019.

LIFE CIL serves people of all ages and all kinds of disabilities and their family and friends who reside in DeWitt, Ford, Livingston and McLean Counties.

Our services are provided regardless of:

- Type of disability
 - Gender identity
 - Income*
 - Sex
 - Ethnicity
 - Citizenship status*
- *Please note:** some specific grants have income requirements and/or require citizenship status.

Fun facts about Centers for Independent Living (CILs):

- CILs are not for profit, nonresidential organizations that assist individuals with disabilities by sharing the tools needed to take control of one's own life.
- There are 22 CILs in the state of Illinois and more than 400 CILs across the United States.
- CILs are required to have at least 51% of their Board of Directors and staff be people with disabilities. LIFE CIL is proud to say currently 100% of our staff have disabilities.
- CILs are required to provide **5 Core Services:**
 1. Advocacy
 2. Peer Mentoring
 3. Independent Living Skills Training
 4. Transition
 5. Information and Referral
- CILs have additional programs and services based on their funding and support. For example, LIFE CIL services include an equipment loan program and low vision program but not all CILs have those programs.

Learn more about services we provide, what we are doing and what is coming up on our website www.lifecil.org and like us on Facebook www.facebook.com/lifecil.

If you have questions or would like to see if we could assist you or someone you love, please contact us. You can call our Bloomington office at **309/663-5433** or our Pontiac office at **815/844-1132**. You could also email our general inbox at lifecil@lifecil.org.

Save the Date! You're invited to our Annual Meeting

Tuesday, October 25, 2022 from 6:00-7:30 p.m.
Virtual, via Zoom



ANNUAL MEETING WITH GUEST SPEAKER MILLIE GONZALEZ

Millie Gonzalez is a disabled advocate, disability consultant, trainer and communication strategist. She is co-founder of the New Jersey Disability Collective; board president for The Partnership for Inclusive Disaster Strategies; board chair, retreat organizer and program developer for the Spina Bifida Resource Network; and vice board chair for the Alliance Center for Independence. She is a plus-sized, disabled Latinx, and member of the LGBTQ+ community. Millie is one of only 30 honorees of Diversability's inaugural national D-30 Disability Impact List.

Allyship at the Intersection of Disabled LGBTQ+ Identities

Millie will discuss how to become a better ally by centering the experiences and amplifying the voices of the world's largest minority group—people with disabilities—while honoring their intersectional identities as members of the LGBTQ+ and other communities. Explore meaningful actions you can take right now to cultivate inclusivity and build an organizational culture of equity where all people, including disabled LGBTQ+ folks and yourself, can be authentic and thrive.

Email lifecil@lifecil.org with “annual meeting” in subject line no later than Monday, October 24 for a link to attend.

An ASL interpreter and CART captioning will be provided. For additional accommodations please email your request to lifecil@lifecil.org before Oct. 17.

Be a Friend for LIFE: Become a Member

We would like to thank all our friends for their support. We hope we have been able to assist you and/or someone you care about through our programs and services. We ask that you continue your support by becoming a member or renewing your membership.

Why become a LIFE CIL member?

LIFE CIL helps people with disabilities lead active, independent lives in the community. By becoming a member, you are supporting the Independent Living philosophy, our mission, and our organization. **Help us help others! Your membership allows us to better assist over 3,000 people each year!**

What do I get for my membership fees?

As a member of LIFE CIL you will receive **invitations to our events** throughout the year, including our Annual Meeting in the fall. You will have **the right to vote in the election of our Board of Directors**. You will receive a **LIFE CIL t-shirt** and **window cling**. LIFETIME members additionally receive a LIFETIME Membership Certificate.

LIFE CIL is a charitable, non-profit 501(c)(3) organization, which means your membership fee could be tax deductible, as the law allows.

How do I become a member?

- Complete a membership application online:
 - <https://www.lifecil.org/application-for-membership-online/>,
- download the application to print at
 - <https://www.lifecil.org/wp-content/uploads/2022/05/Membership-Application.pdf>
- Or, contact Brianne by phone 309/663-5433 or via email: brianne@lifecil.org to receive a form in the mail.

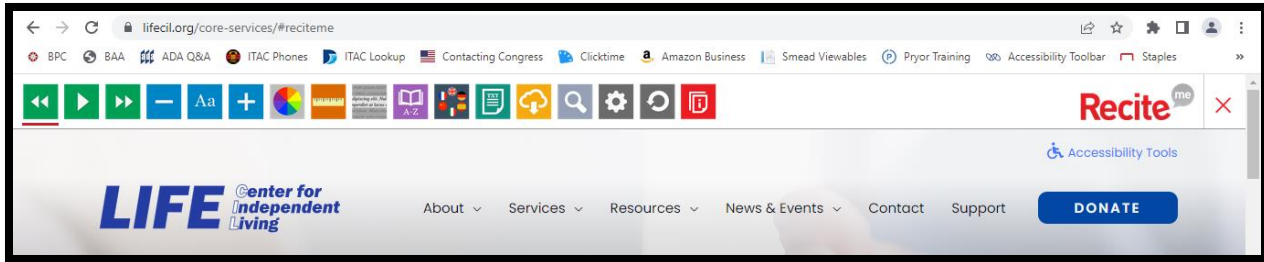
Bonus: The membership application is at the end of this newsletter as well.

