

**2009**

**D**isability **A**wareness

**G**uide



**Central Iowa Center for Independent Living**



# 2009

## Disability Awareness Guide



**Central Iowa Center for Independent Living  
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# 2009 Disability Awareness Guide

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## FROM THE EXECUTIVE DIRECTOR

Dear Friend,

Welcome to the thirteenth annual edition of the Central Iowa Center for Independent Living's Disability Awareness Guide. The purpose of this guide is to raise awareness of issues which effect persons with disabilities. The guide also includes an interview with Ed Roberts who has been called the Father of Independent Living.

The Central Iowa Center for Independent Living is a non-profit, non-residential, consumer-controlled and managed program. CICIL encourages people with disabilities to make their own choices concerning life, work, education, and recreation.

Our name makes many people think we are a residential facility. WE ARE NOT. We work with individuals in their homes or in public gathering places. We travel throughout the community to help people with disabilities accomplish their life goals.

For over seventeen years, CICIL has provided services in the community. In 2008, we once again provided "Welcome to My World" training (a simulated disability awareness program) to many groups and organizations. This training was provided to agencies, businesses, and governmental entities throughout central Iowa.

CICIL will continue to be guided and controlled by the people we serve - persons with disabilities. This attribute makes CICIL unique in the field of disability service. We are committed to independent living for persons with disabilities.

Thank you for supporting our program!

Yours in Advocacy,

*Robert E. Jeppesen*

Robert E. Jeppesen  
Executive Director

P.S. Please visit our office complex in downtown Des Moines!

## **WHAT ARE THE MEDICAL AND INDEPENDENT LIVING MODELS?**

The medical model was developed to assist persons who are ill and have significant ongoing medical needs. The medical model presumes that the consumer requires continuing attendance by medically trained personnel to deal with the complex nature of the disability. As a result, the consumer must take a secondary role and defer to “experts” who address the care needs of a “patient”. The medical model is a reasonable mechanism during the provision of critical care, but this model does NOT meet the needs of consumers who are medically stable and who do not require medical intervention on a daily basis. The medical model can be unreasonably invasive and can rob consumers of their rights to make decisions for themselves.

When a person is medically stabilized, the independent living model advocates that consumers have the right to **control their own lives**. This means that the consumer identifies and determines needed services. The consumer is neither viewed as a “patient” nor someone who is ill but rather as a “consumer” or consumer of services. In independent living, the consumer makes the choices.

## **WHAT IS A CENTER FOR INDEPENDENT LIVING (CIL)?**

A center for independent living is a private, non-profit, consumer-controlled, community-based organization. A center provides services and advocacy by and for people with all types of disabilities. A center for independent living serves as a strong consumer voice on a wide range of national, state, and local issues. CIL staff members work to assure access to health and social services, housing, employment, transformation, recreation, and all aspects of community life.

## **WHAT IS THE INDEPENDENT LIVING PHILOSOPHY?**

Independent living philosophy is the belief that all people with disabilities have the right and responsibility to control and direct their own lives. Furthermore, the philosophy promotes full participation of people with disabilities as equal members of society. Independent means that people with disabilities decrease their dependence on family, friends, and community resources. Support services can often provide a person with a disability the assistance needed to achieve self-sufficiency but not a loss of dignity, self-reliance, nor independent decision-making.

## **WHAT IS THE CENTRAL IOWA CENTER FOR INDEPENDENT LIVING?**

The Central Iowa Center for Independent Living (CICIL) is a private, non-profit corporation which serves people with disabilities in central Iowa.

CICIL receives funding to provide independent living services. One major source of funding is through a Title VII grant of the Rehabilitation Act of 1973, as amended. This grant requires CICIL to be governed by a board of director who majority is comprised of individuals with disabilities. CICIL's Board of Directors oversees CICIL's programs, services and planning for the center.

In addition to grant funding, CICIL receives donations from individuals, businesses, and organizations. CICIL depends on donations for continued operation. All donations to CICIL are both tax deductible and greatly appreciated.

