



INDEPENDENTLY YOURS

Independently yours

● Summer 2010

Cross Disability Support Group (CDSG)

Mark your Calendars for Stroll & Roll 2010



The Fifth Annual Stroll and Roll will be held on Saturday, September 18, 2010 at Herrick Lake in Wheaton.

The Center is currently seeking individuals and teams to participate in this year's event. Participants will be asked to obtain monetary pledges for their participation in the Stroll & Roll. Teams could include but are not limited to: high school students, civic or organizational groups, groups of friends and families etc. Individuals are also encouraged to participate.

The Center is also currently seeking Cooperate Sponsorship and Silent Auction items as well. This years sponsors include Central DuPage Hospital, Jerry "JR". McBride and Ashley S. Rose Attorney at Law

For More information, please contact Yvonne Kewley at 630-469-2300 v/tty or at yvonne_dupagecil@sbcglobal.net

Please Join us for our monthly cross disability support groups (cdsg). Everyone is welcome to attend no matter the age or disability. We discuss important topics, provide speakers, complete crafts, and provide peer mentoring. Below is a list of upcoming group meetings and topics. For more information, please contact Kim Liddell at 630-469-2300 v/tty or at kim_dupagecilo@sbcglobal.net.

August 12th, 2010

Craft Day with Cindy and Loren. A time for creativity and relaxation.

Sept 9th, 2010

Ice Cream Social – Let's enjoy ice cream to discuss and plan future CDSG activities. (This is not to be confused with the ADA Celebration Ice Cream Social.)

October 14th, 2010

Fire Safety Prevention Month – As long the Glen Ellyn Fire Department are not attending to a real fire, they will be here to talk about safety tips.

Inside this issue:

The Nature of Life	2
New Staff Members	3
Reintegration Story	4
VIP News	5
Dog Days	6
Roommate Connection	7

Coming Soon

**ADA Celebration
DCIL
Monday, July 26th
1:00 PM to 3:00 PM
Come and Enjoy the
Ice Cream Social**

**Save the Date
Stroll and Roll 2010
This will be combined
with the
Annual Picnic
Sept 18th
At Herrick Lake
Forest Preserve
11:00 AM to 3:00 PM**

Here is another poem from David Mason, who is quickly becoming our Center's poet laureate..

The Nature of Life

by David Mason

As God looks down from the Heavens above
 There's a magic in the air called love
 The birds joyfully sing in the trees
 The wind caresses the sea with its gentle breeze.
 Peace begins to spread throughout the land
 As all the people of the world join together hand in hand
 A celebration of bliss and glee
 A celebration of the way all things should be
 For that is the nature. The nature of life

The ocean flows calmly as the sound of waves roll
 on with the flow
 The knowledge of truth radiates its everlasting glow
 Shaping us with the inspiration to help us thru
 We reach out to life with all that we do
 Sweet words and melodies will guide us in all that is
 new
 For that is the nature. The nature of life

Never forgetting who we are
 Our hearts shine bright as a star
 We hold on to each moment that passes by
 Accepting reality never having to ask why
 Trying to build a new tomorrow and a better way
 The road to our destiny is now
 Being at one with nature is to realize
 The color of the rainbows and the beauty in the skies
 That is the nature. The nature of life

Dog Days 2

The continuing story of a guy (our Pat Byrne) and his (guide) dog

Pat Byrne continues his diary about his journey getting another service animal. Things did not work out

for Pat and Rhodes, so Pat returned Rhodes to his former home in New Jersey. On October 24, 2009, the Seeing Eye invited Pat to come and train with a new service dog. Here we continue Pat's story with his new companion Jenna.

Dog Day 13—I'm late!! Been pretty involved with work after our solo yesterday morning. Solo went well and we have visited a grocery store successfully and today rode a train and bus and after lunch visited a three level department store, worked the aisles and rode escalators up and down. Jenna has well learned this skill set. More going on and when I get caught up and rested a bit I will be back to all of you.