Membership Payments: Membership Dues may be paid in full online through PayPal or, you can mail a check made payable to LIFE CIL. You can also come by the office and drop off cash or check. Please make it clear that the payment is for membership.

All memberships (except LIFETIME) will be valid for one year. Financial assistance is available for those who wish to become individual members but are unable to pay the fee.

Exciting News Regarding our Website!

If you have not already, go to our updated website: www.lifecil.org. We are very excited and proud to announce that we not only have a new look, updated content, but we also have the ReciteMe Toolbar on our website now!



www.lifecil.org now features the ReciteMe Toolbar and includes four different categories of accessibility and customization:

- 1. Screen Reader:** 285 million people worldwide have a visual impairment, providing our screen reader will help website visitors to perceive and understand your digital content by reading aloud website text, which can be customized to suit the viewer.
- 2. Translation:** One in ten people don't speak English as their first language. Recite Me web accessibility technology quickly and easily translates all your web content into over 100 languages, including 35 text to speech voices.
- 3. Styling & Customization:** 15% of the world's population is neurodivergent. Recite Me assistive technology allows people to change the way a website looks. Users are able to customize the website's color scheme as well as the text, font style, size, color, and spacing.
- 4. Reading Aids:** 774 million people in the world cannot read or write, and 10% of people have a learning disability, so reading content online can be a challenge for some people. To simplify use and support your website visitors, the Recite Me web accessibility toolbar provides five main tools; ruler, screen mask, magnifier, margins, and a dictionary.

There is a bit more content coming that will be added to our website, so be sure to check back soon!

NOTE: The ReciteMe Toolbar descriptions above were provided by <https://reciteme.com/product/assistive-toolbar/>

Community Reintegration

Move Back into Your Own Home

The Community Reintegration program assists individuals who are currently residing in a nursing facility to move back into the community.

LIFE CIL's Community Reintegration Advocate, Andrea Kindseth, will meet with individuals who are interested to see if they qualify for the program and start the process.

When a person qualifies, LIFE CIL may be able to assist with the following:

- Finding affordable & accessible housing
- First month's rent & security deposit
- Utility deposits
- Creating & using a budget
- Furniture, household goods & initial groceries
- Cleaning & hygiene supplies & paper goods
- Durable medical equipment
- In-home assistance

Call Andrea today to find out if you or someone you know might qualify for this program!

Andrea Kindseth, Community Reintegration Advocate

Phone: 309-663-5433 ext. 206

Email: andrea@lifecil.org



**Andrea serves consumers in all of LIFE CIL's covered counties:
DeWitt, Ford, Livingston & McLean.**

An IMPACT story: My Journey Back Home

Tim, 43 years young and a father of one, found himself in a nursing home following a procedure that was supposed to help him, but instead left him unable to walk after surgery. After a lengthy hospital stay, Tim was transferred to a nursing home in the fall of 2019 and was not sure how to begin his journey back home.



Shortly after his admission, LIFE CIL's Community Reintegration Advocate (CRA) met with him to talk about the Community Reintegration Program and discussed community supports that could be available to him. Soon, Tim was reaching out to the CRA and decided that his goal of living on his own again was not that far-fetched. CRA began an intake and assisted Tim with applications for housing, transportation, and other community living supports.

While waiting for an apartment to become available, Tim made the best of his nursing home stay. He spent months progressing with therapy to increase his independence and enjoyed building relationships with other residents and staff members. About halfway through his stay, the pandemic hit, and he began spending most of his days in his room. Despite the isolation, he continued to work with CRA on his transition goals by phone and e-mail and then, housing became available.

Like so many of us experienced, COVID-19 changed everything! CRA quickly adapted and assisted Tim with a virtual housing tour, worked closely with him and his family to coordinate moving his items from storage, and held outdoor visits with Tim to assist him in completing his housing lease and the necessary new-hire paperwork for his personal assistants (PAs).

"If it wasn't for LIFE Center for Independent Living, I don't know what I would have done. They have helped me so much in many ways. Thank you, LIFE CIL, for all of your help." - Tim

A little over a year after entering the nursing home, Tim transitioned home into a one-bedroom, accessible apartment. With the support of his family and reintegration staff, and community-based services, Tim has now lived in the community for over two years. Services like a daily personal assistant through Division of Rehabilitation Services (DRS), home therapy, and the support of family, friends, and CRA made this transition possible, and save the state money too! Tim states he's enjoying life outside of nursing home walls. During his free time, Tim enjoys games, arts and crafts, weekend visits with his son and family, and getting out in the community in his new power chair.