## **HOW IS CICIL ORGANIZED?**

The CICIL Board of Directors, hires, direct, and supervises the Executive Director. The Executive Director employs the CICIL staff. The staff is comprised of an Associate Director, an Independent Living Specialist, Office Coordinator, and Receptionist. CICIL also has a number of volunteers who assist in many of the center's activities.

The CICIL office is located in downtown Des Moines, the largest city in the State of Iowa. CICIL's office is located on the skywalk system in downtown Des Moines. CICIL is near the transit mall where buses provide frequent downtown Des Moines services. Many of these buses are accessible to people who use wheelchairs. CICIL is located near the Interstate, Highway 234 and is only minutes away from the Des Moines International airport.

The CICIL office is open from 8:00 a.m. to 4:30 p.m. each business day. The center is closed on most major holidays. To receive services, the consumer must call to schedule an appointment. The scheduling of appointments will avoid confusion while improving efficient delivery of services. Please call us for further details.

### **CICIL Board of Directors**

**October 1, 2008 to September 30, 2009**

#### PRESIDENT

Christie Rushing, 2012

Anthony H. Shafer, 2010

#### VICE PRESIDENT

John Lee Egan, 2010

J.W. Hughes, 2010

#### TREASURER

Terry Anderson, 2011

Mike Davis, 2012

## **DEFINITION OF A PERSON WITH A DISABILITY**

A person with a disability is an individual who

- has a physical, mental, emotional, or sensory impairment which substantially limits one or more major life activities.
- has a record of an impairment, and/or
- is regarded as having impairment.

Independent living services will usually improve a person's disability to function more independently at home and in the community. Independent living services can also improve an individual's ability to find and retain employment.

## **WHO CAN RECEIVE CICIL SERVICES?**

CICIL serves people with disabilities and their families in central Iowa. CICIL serves Boone, Dallas, Jasper, Madison, Polk, Story, and Warren Counties. CICIL serves people of all ages and with all kinds of disabilities. CICIL staff members provide technical assistance to public officials, service providers, and businesses. Services to individuals and families are often provided free of charge. CICIL serves consumers without regard to race, age, sex, ethnic background, religion, disability, mental status, or sexual orientation.

## **WHAT SERVICES ARE AVAILABLE?**

### **Information and Referral**

CICIL provides information and referral services to people with disabilities and to members of the general public. Information is available to the public and service providers who wish to learn more about disability issues. CICIL provides disability-related resources including, books, magazines, and disability-related brochures. This information can be checked out or may be reviewed within the CICIL's office.

### **Peer Support & Counseling**

Peer counselors are people with disabilities who share experiences, provide support, and serve as positive role models for other consumers. CICIL's peer support meetings provide consumers the opportunity to learn problem solving skills. Peer support emphasizes the knowledge and experiences of people with disabilities. Peer support fosters self-help and self-reliance. Peer support meetings are provided every month at CICIL.

## **Independent Living Skills Training**

The CICIL staff and consumers work together to develop plans to achieve independent living goals. Independent living skills training is provided to consumers in the following areas:

1. personal assistance management,
2. assistive technology,
3. socialization skills,
4. housing,
5. transportation, personal organization, time management, homemaking, community networking,
6. education,
7. recreation and leisure,
8. computer skills, and
9. orientation and mobility skills training.

Independent living skills training is provided one-on-one in a private setting at the CICIL's office or in the community. Independent living skills training enables individuals with newly acquired disabilities to live independently. Youth and adults who have little or no experience living independently are assisted to gain more independence and self-reliance.

## **Advocacy / Self-Advocacy**

The daily lives of people with disabilities are often affected by discriminatory decisions and practices. CICIL advocates for both the civil and legal rights of persons with disabilities. CICIL advocates on behalf of consumers by providing training which encourages consumers to acquire effective self-advocacy skills.

## **CICIL's Advocacy Training**

- Enables persons with disabilities to make independent life decisions,
- Empowers persons with disabilities to advocate for their needs, dreams and
- Empowers people with disabilities to bring about social change.

