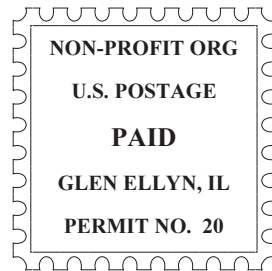




THE DUPAGE CENTER FOR
INDEPENDENT LIVING

Return Service Requested



739 Roosevelt Rd, Building 8,
Suite 109
Glen Ellyn, IL 60137-5820

Phone: 630-469-2300 (V/TTY)
TTY 630-960-9687
Fax: 630-469-2606
Email: duplicateil@sbcglobal.net

Check out our new website:
www.duplicateil.org/index-test.htm

It is not complete yet, but very soon.



Roommate Connection Request

The newsletter is published four times a year. Do you want your ad printed for 1,2,3 or 4 (throughout the year) issues? The next _____ issues.

I would like my name and phone number listed in the Roommate Connection portion of the DuPage Center's newsletter.

I understand that it is my responsibility to determine whether a person I contact or a person who contacts me is a suitable roommate. Furthermore, I understand that the DuPage Center assumes no responsibility for my roommate selection.

SIGNATURE: _____

DATE : _____

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO./ TTY _____

The area in DuPage where I would like to share an apartment or a house is (circle one or more)

Northwest

Southwest :

Northeast

Southeast

THE DUPAGE CENTER FOR INDEPENDENT LIVING



INDEPENDENTLY YOURS

Summer 2008

JOIN DCIL FOR THE 3rd ANNUAL Stroll & Roll

As part of our annual picnic on September 27, 2008, DCIL will be sponsoring the 3rd Annual Stroll & Roll. Picnickers can either Walk or Roll around the lake at the Herrick Lake Forest Preserve in Wheaton. The distance around the lake is 1 mile and is wheelchair accessible.

We are planning this event as a fundraiser and ask interested participants to get pledges for the event. You can get pledges for the Stroll & Roll one of two ways: your sponsors may pledge the number of laps you take or just a flat pledge in support of the Center.

If you are interested in participating in the event, please Contact Yvonne Kewley at the Center to notify her of your choice to participate. Once you've contacted Yvonne, you will be sent a pledge sheet and you may begin to obtain your pledges and collect the money. All pledge forms and money should be turned in no later than Monday, October 6, 2008.

Monies from the fundraiser will enhance programs such as independent living skills training, advocacy workshops, peer support and information

and referral offered from the DuPage Center for Independent Living, serving people with disabilities throughout DuPage County since 1991.

While we hope that this will raise some much needed support for DCIL, we also hope that it will be FUN!

As always thank you for your sup-



port. We look forward to seeing you at the picnic on September 27, 2008. If you have any questions feel free to call Yvonne Kewley or email her at yvonne_dupagecil@sbcglobal.net. See you in September!

Maps to Herrick Lake Forest Preserve can be found on the flyer inside this newsletter.

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Coming Soon

**ADA Celebration
At DCIL office
July 24, 2008
1:00—3:00 PM**

**3rd Annual
Stroll and Roll Picnic
At Herrick Lake
Forest Preserve
September 27th**

DCIL In The News

Various employees, board members and/or volunteers recently have been featured in news articles relating to disability issues.



The Daily Herald of Glen Ellyn wrote a great and informative article about the Center's Visually Impaired Awareness Day, quoting Pat Byrne, our Independent Living Coordinator and Visual Services Coordinator. He

stated that "This event gives people who have questions about vision loss an easy opportunity to get to meet a lot of people who could answer their questions". This was the 14th Visually Impaired Awareness Day and was held at the College of DuPage on June 18th. The event featured over 35 vendors with equipment such as computers, devices that convert text from a computer into speech, technology that enlarges print as well as information about support groups and educational services.



