

COFFEE, ANYONE?

Poem by Joan Haspray

It had been a regular Friday...
I signed up for Rainbow chores to help out
And make the day go by.

Then John Morrow invited people from T.E.

To go for coffee at Caribou.
At first, I thought no, but I did feel a
Little blue.

So off we went---David R., John R., Douglas, Jesse,
Sue D. and a few others who felt a coffee sense.

We talked, we laughed; we were serious---
It was delightful---felt a mellow delirious.

John was talking about occupations---
My mind wasn't really focused-----
Instead, I was enhanced by the atmosphere
with my coffee---
They called "roast".

I had walked past several times-----
And the coffee aroma smelled mighty fine.

I noticed the difference in the building---
I had spent a lot of time in there when

it was Burger King.
Now it's remodeled and a flair
of small sophistication
It does bring.

The counter's totally different and
there is a fireplace.

I noticed the little fake "gold nuggets"
in there---

And thought how sometimes
when grasped some

Fire is suffered--- which, at times, is fair.

I also noticed pictures--- one of a Rainbow was right
near us.

I thought this intriguing and I made a little fuss.

I noticed the people--- some women
which reminded how

I used to do that, too---I also noticed men and some
people with

Laptops with much work to do.

A wonderful experience and I got away from my
chores for awhile.

The "coffee break" made me content and
brought a peaceful
Smile.

FREE FRIDAY MOVIES!

Projected on Wall @
7' x 4 1/2' Size

Each Friday CICIL is present-
ing a free movie! The movies
begin at 1:00 and all are
encouraged to join in
the fun.

We have a wide variety of
movies and want to provide
more social / recreational
opportunities to those whom
we serve. Here is a list of up
coming movies:

April 6 - Titanic

April 13 - Forest Gump

April 20 - Waterboy

April 27 - When We Were
Soldiers

May 4 - Young Guns

May 11 - Taps

May 18 - Airplane

May 25 - Apollo 13

June 1 - A River Runs
Through It

June 8 - A Walk To
Remember

June 15 - Catch Me If
You Can

June 22 - Drum Line

June 29 - Ever After



CICIL

CENTRAL IOWA CENTER FOR INDEPENDENT LIVING
655 WALNUT STREET, SUITE 131
DES MOINES, IA 50309

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APRIL 2007
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INVITATION

To: Concerned Citizens

Subject: State Plan for
Independent Living

When: Friday, April 20th from
10:00 am to noon

Where: Central Iowa Center for
Independent Living
655 Walnut, Suite 131
Des Moines, IA 50309

We invite Iowans with disabilities,
family members, advocates, service
providers and the general public to
participate in this Consumer
Partner Input meeting.

This meeting will help in the devel-
opment of the three year Statewide
Independent Living Plan. The plan
will take effect on October 1, 2007.

This meeting will allow you to voice
your views concerning the develop-
ment of a network of centers for
independent living in Iowa as well
as the promotion of the
Independent Living philosophy.

**For review of the State Plan for
Independent Living you may wish
to go to [www.iowasilc.org/
silchome.html](http://www.iowasilc.org/silchome.html)**

Please plan to join us!

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INSIDE: ADAPT Announces Deinstitutionalization Rally Calendar of Events • Free Friday Movie!

PLEASE ADD MY NAME TO CICIL'S MAILING LIST:

Name: _____

Address: _____

Please select the format of your choice:

Standard Print _____ Large Print _____ Braille _____

Audio Cassette _____ E-mail _____

E-mail Address: _____

Other (please specify): _____

Please remove my name from the mailing list:

Name: _____

CALENDAR OF EVENTS FOR APRIL, MAY & JUNE 2007

DATE	DAY	EVENT	TIME
April 3	Tuesday	Job Finders Peer Support Meeting	2:00 pm
April 6	Friday	Free Afternoon Movie	1:00 pm
April 13	Friday	Free Afternoon Movie	1:00 pm
April 20	Friday	Free Afternoon Movie	1:00 pm
April 24	Tuesday	Peer Support Meeting	2:00 pm
April 27	Friday	Free Afternoon Movie	1:00 pm
May 1	Tuesday	Job Finders Peer Support Meeting	2:00 pm
May 4	Friday	Free Afternoon Movie	1:00 pm
May 11	Friday	Free Afternoon Movie	1:00 pm
May 18	Friday	Free Afternoon Movie	1:00 pm
May 25	Friday	Free Afternoon Movie	1:00 pm
May 28	Monday	Memorial Day	CLOSED
May 29	Tuesday	Peer Support Meeting	2:00 pm
June 1	Friday	Free Afternoon Movie	1:00 pm
June 5	Tuesday	Job Finders Peer Support Meeting	2:00 pm
June 8	Friday	Free Afternoon Movie	1:00 pm
June 15	Friday	Free Afternoon Movie	1:00 pm
June 22	Friday	Free Afternoon Movie	1:00 pm
June 26	Tuesday	Peer Support Meeting	2:00 pm
June 29	Friday	Free Afternoon Movie	1:00 pm

AGENCY SPOTLIGHT
Planned Parenthood of Greater Iowa

Planned Parenthood of Greater Iowa serves men and women of all ages in Iowa. Planned Parenthood has been providing services since 1934. Planned Parenthood provides a wide variety of reproductive healthcare services, education, advocacy, prevention of sexually transmitted diseases and contraception.