(continued on page 6)



The PA Connection

by Kim Liddell

Anyone who is in the Home Service Program is more than welcome to use the DuPage Center to interview potential Personal Assistants. All one has to do is contact me by phone or email to set up a date and time. We will check to see if the conference room is available. The home service consumers who have taken advantage of this was really pleased and liked the idea of not bringing many strangers into the home for an interview. Personal assistants also like the idea of coming in the Center for an interview. They feel that this gives them more of an opportunity to be hired than just being a name on the list. The face to face meeting is valuable to them. I do remind the personal assistants that the consumers are still in charge of whom they hire.

To request a PA Connection, call 630-469-2300 or e-mail Kim at kim_dupagecil@sbcglobal.net.

Meet Two New Additions to the DCIL Staff



Robert McManaman, Jr

Community Outreach & Data Resource Coordinator

Hello everyone my name is Robert McManaman Jr. and I am the new Community Outreach Coordinator for the DuPage Center for Independent Living.

As the Outreach & Data Resource Coordinator I am responsible for the promotion of the DuPage Center for Independent Living (DCIL) as well as any Outreach activities to un-served and underserved persons with disabilities in the DuPage catchment area.

Two primary goals of this position are to create and maintain an enhanced public image with greater visibility to promote independent living and disability issues within the general public. This position will also be required to create, maintain, and update the Center's data base.

I have already hit the ground running by attending several community fairs in the short time I have been employed at the Center. You may have already seen me at the Senior fairs in Lombard, Naperville, Bloomingdale, and West Chicago. All of which were a great success, thanks to the organizers and attendees. I have also taken the lead in promoting the Center's Amplified Phone Program offered through Illinois Telecommunications Access Corporation (ITAC).

(continued on page 7)



Gabe Wright

Communications Access Advocate

Hello everyone my name is Gabe Wright and I am the new Communications Access Advocate (formally known as Deaf Services Coordinator) for the DuPage Center for Independent Living. For those of you who are familiar with the previous position of "Deaf Services Coordinator" everything remains the same with the exception that my services are extended to serving not only the Deaf & Hard of Hearing Community but also those with speech and communication difficulties.

One of the very many goals is to make the center more noticeable within the communities I serve by attending various outings, events, conferences and so forth that take place not only in the Chicago land/DuPage county area but Statewide also. There are indeed, an abundance of resources that are readily available out there that can be taken advantage of to greatly improve everyone's independent living skills, but one needs to know how, where and what it is they need. This is where I come in.

In addition, I also promise to serve as a mentor, guidance and advocate for your needs. I am

(continued on page 7)

Our Reintegration Program: One Man's Success Story

I am a 57 year old man who grew up in Chicago, Illinois who is disabled as a result of a head injury that I suffered a number of years ago. I use a cane when I walk outside and take several different medications. My life has always been led by personal choice and responsibility. My name is Robert Pagliara.

When I was 54 years old I made a serious mistake by missing a dose of medication that I take once a month. This led me to be hospitalized for a couple of days during which the medical staff suggested that it would be helpful to my condition if I would check into a nursing home for a couple of months. I agreed because I thought that would be the best choice for my health.

To me nursing homes have always seemed to be places where the very old go to receive care, when it is needed. This experience helped me to discover that this is not always true. As I regained my strength I found that although it was alright to go out for awhile, there did not seem to be any way to regain my personal freedom.

There was nothing to do but make the best of it, so I moved to a facility in the western suburbs and continued to be as free as possible while in the nursing unit. I happened to be speaking to an old friend one day and found out that he had been in a similar situation and received help from the State of Illinois. They actually helped him out of the nursing home!

I called the number my friend had given me and found out that since I was now residing in a different county, I would have to contact the place that is responsible for DuPage County. I called DuPage Center for Independent Living and was directed to an advocate named Kevin Giefer. He came to see me the next day. I finally had a reason to hope I might get out.

When Kevin arrived he had many questions for me and asked me to please be patient because he was

doing what the State required of him to determine if I met the criteria to be in the reintegration program. The staff at the home were very nice to him because I believe they knew he was representing the same State that has to approve of them each year.

I had many of the forms Kevin needed and for those that I did not have we went to the nursing station and gave them a release of medical information and all other documents relating to me. In about a month I had an answer from Kevin at DCIL. I had been approved and they would help me get out.