On May 21st, Ray Campbell, Vice President of DCIL's Board of Directors and employee of the Chicago Lighthouse, was interviewed by the Chicago Tribune, regarding possible

changes to currency. A recent ruling by a federal appeals court in Washington found that because different denominations of paper money are indistinguishable by touch, the government is discriminating against people that are blind or visually impaired. This decision could force the Treasury Department to make significant changes to money such as different sized bills for different amounts or giving raised markings. "I've worked hard my entire life to become independent," Ray said. "But the one aspect of my life that I've never been able to fully do myself is handle money." Ray also said that an added benefit of the ruling is that revamped money would allow for

entry-level positions for people that are blind or visually impaired, who sometimes are steered away from jobs that involve handling money.



One of the Center's volunteers, Georgia Cawley, was featured in an article in the Wheaton Leader. Georgia is pursuing a sidewalk being built along Blanchard Avenue near her home for better

access to the Park District. Without a sidewalk for half of the distance, it is very difficult and treacherous for Georgia to walk it alone. Due to being diagnosed 13 years ago with Multiple Sclerosis, Georgia has lost much of her vision as well as flexibility and strength and it is important that Georgia continues her routine exercises at the Park District to maintain muscle strength. For most of her trips by herself, Georgia takes Pace Suburban Bus System's "curb to curb" service. It is convenient and affordable, Georgia says, but must be scheduled a day in advance. Georgia had this to say about Pace. "They're wonderful, but you can't be spontaneous". Georgia has met with Wheaton City Council and if Georgia can secure the funds, Wheaton will provide the engineering work to build the sidewalk. "I'm just starting with this," Georgia stated. "This is all new to me." Georgia has a website for more information about her sidewalk proposal. It is blanchardsidewalk.com.



Hands-On Demo

Kim Liddell and Pat Byrne are pleased to invite everyone to a hands-on demonstration of the accessible voting machine. The DuPage County Board of Election Commissioners will bring the machine (s) to the DuPage Center on Wednesday, September 3rd from 2:00 until 6:00.



One way to beat the high cost of housing is to have a roommate. Here are the names and phone numbers of persons interested in finding a roommate. As you contact people on the list, remember that it is your responsibility to check references and determine if the person you contact will make a good roommate.

Tony Mottl is seeking to share someone's apartment or house in DuPage County. He can pay his own way. If you are interested, give him a call at 630-752-0638 or e-mail at mottlal@juno.com.

Diane Kastel is in need of a roommate to share her apartment. If you are interested, give her a call at 630-329-4199.

Andrea Bahena is seeking to share someone's apartment. If you need a roommate, call her at 630-665-1779.

Robert Pierce has a condo and wants to share the rent with someone. It is located near downtown Glen Ellyn, close to the train and shopping. It also has 1 reserved parking space. If you are interested, give him a call at 630-469-7754.

George Hurley is looking to share his Oakbrook area condo with someone. Pool and clubhouse use included. 1 indoor parking space is available. Give him a call at 630-530-8920 if you are interested.

Dog Days

(continued from page 6)



Pat Byrne and his service dog, Rhodes

After dinner I read a couple of taped articles about veterinary care and things that might cause fear in dogs. We have a number of articles we have been asked to read when we have time.

I asked Jan to take pictures of the dog this afternoon. I will attach one to this note. I am sure

that it is better than the random one I sent along.

Tomorrow is more of the same but a new route, so it is likely the dogs will perform better. What their partners do is anyone's guess!! Good luck back in the frozen Midwest (and please don't send any to NJ).

New Homestead Property Tax Exemption for People With Disabilities

Starting with the 2007 Property Tax, the State of Illinois has passed the Disabled Persons' Homestead Exemption Law. The exemption is for \$2000 of your property's assessed evaluation. It is estimated to save the average disabled homeowner about \$140. If you file form PTAX-343 by September of this year, you could take advantage of the savings. You can pick up this form at your county assessor's office.

Dog Days

Pat Byrne continues his diary about his journey getting a service animal.