CICIL provides technical assistance by performing Americans with Disabilities Act (ADA) accessibility surveys. ADA consultations are provided to consumers, family members, organizations, and businesses. Surveys identify barriers and provide technical assistance in the development of plans to remove barriers.

## **ADA Accessibility Surveys**

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## **Personal Assistance Services (PAS) Program**

Personal Assistance Services provide people with disabilities in performing activities of daily living. These non-medical services include, cooking, driving, transfers, etc. As a service to our consumers, CICIL maintains a list of individuals who provide personal assistance services. The consumers hire and supervise their selected services providers. The list is available upon request from the CICIL office.

## **CICIL PROVIDES**

### **Consumer Training**

Learning how to recruit, screen, interview, hire, and manage a personal assistant.

### **Provider Training**

Learning how to provide service to a person with disabilities who need assistance with activities of daily living.

### **Caregiver Training**

Practical information for family members who provide care for loved ones.

## **WHAT ABOUT OTHER SERVICES?**

CICIL provides training to groups and organizations throughout the region on a variety of topics including disability awareness.

### **Disability Awareness**

CICIL's "Welcome To My World" training is a disability awareness program which features the simulation of five disabilities. The simulated disabilities are

- blindness,
- use of a wheelchair,
- speech impediment,
- learning disability, and
- fine motor skill impairment.

The simulated disabilities allow participants to experience a disability or disabling

condition. This hands-on experience involves all participants. The result of the training is to raise awareness about barriers, architectural and attitudinal, faced by people with disabilities. The training is a perennial favorite of organizations throughout the community.

### **Self-Advocacy Training**

This training helps consumers who want to learn self-advocacy skills. Self-advocacy skills help individuals learn how to conduct themselves more effectively on an interpersonal basis. This training provides information about the history of the disability rights movement and encourages involvement in all aspects of social, political, and legislative systems.

### **Braille Printing**

CICIL provides braille printing services for both large and small documents. The braille services include the conversation of computer-based and printed materials into braille. Call CICIL for details.

### **Meeting Space**

CICIL offers meeting space for groups, organizations, and service providers. CICIL's meeting space is accessible and offers many audiovisual services. Call CICIL for details.

### **CICIL IS ON THE INTERNET!**

CICIL has a presence on the Internet! CICIL provides information and referral services to individuals on a 24-hour, 7-day per week basis. CICIL's web site describes CICIL's programs and services. The web site contains an e-mail message service which allows consumers to request further information. CICIL's web site includes links to numerous service providers and related organizations.

CICIL's web site address is: <http://www.centraliowacil.com>

CICIL's e-mail address: [cicil@centraliowacil.com](mailto:cicil@centraliowacil.com)

## **Consumer Bill of Rights**

Each CICIL consumer will

- be treated respectfully,
- receive an explanation of program services as well as expectations of staff, family members, and collaborating service providers,
- receive an explanation of program limitations and reasonable outcome expectations,
- receive, when applicable, a cost estimate for services to be provided,
- be assisted in the development of an independent living plan,
- be given the opportunity to waive the development of an independent living plan,
- receive, upon request, copies of case file information,
- receive reasonable continuity in appointment scheduling and service provision,
- retain the authority to refuse and/or terminate services at any time,
- be provided information about CICIL's Appeals and Complaint Policy,
- be provided information about the Iowa Client Assistance Program (ICAPS),

## **Consumer Responsibilities**

With rights come responsibilities. Each CICIL consumer is expected to

- keep appointments or notify CICIL when appointments need to be rescheduled,
- strive to live as independently as possible,
- set realistic goals,
- follow through with commitments,
- participate courteously with staff to resolve problems,
- thoughtfully consider constructive ideas,
- treat others respectfully,
- discuss concerns with staff in an open, honest manner to resolve disagreements,
- notify CICIL of address and/or telephone number changes, and
- promptly notify CICIL staff when fee payment problems occur.

## **CICIL's Confidentiality Policy**

All information obtained in the development or implementation of independent living plans will remain confidential.

Only the consumer can authorize the release of information. However, CICIL is required by law to release information to authorities when neglect, abuse, and/or injury are evident. CICIL must release records when subpoenaed by a court of law.