LIFE CIL's Community Reintegration Program can assist eligible people with disabilities to move out of nursing homes and other institutions into independent lifestyles of their choice. Please reach out to Andrea with questions about this program. 309-663-5433 or andrea@lifecil.org.

Join our AMAZING Team!

Now Hiring: Administrative Assistant needed in our Bloomington office

- Full-time (37.5 hr./week) **OR** part-time (30 hr./week) – you choose!
- Schedule and confirm meetings
- Ensure file compliance based on office protocol
- Greet people in person and over the phone
- Strong customer service & communication skills
- Proficient in Microsoft Office and data entry
- Weekday hours with great benefit package (full-time)
- Paid time off

Essential functions of the job require the following skills and abilities with or without accommodations:

- Hear and talk on the telephone in clear English and able to interact with the public in a pleasant and professional manner
- Read print materials aloud to persons who are blind
- Proofread, collate, alphabetize, and file documents
- Count and organize small inventories and prepare purchase requests
- Reach overhead and crawl under tables to assist staff with disabilities who need accommodations
- Lift up to thirty pounds for equipment loan program and storage management
- Must be able to work with minimal supervision in a multi-tasking environment
- Must have dependable attendance

Persons with disabilities, veterans, minorities, and persons who are bilingual in English and Spanish or Sign Language are strongly encouraged to apply. LIFE Center for Independent Living is committed to a diverse workforce through affirmative and equal employment opportunities. Personal experience with disability helpful.

Apply by sending your resume with 3 professional references' names and contact information to:

**Administrative Services Director
LIFE Center for Independent Living
2201 Eastland Drive, Suite #1
Bloomington, IL 61704**

Or by email: banderson@lifecil.org

Resume and references must be received before 11/1/2022 to be considered for an interview. We look forward to hearing from you.

Fundraising was never so easy or tasted so good

First, a huge **thank you** to everyone who purchased popcorn for our Donny B's fundraiser, and to our Board for making sure every person received their order!

If you couldn't make it to Donny B's, don't worry – there's more deliciousness coming!



PAPA MURPHY'S FUNDRAISER: Thursday, November 3, 2022

Order from Papa Murphy's on Thursday, November 3 between 10 a.m. - 8 p.m. and let them know you wish to support LIFE CIL at the same time!

Both stores in Bloomington Normal are participating!

Bloomington store:

2402 E Oakland Avenue
Bloomington, IL 61701
Phone: 309/662-9000

Normal store:

1531 E College Avenue
Normal, IL 61761
Phone: 309/452-7575

There are a few ways to participate in this fundraiser and support us:

1. Call and order over the phone (numbers above), when placing your order, please make sure that the person assisting you at Papa Murphy's knows you wish to support LIFE CIL before you order.
2. Order online at www.papamurphys.com. When you go to checkout, please enter **SUPPORT** in the coupon code to support LIFE CIL.
3. Visit either location and order in-person. Be sure to tell the person taking your order that you want to support LIFE CIL before you order.

**LIFE CIL will receive 20% of your purchase.
Thank you for your support!**

JOIN US
IN SUPPORTING

LIFE Center for
Independent Living

Thursday, November 3 | 10am to 8pm

20%
of your total online purchase
will be donated to the fundraiser!

Order at PapaMurphys.com
Enter Code: **SUPPORT**
at checkout

2402 E Oakland Ave.
1531 E. College Ave.
Both Locations

Personal Assistants make all the difference!

A personal assistant, or PA, is an individual who assists a person with a disability in activities of daily living. The personal assistant works under the direction of their employer (the person with the disability) and may assist the person with personal care, meal preparation, shopping, errands, and housekeeping. Duties will vary depending on the person. PAs help individuals with disabilities live independently at home instead of in a nursing home or other institution.

LIFE CIL is always looking for individuals to work as PAs. Print an application from our website (<https://www.lifecil.org/employment/personal-assistant/>) or call and have an application mailed to you.

Current pay with the DRS Home Services Program is \$16.50 an hour.

Contact Vicky with any questions about the PA program! 309-663-5433, x 205

"PA's are the true heroes in their clients' lives!" - Chris Gardner

Upcoming Holidays: LIFE CIL Offices Closed

LIFE CIL offices will be closed on the following dates for upcoming holidays. We apologize for any inconvenience.

- **Tuesday, November 8:** Election Day
- **Friday, November 11:** Veterans Day
- **Thursday, November 24:** Thanksgiving Day
- **Friday, November 25:** Day After Thanksgiving
- **Friday, December 23 – Monday, January 2, 2023:** Holiday Break

Stay Tuned

LIFE CIL staff are available by phone and email during regular business hours.