Dog Day 4 —And another day has passed. Pretty busy but doable. Adding the feeding and “parking” at 5:30 AM changes the morning routine. After attending to the dog, we have breakfast at seven. So a guy has to sneak a shave and shower into the free time before seven.

Our first trip to town was at eight. Each of us did a mile or so walk with our guide dogs and Jan the instructor attached to the collar with a long leash; she walked behind us. The walk was fast and there were a lot of things to remember. I was glad when it was over!!

Lunch was good and Jan decided to split our group – she took two into town and then came back for the other two. I opted for “second shift”. I even had thoughts of a short nap before the walk, but I didn’t. But I talked with Ann and relaxed. The second walk went better. I felt a little more confident and we were unattached from the instructor. There was a lecture before lunch and that meant we didn’t have any obligations after dinner. We emptied the dogs at eight and then I took Rhodes to the grooming room and combed and brushed him again. I didn’t get out as much hair as the first time last night, but he still filled the comb. He is long haired and ideally will get groomed daily. And if I do it often, it will never be a huge task.

I listened to election results for a while and then Joanna called and she and Ann and I talked for a while. So now it is 11:00 PM and I’m up past my bedtime but I had a short nap after dinner. But I think I am about finished with this report. We may set a high temperature record here tomorrow; some talk of sixty two degrees. I forgot to pack my shorts!! Thank you all for being a part of this adventure. It has been great hearing from so many of you. Be well.

Dog Day 5 —This was a busy day. The first town trip went pretty well but Rhodes had some issues. He didn’t stop for a couple of streets and it took

several corrections and retries before he got them right. Jan said that he knows the route and is bored with it and not paying attention. I’ll have to find various ways to get to and from work to keep both of us sharp.

After our first trip, we had a lecture on traffic; the proper ways to approach intersections and what to expect from our dog guides. It was interesting but the lounge was terribly warm and it took a lot of effort to keep the naps away!! We were also told about “traffic checks”; a staff member drives along a street and pulls in to a driveway very close to a student team. The dogs are thoroughly trained for this and are supposed to stop immediately and to refuse to proceed until the way is clear. We were told that there would be traffic checks on our next walk.

After lunch we went back in to town; it was threatening rain and then it was sunny and the temperature got up to sixty five this afternoon. My lightest coat is a leather jacket so it stayed back in the room. The walk this afternoon was good; Rhodes and I were both more focused and we only had to rework one intersection. There were two traffic checks and we were perfect. Rhodes stopped perfectly and stayed in place until it was safe to proceed. There will be more random traffic checks through the training. Rhodes did misbehave; he thought a particular bush was put there for his specific needs but Jan completely disagreed with that plan – and he had to wait until “park time”!!

We began working inside the building with the harness this evening. Until now we have been working with a short leash. The harness gives the dog a better chance to lead and keep his partner out of trouble, but there are a lot more new commands and “moves” to learn. It gets confusing and confusing!! But over time it will all straighten out.

(continued on page 7)

From The Visually Impaired Committee

by Pat Byrne

June 18th was Visually Impaired Awareness day, sponsored by The DuPage Center and implemented by the V I P committee. This year's event was a huge success. There were thirty-seven exhibitors. There were many old timers in attendance, but we had a few new faces. This is being written the day after V I Awareness Day and I haven't had an opportunity to tally the attendance yet, but it was good. Rich King talked about his book, “My Maggie” and George Abbott discussed The Hadley School for the Blind.

A big thank you to the Naperville Noon Lions Club for their generous support of this project. Next year VIP Day will be on June 17th at COD.

Please remember that the Center works with local Special Recreation Associations to sponsor tandem bike rides through the summer and early autumn. I am attaching the list of rides which are still available. They are fun and a source of great exercise. So you might want to give it a try. Here is the schedule:

August 16 Forest Preserve
Triangle Park, Wheaton WDSRA
***10:00 am-2:00 p.m.**

Registration deadline: Friday, August 1
Pack a sack lunch to enjoy at the McDowell Woods Forest Preserve in Naperville.