## **Volunteer Opportunities**

CICIL appreciates our volunteers. Our volunteers provide assistance in the areas of

- peer counseling,
- reception duties
- gathering and dispensing information,
- computer skills, and
- working on CICIL's newsletter and printing projects.

## **Thank You Volunteers!**

## **You Can Help!**

CICIL is a non-profit corporation and therefore, we depend upon grants and your generosity to serve our consumers. We want to make our center self-sufficient through income-generating activities. Your donation will help us serve more people with disabilities. All donations are tax deductible and greatly appreciated.

# A CONVERSATION WITH ED ROBERTS

## CALIFORNIA Q&A

by *Timothy Pfaff*



A Berkeley alumnus who recently won a prestigious MacArthur Foundation Fellowship, the

so-called “genius award,” almost did not graduate from high school. Already two years behind at the time he thought he was ready for graduation, Edward V. Roberts was told that he still lacked his physical education and driver’s training credits – and was asked, “You wouldn’t want a cheap diploma, would you?” The incredulous former athlete had to go all the way to the school board (where the decision was unanimous) to get the principal’s decision reverse, and to graduate at age 20.

Quadriplegic (quadriparetic, technically; as he retains full feeling in his four paralyzed limbs) since the age of 14, Roberts could have had little use, let alone aptitude, for physical education and driver’s training, and even less use for the unconscionable discrimination implicit in the challenge to his diploma. He had contracted the dreaded polio that was sweeping the nation in 1953, two years before a vaccine was available. “When I do things, I do them well,” the 46-year-old disabled activist jokes now. “The damage done by the disease varied a lot from case to case. Some people got out of it with just a limp. But I got it pretty good. I had a really high fever and was put in an iron lung within three days.” More than three decades later, Roberts still spends as much as 18 hours a day in an iron lung – when he’s not traveling – and the rest of it in a custom-designed, motorized wheelchair equipped with a positive pressure respirator. From the neck down, the only controlled movement he has is limited use of the fingers of his left hand, enough for him to drive his wheelchair safely. As a whole person, however – the way he insists you perceive him – he has remarkable

power.

Roberts’ fight for the fundamental civil rights of the physically disabled, the world’s most often overlooked and frequently invisible minority, dates back to the fight with the fever itself. “I was fighting a symbolic war,” he recalls, “and it came complete with rat-a-tat-tat, bangbang-you’re dead sound effects. One of the special-duty nurses actually told me to stop, that I had to sleep, but she had no consciousness about what was going on. It was life-and-death struggle, and I was right on the edge. I won the war, and I lived.” In the meantime, doctors were telling his mother that his death might be preferable[sic] to what they perceived as his only other fate: life as a “vegetable.”

Roberts does remember a time early in his rehabilitation days when “I think I was trying to kill myself” by not eating. “It wasn’t a conscious effort, and the anorexia may actually have been a result of the disease. But the day they took my last special-duty nurse away, I started to eat again. Talk about symbolism! All of a sudden I was on my own, and I had to make my own choices. Again, I chose life.” The issue of eating prompted another important choice at the rehab facility to which he was next moved, San Francisco’s Children’s Hospital. Knowing that Roberts was not one of the “cases” that would eventually walk out of their facility, therapists there were determined to teach him how to feed himself. “The first time took me two and half hours, the food was cold, and I was exhausted at the end. I made a decision right then that I wasn’t going to feed myself. That made me a rehab ‘failure,’ but I knew that I had a limited amount of energy and that I wanted to go to school. It was one of the most important decisions I made, because education became my path to freedom.”

Not that it was an easy path. He re-entered high school by telephone hook-up to his bedroom and waited until he

was a senior to return to the school itself. “I remember being unloaded from the car. Everyone was staring at me. I was so different. I knew that I could respond to their staring by feeling ugly, or that I could see that I was different but that that was not so bad, that it could almost make me a star. I think that at that moment I began to understand that I could take all my self-hatred, and all the energy that comes from it, and destroy myself, or – and this is a very big ‘or’ – I could use that energy to do something with my life, to take the next step.”