At that time I was very excited. Kevin began to fax me apartment listings to call and arrange to see. It took me about 8 months to find an affordable and suitable place! The State gave a lump sum of money to DCIL to pay my first rent, security deposit and help me to furnish the apartment and to buy food. It took me 8 months to find the right apartment. I met Kevin at the apartment and we made plans with the manager to rent it in the middle of February 2010.

Since I have been here each day and week that passes makes me appreciate the freedom I have regained. I have an old friend that helps me with the things I cannot manage. He is what the State calls a personal assistant!

I stay in touch with DCIL and they are as pleased as I am with my success. I shall always be grateful to God and the staff of DCIL for helping me to get my life back.

Odds and Ends

From the Visually Impaired Committee Spring/Summer 2010 By Pat Byrne

On May 12th, the Sixteenth Annual Visually Impaired Awareness Day took place at the College of DuPage. Despite a less than perfect day (cool and cloudy) and a date change from our usual June timeframe, we had a great turnout of attendees and thirty-two exhibitors. Our speaker, Mr. Derrick Phillips, Director of ICRE-Wood, spoke about his transition from a sighted, normally hearing individual to a person with Ushers Syndrome resulting in both vision and auditory loss. Derrick's audience enjoyed his presentation.

Three exhibitors appeared with us for the first time and were well received. We again had door prizes, donated both by local merchants and V I Day presenters and this appears as though it will become an annual tradition. Plans will soon be under way for Visually Impaired Day 2011. If you have ideas about next year, please contact Pat Byrne at DCIL.

If I can help with concerns of vision loss please feel free to contact me. I am usually at my desk from nine until three, every business day.

Thanks for reading.

Pat Byrne

Coordinator of Visually Impaired Services
e-mail; pat_dupagecil@sbcglobal.net
phone; 630 469-2300

Tandem Bike Rides for 2010

The 2010 tandem bike ride program is under way. A ride schedule is included for your convenience. If you would like to participate in a ride, contact the appropriate ride provider to be included.

Rides are approximately 15-20 miles. . Bike helmets are required. . Bring money if you would like

to purchase refreshments at the destination. FEE: \$8.00 (You must register for each ride with the Host Agency)

Here is all the information that you will need:

Date: **June 5** Taste of Wheaton. Meet at Lombard Commons. Register at WSDRA by May 21. Bring money for the purchase of lunch. Time: 9:30 AM to 2:00 PM

Date: **July 10** Batavia Windmill Festival Meet at Atten Park, Wheaton Register at NEDSRA by June 25 Bring a sack lunch. Time 9:30 to 2:00 PM..

Date: **August 14** Brookfield Zoo Meet at El-dridge Park, Elmhurst Register at SEASPAR by July 30 Bring a sack lunch. Time: 9:30 AM to 2:00 PM.

Date: **Sept. 18** McDowell Forest Preserve. Meet at Triangle Park, Wheaton. Register at WDSRA by Sept 3 Bring a sack lunch. Time: 9:30 am to 2:00 PM.

Date: **Oct. 9** Sonny Acres Fall Fest Met at Triangle Park, Wheaton Register at NEDSRA by Sept 24 Bring money for the purchase of lunch. Time: 9:30 AM to 2:00 PM.

NEDSRA Contact: Lori Miller 630-620-4.500
Ext 134 lmiller@nedra.org

WDSRA Contact: Kevin Hosea 630-681-0962
Ext 114. kevinh@wdsra.org

SEASPAR Contact: Greg Pavesich 630-960-7629. gpavesich@reaspar.org

Public parking is available. Meet by the playground and bathrooms.

Please contact Pat Byrne at DCIL for more information. 630-469-2300.

Dog Days 2

The continuing story of a guy (our Pat Byrne) and his (guide) dog

(continued from page 2)

Dog Day 14——Here are a couple of days worth of events!! Friday morning was the Morris County courthouse. They have security, not unlike an airport and we practiced going through it. The human goes through first with the dog on a long lease. After the human passes through, it turns to the dog and calls it forward from the sit it hopefully kept. The harness will generally set off the alarm and then the dog is wanded or hand searched. Jenna did fine with both security points; might be different if there were a search. The searcher would likely be licked into submission by the searchee!!