September 13 Villa Park Octoberfest
Triangle Park, Wheaton WDSRA
12:30-4:00 p.m.

Registration deadline: Friday, August 22

October 11 Sonny Acres Fallfest
Triangle Park, Wheaton NEDSRA
12:30-4:00 p.m.

Registration deadline: Friday, September 26

For directions and more information, contact me at the Center, Mon thru Fri, 8:30 to 4:30.

Cross Disability Support Group News

by Kim Liddell

During the past three months the support group has been very active. The DuPage Center hosted a cardiovascular yoga workout presented by Ashley Sommers from WDSRA in April. We participated in a easy workout while Ashley educated us on what foods had extra calories and fats and how to minimize the amount we might otherwise take in. In May we had such a nice relaxing time filling in color on sun catchers. There were a variety of them. In June we had a martial arts presentation at Yong In USA in Glen Ellyn. We all participated and learned some basic self defense moves. At the end, everyone broke a board. Each individual took home their two pieces of board to show off their accomplishments. For those who participated, they got a card for two additional free weeks of training.

UPCOMING CDSG ACTIVITIES

Srapbooking Craft Day

Thursday, August 14th, 2008 – 10 and 11 am
(Two shifts will be provided)
Bring several of your favorite photos.

Accessible Voting Machine Day

Wednesday, September 3rd, 2008 2 – 6 pm
This will be an opportunity for you to come in and test out the accessible machine to see how it works to accommodate you. DuPage County Board of Election Commissioners will be there to demonstrate how to use it. If you are not a registered voter, you will have the opportunity to register to vote in the upcoming November election.

PA CONNECTION!

Our next PA connection will be held on July 17th, 2008 from 2:00 to 3:30 pm here at the DuPage Center for Independent Living. This is an opportunity to meet, interview and possibly hire a potential personal assistant. For more information, contact Kim at 630-469-2300.

Hearing Aids 2008

by Julie Ann Chavez

Hello! My name is JulieAnn Chavez and I am married to my husband of 22 years, Jim Chavez. Jim and I are hard of hearing so between the two of us; we have four hearing aids. During our 22 years of marriage, we purchased one pair of hearing aids for each of us and that was it because it was too expensive to buy all four. I recall letting my husband be the first to get his hearing aids because he needed it for his job. At that time I was a stay-at-home mom with a small part-time home-based business, so I got by with one aid, although it was frustrating at times.

In 2001, both of our aids were in terrible shape and this time, I was working and my husband was unemployed. We were able to get our hearing aids with the assistance of Department of Rehabilitation Services (DRS).

Here we are in 2008; both Jim and I are with out one aid each. The aids we are wearing are not so good anymore. We are discussing our options on how to finance the hearing aids since we both require hearing aids to function 100% for our jobs!! We are looking into assistance as well, but that's looking a bit gloomy. We are looking into repairing them and the cost to repair our aids is quite expensive!! The ear molds give me a break—\$85 just for one! Oh don't get me started on the costs of repairs and the cost of new ones... Ohhh and hearing aid batteries! \$8 to \$10 just for one pack and they don't last long!

It just angers me that insurance companies consider hearing aids as COSMETIC devices!! Preposterous!! I checked with our insurance company to see if it covers Cochlear Implants and guess what? It does— but they won't pay for hearing aids. I feel like I am being denied a choice here. Now, I'm not against Cochlear Implants but it's my choice that I don't want the implants and neither does my husband. See where I'm going with this? We should be allowed choices!

So, HAVE YOU HEARD? THE TIME IS NOW

to get the State of Illinois to mandate insurance companies to provide coverage for hearing aids and with NO age restrictions! I encourage everyone to join us in making a UNITED EFFORT to get a bill to pass for MANDATED INSURANCE COVERAGE FOR HEARING AIDS!