The mission statement for Planned Parenthood is to "Be a leader in providing accessible reproductive health-care, education and advocacy:

responsive to the needs and rights of families and individuals.

Planned Parenthood has developed the Plan Smart program as a result of the Iowa Family Planning Network (IFPN). IFPN offers free birth control and family planning services to all Iowa women who meet the eligibility requirements.

For more information about Planned Parenthood, contact their administrative office at 1171 7th Street, Des Moines, IA 50314, telephone number 515-280-7004, email: questions@ptgi.org Website: www.plannedparenthood.org You can also apply online at their website.

DISABILITY INQUIRY

Everyday CICIL staff is asked questions related to disability resources and services. The variety of questions is diverse and often thought provoking. One question that CICIL often receives is the following:

QUESTION: What services does CICIL provide?

ANSWER: CICIL provides services which help people with disabilities live independently in the community. CICIL is a non-residential training and advocacy program that provides services in the area of peer support, peer counseling, advocacy and self-advocacy, independent living skills training and information and referral.

CICIL also provides services to individuals who are seeking employment. We assist in resume development and job interview skills training. We also provide training to senior citizens sponsored through the AARP (American Association for Retired Persons) Senior Employment Program. CICIL has helped a number of senior citizens improve their work skills and helped to prepare them for competitive jobs in the community.

CICIL provides training in the area of independent bus travel, computer skills, home organization, and use of assistive technology. CICIL also maintains a list of Personal Assistance Service providers. These providers are hired by persons with disabilities and/or their families. The purpose of personal service providers is to help people with disabilities maintain their independence. Personal Assistance Service providers provide personal cares, lawn mowing, snow shoveling,

driving and reading services as well as attendant care.

CICIL maintains a housing list of accessible and affordable apartments in and around the greater Des Moines area. We also provide wellness training specifically designed for people with disabilities. This wellness training helps people with disabilities become more independent and more self-sufficient. CICIL publishes an annual Disability Awareness Guide and quarterly CICIL Newsletters. We also present a variety of activities throughout the year including a Legislative Day at the state capitol and an ADA Celebration and a holiday party.

ADAPT ANNOUNCES DEINSTITUTIONALIZATION RALLY

"ADAPT Runs, Rolls and Walks to Free People from Nursing Homes and Other Institutions"

Washington, D.C.-- ADAPT, the national grassroots disability rights organization credited by former CMS Director Mark McClellan as the architect of Money Follows the Person, will hold a national fundraiser on April 29 in Upper Senate Park to support its ongoing efforts to free people with disabilities of all ages from the threat of institutionalization. Everyone is invited to participate in the FUN*RUN for Disability Rights from 1 to 4 p.m. at the park located on the corner of Constitution Ave. and 1st Street in Washington, D.C.

"By returning regularly to Washington, D.C. where national policy is made, ADAPT has worked with several adminis-

trations to increase Medicaid long-term care dollars going to support people in the community from only 10% to a current 35%," said Bob Kafka, National ADAPT Organizer. "As we continue to push for increasingly more equitable spending, we will keep coming back to D.C., but it's an expensive city, so we need to raise funds to continue our work. Our FUN*RUN for Disability Rights is an invitation to people all over the country to partner with us in furthering that work."

Among the celebrity Fun*Runners will be New Mobility's "2007 People of the Year," Bob Kafka and Stephanie Thomas of Texas. Kafka was also inducted into the SCI Hall of Fame as the 2006 Grassroots Organizer by the National Spinal Cord Injury Association (NSCIA). Kafka and Thomas will be joined by the 2007 Betts Award winner, Mark Johnson, a long time ADAPT member from Georgia, who will act as the official ADAPT National Fun*Runner. Johnson, a nationally known disability rights leader who knows how to advocate within the system as well as engage in grassroots direct action, has agreed to match up to \$5,000 in pledges from his supporters. All pledges are tax deductible.

"ADAPT brings something very unique to the disability rights landscape," said Rahnee Patrick of Chicago, ADAPT's Youth Outreach Coordinator. "ADAPT has the ability to respond quickly and decisively to issues because, with all our amazing diversity as a loosely organized grassroots organization spread across the nation, we are held together by common values of inclusion, integration and independence, and a strong sense of disability pride."

ADAPT responds to a variety of critical issues as they arise, but directs the bulk of its effort to removing the institutional bias from the nation's Medicaid program; assuring that people have the choice to receive long term support services in their own homes in the community; and pushing for more affordable, accessible, integrated permanent community housing. The ADAPT agenda is a weighty one, requiring constant pressure to gain a seat at the tables where law and policy are made. Funds raised from the FUN*RUN for Disability Rights will subsidize the cost for individuals living on disability benefits to participate in ADAPT actions and continue to be at the table where decisions about their lives are made.

The disability community and the general public have several options for partnership. People with and without disabilities can participate in the running, rolling, and walking; they can sign up to sponsor participants, pledging any amount they choose for each lap around the park completed; they can advertise in the Fun Run program; or they can provide an organizational level of sponsorship. Those interested in any of these options can find more information, including sponsor and pledge forms, on the ADAPT website at www.adapt.org, or by email from Bob Kafka at bob.adapt@sbcglobal.net.

For information contact:
Bob Kafka (512) 431-4085
Marsha Katz (406) 544-9504
www.adapt.org

FOR MORE INFORMATION on ADAPT
www.adapt.org