In the afternoon we went shopping, first to the pet store for the dogs and then to the ice cream shop for the humans. I think it is impossible for any red blooded dog to go through a pet store in an orderly fashion. My dog was very interested in everything on both sides of the aisle – the trick is to make his/her exploration controlled. I think all of us managed that pretty well. Kris had asked if we wanted to do the store in pairs or all at once. We elected to go as a group, which must have made it harder for her but she said she wasn't going to resign her position when we finished. I asked her!! I got Jenna a couple of toys, some treats and some tooth cleaning pads. All fit in a plastic bag!!

The dogs were all good citizens in the ice cream shop. So everyone enjoyed their human treats and then it was time to go back, empty the dogs and have dinner which no one really was particularly interested in eating!!

Saturday morning those of us who wanted to, went to the next town where there are grade crossings for the commuter line to New York City. A couple of class members won't have to deal with track crossings like that but three of us worked back and forth across the tracks a couple of times and Jenna will be fine with them it seems. She stopped and showed me the first track then crossed the rest

without stopping. We also did some "country" road work through a convent facility that had a number of wandering roads without sidewalks. The dogs have been trained to work on the left side of the road, close to the edge. When there are no sidewalks the dog hopefully will remember its country road work. Last spring Ann and I walked a 5k course where the streets were closed to traffic and the walkers/runners used the middle of the streets. This made Rhodes and Gazelle both crazy; they kept taking us to the sidewalks where they just knew we wanted to be!!

Quiet today, Sunday. It turned out to be a lovely autumn day, perhaps near seventy degrees. We went out on the leisure path in the morning and again after lunch and did a couple of circuits each time. We both got bored with it but it would have been a shame to waste the beautiful day.

After dinner we had a class on dog massage and relaxation. Like people massage – work the muscles with your fingers, neck, back shoulders advantage of some of them, but it was manageable.

hips and legs and even down to the feet. It will be important for the dog to let you work its toes during the winter when it walks on salt and has to have the feet cleaned. Jenna had many more than her share of feet and legs, but maybe she kept changing them on me!! It was hard, finally to sit on the floor so I wound up lying next to her. That was easier until I had to get up!!!

I am here for three more days. There will be an exit interview and a trip to New York City. And I'm not sure what else. Hopefully more than those two things!! Thanks for putting up with the long update and a couple more to come before I get back home. I CAN'T WAIT!!!!

Pat

Summer

2010

Roommate



Connection

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.

Pete Durso wants to share an apartment in DuPage County. Call him at 630-355-0686 if you are interested.

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.

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 inter-



Community Outreach & Data Resource Coordinator

(continued from page 3)

The Program allows individuals with hearing loss to obtain a free amplified phone through the program. Here's how it works:

- Pick up or request an Amplified phone application from DCIL.
- Obtain a signature from an Audiologist or primary Physician that you have hearing loss significant enough to require an amplified phone.
- Send A copy of your State ID or license. and a copy of a home phone bill that matches your address on your State ID or license with the application.

Once you are approved, contact me to select your phone. Deliver usually is within two weeks. You may contact me at: 630-469-2300v/tty or Robert_dupagecil@sbcglobal.net

Communications Access Advocate

(continued from page 3)

am currently in the process of going through extensive training on both Social Security as well as Medicare. Lastly, one other important thing to know about me is that I am hard of hearing and fluent in ASL!

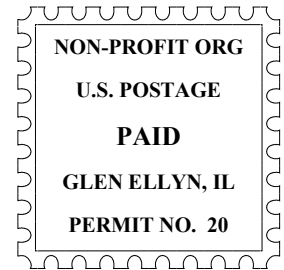
I look forward to the opportunity in meeting each and every one of you. Please don't hesitate to stop by the center to say hello and introduce yourself. To set up an appointment please call me via **Videophone/Voice 630-405-6256**.

Also if you hear of or know of any events that you would like to have the DuPage Center for Independent Living to attend, please contact me at: **e-mail: gabe_dupagecil@sbcglobal.net**



Return Service Requested

THE DUPAGE CENTER FOR
INDEPENDENT LIVING



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: dupagecil@sbcglobal.net



Roommate Connection Request

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO./ TTY _____

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 : _____

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

Northwest

Southwest

Northeast

Southeast