I'm tired of being turned down by insurance companies for coverage on hearing aids, aren't you? How can you help?? Sign up for our listserv at hearingaids2008@gmail.com and spread the word to everyone that you know that wear hearing aids. Share your story with us! Stay tuned by checking our website often!! Go to www.hearingaidaction.com. The time is now!!



DCIL and State Representatives to be on ABC TV

On June 11th, Karen Meyers of Channel 7 did an interview about our advocacy efforts to get a bill to pass for mandated insurance coverage for hearing aids. The interviewees were: Representative Sandra Pihos- District 42, Representative Patricia Bellock- District 47, Karen Putz, who is a Director for Illinois Hands & Voices, a well known blogger and a freelance writer, Jennifer Egetimeier, who is a teacher and mother of two children who are hard of hearing and myself. The interview will air in the month of July which is also the month to celebrate the ADA. Ms. Meyer will follow our advocacy efforts with HearingAids2008, so stay tuned!!

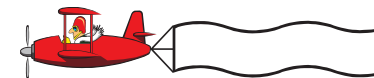


(L to R) Rep. Sandra Pihos, Karen Meyer, Me, Rep. Patricia Bellock, Karen Putz and Jennifer Egetimeier

Under 65 and Disabled.... You Need To Read This

With the passage of Public Act 95-0436, persons under 65 with disabilities who become eligible for Medicare will have additional rights. Beginning June 1, 2008, Illinoisans under age 65 who receive Medicare because of disabilities have the same open enrollment rights as seniors. A person under 65 who qualifies for Medicare because of disabilities and who applies for a Medigap policy within six months after enrolling in Medicare Part B has a six month open enrollment period beginning the day they enroll in Medicare Part B. During open enrollment a company must allow you to buy any of the Medigap plans it offers. This right is also available for persons who are retroactively enrolled in Medicare Part B due to a retroactive eligibility decision made by the Social Security Administration if they apply within six months after receiving notice of retroactive eligibility.

Open enrollment will apply to all under 65 Medicare eligible individuals even if they have existing Medicare supplement insurance. If you fit this description, you will be able to choose from any plan offered by companies selling Medicare Supplemental insurance in Illinois until December 1, 2008.

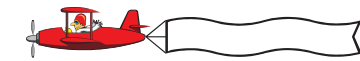


What Is Medicare Supplement Insurance?

Medicare Supplemental Insurance fills the "gaps" between Medicare benefits and what you must pay out-of-pocket for deductibles, co-insurance and co-payments. Therefore, it is often called Medigap Insurance. Medigap policies are sold by private insurance companies that are licensed and regulated by the Illinois Division of Insurance. Medigap policies only pay for services that Medicare deems as medically necessary and pay-

ments are generally based on the Medicare approved charge. Some plans offer benefits that Medicare does not, such as emergency care while in a foreign country.

There are 12 standardized Medicare supplemental insurance plans, labeled "A" through "L." Each plan offers a combination of benefits. Plans "F", "J", "K" and "L" offer a high deductible option. Each insurance company must use these same identifying letters. All companies that sell Medigap insurance must offer Plan "A", but do not have to offer the other 11 plans.



DCIL Is Visited by CIL's From Seoul, South Korea

On May 28th, the Dupage Center was honored to have guests from Seoul, South Korea. Several Executive Directors, Independent Living Coordinators and Personal Assistant Coordinators from various CIL's in Seoul, made DCIL the first stop in a series of four visits to CIL's in Illinois. Other CIL's on their schedule to be visited include Access Living in Chicago, Progress Center in Forest Park and Options Center in Bourbonnais. With the assistance of their translator, YH Kim, there seemed to be little cultural or language barriers.

Information and ideas were exchanged between our staff and our visitors. We learned about the services that were provided at all the different CIL's. It was very interesting to discover that Korea is in the beginning stages of establishing legislation for people with disabilities. There were several similarities and some differences in services but basically the same ultimate goal.

At the end of the afternoon, it was apparent that we all shared the same mission: to empower people with disabilities to make their own decisions and to live independently in the community.