While LIFE CIL's doors are not yet open to the public, our staff is in the office to take your calls, respond to emails and schedule appointments via Zoom or in-person, as necessary.

APPOINTMENTS ARE REQUIRED

Our equipment loan program continues to operate via curbside pick-up and drop off. We are scheduling appointments between 9:00 a.m. and 4:30 p.m. If you need to borrow, return, or donate equipment, please call to schedule an appointment.

We remain an ITAC Amplified Phone Selection Center. If you are hard of hearing and would like an amplified telephone or a cellular amplifier, contact us for more information. You may schedule an appointment to test the phones at our Bloomington and Pontiac offices.

A Few Reminders:

- LIFE CIL is NOT an Emergency Response agency. We do our best to return calls within 1-2 business days, but longer waits may occur in busier months. We thank you for your patience.
- LIFE CIL is a SCENT/CHEMICAL – FREE ENVIRONMENT. We ask that you refrain from applying scents such as cologne or perfume and limit your use of other heavily scented hygiene products.
 - Multiple Chemical Sensitivity (MCS) is still being studied but is acknowledged by many doctors “as a medical disorder triggered by exposures to chemicals, electromagnetic forces, or other environmental triggers. This often begins with a short-term, severe chemical exposure, such as a chemical spill, or a longer-term exposure.”
 - Side effects can range from mild to very severe for those with MCS. Reported symptoms include: headache, fatigue, dizziness, nausea, congestion, itching, sneezing, sore throat, chest pain, changes in heart rhythm, breathing problems, muscle pain or stiffness, skin rash, diarrhea, bloating, gas, confusion, trouble concentrating, memory problems, and mood changes.

Thank you for your cooperation!

LOCATIONS

Bloomington

Phone: (309) 663-5433
Fax: (309) 663-7024
Toll-Free: (888) 543-3245
2201 Eastland Drive, Suite 1
Bloomington, IL 61704



Pontiac

Phone: (815) 844-1132
601 North Ladd Street
Pontiac, IL 61764



If you have any questions about services during this time, please reach out to us via phone, email, or message us on Facebook.

If a friend sent this newsletter to you and you'd like to be added to our email list, give us a call or email (brianne@lifecil.org).

We never sell or give away your information!

Learn more about LIFE CIL, events, advocacy opportunities, & more at:
<https://www.lifecil.org> and <https://www.facebook.com/lifecil>

LIFE CIL funding provided in whole or in part by the Department of Human Services, Division of Rehabilitation Services. The contents do not necessarily represent the policy of the Department of Human Services, Division of Rehabilitation Services, nor is it an endorsement.



MEMBERSHIP APPLICATION

Choose one: New Renewal

Individual's Name: _____ Date of Application: _____

Business (if applicable): _____

Title: _____

Mailing Address: _____

City/State/Zip: _____

Phone Number: () _____ Voice TTY VRS

Email Address: _____

I/We endorse the mission of LIFE Center and want to become a member(s). Financial assistance is available for persons with disabilities. (Choose one)

As a thank you, a LIFE CIL T-shirt is included in your Individual, Family, or LIFETIME membership. If you would like a shirt, please include sizes for each person. We will reach out to make arrangements to get the shirts to you!

Individual Annual Membership (1 person) \$10, T-shirt Size _____

Family Annual Membership (3 or more members of your family) \$25

Please provide names of additional family members, and **T- shirt sizes**

_____, size _____, size _____

_____, size _____, size _____

Not-for-Profit Business/Agency Annual Membership \$50

For Profit Business Annual Membership \$75

LIFETIME membership \$200

FOR OFFICE USE ONLY:

NOTE TO STAFF: Date and Initial All

Date Received: _____

Entered in Database: _____

Thank you Sent: _____

Ballot Sent (FALL): _____

CONTINUED



WANT TO LEARN MORE ABOUT LIFE CIL?

Please check any that you are interested in and for which you'd like more information (check all that apply):

- Individual Services Offered
- Peer Mentoring/Support Groups
- Volunteer Opportunities
- Workshops, Trainings and Learning Opportunities
- E-Newsletter (please provide your email address):
- Community Services Offered
- Advocacy (Individual or Systems)
- Board/Committee Service (Volunteer)
- Donation Opportunities

Please make checks payable to:

LIFE Center for Independent Living or LIFE CIL

Enclosed is a payment of \$_____ for my/our membership fee(s).

Return your form and payment to LIFE CIL to the following address:

LIFE CIL
2201 Eastland Drive, Suite 1
Bloomington, IL 61704-7923

Please choose one:

- I/We agree to be recognized as members of LIFE CIL.
- I/We wish to remain anonymous and not be recognized as members of LIFE CIL.

***We appreciate our friends.
Thank you for your support!***

Membership Application Revised 10/2022