At the College of San Mateo, where Roberts earned his A.A. in 1962, he resocialized himself after nearly six years of isolation, learned that he could compete academically if no longer athletically, and that political science was for him. He had planned to continue at UCLA, but an advisor encouraged him to try Berkeley instead, both because of the excellence of its political science department and for the kind of community it was.

“When I tried to get into Berkeley, “ he recalls, “I was told, No. they had tried cripples before, and it hadn’t worked. I had high grades, so they couldn’t legally refuse me, so they told me there wouldn’t be anywhere for me to live, that my iron lung wouldn’t even fit into a dorm room. I went to see the dean, Arleigh Williams. He was a little freaked out by me, as most people were then, but he sent me up to the Student Health Service at Cowell Hospital, to talk with the director, Dr. Henry Bruyn. He had seen people with polio before, so he wasn’t frightened. And it occurred to him that there were probably a lot of young people like me, who had lived through polio and were college age. So he invited me to come live at Cowell. I insisted that I would have to be independent and not a patient – and he agreed. He said I could hire my own attendants and that the hospital staff would be available at night if I needed them. It was like a dream come true,

and I started at Berkeley in the fall of 1962.”

Although other colleges had begun programs for the disabled by then, Berkeley clearly was the pioneer in opening itself to the severely disabled. Roberts did have a bout of pneumonia his first year. (from the same thing that makes most new college students sick; not knowing your limits”), but the experiment was deemed enough of a success that Berkeley admitted another quadriplegic, John Hessler '66, M.A. '70, the following year. In a remarkably short time, an entire floor of Cowell Hospital became home for a group of severely disabled Berkeley students who, in the fashion of the time, organized politically, calling themselves “The Rolling Quads.” The Berkeley campus has neither been nor looked the same since.

Roberts took on his first paying job when Dean Williams hired him to research and advise on the matter of removing architectural barriers to the disabled on the Berkeley campus, one longterm result of which is that Berkeley now has, despite its daunting bills, one of the most completely accessible campuses in the world. (The job also, Roberts confides, taught him “the art of budgeting.”) After earning his B.A. in 1964, he went on to earn his master’s degree in 1966 as well as to complete all the work for his doctorate except the dissertation. Like many of his fellow graduate students, he worked as a T.A. much of that time.

Roberts’ history since leaving Cal is an extended refutation of the notion that “disabled” means unable. In 1970 he joined about a dozen colleagues to found the community-based Center for Independent Living (CIL), based on the University’s highly successful Physically Disabled Students Program, coordinating attendant care and helping to provide other services to keep disabled people active in their own communities and not confined to institutions or their own homes. Later that year he left the Bay Area to serve as a teacher, administrator, and consultant at a number of small, experimental California colleges and as director of UC Riverside’s Handicapped Opportunity Program for Education (HOPE). In 1973 he was invited back to CIL, where he served as executive director until 1975, proving himself a

highly successful fundraiser along the way.

Incoming Governor Jerry Brown opened an important chapter in the history of the disabled rights movement with his appointment of Roberts as director of the California Department of Rehabilitation. The first severely disabled person to hold such a position, Roberts was director throughout Brown’s term, from 1975 to 1983, during which time the department became a strong advocacy agency for some 40,000 disabled Californians. Shortly after that directorship ended, Roberts became director of the Berkeley-based World Institute on Disability, which he also helped found. The non-profit institute, whose presence is just beginning to be felt, seeks to influence public policy issues that affect the disabled around the world.

A phone call October 11 (he thought it was creditors) informed Roberts that he had won a MacArthur Fellowship, which would provide him with more than \$220,000 tax-free, no-strings-attached in monthly payments over five years. He was further told: “The Fellow’s Award is given in recognition of your accomplishments in human rights which demonstrate your originality, dedication to creative pursuits, and capability for self-direction. Our hope is that the award will provide you a period of greater freedom from financial and institutional constraints, during which you may devote yourself more fully to your own creative endeavors. Such a period, we hope, will lead to discoveries or other contributions to society that might otherwise not be made.”

In the manner of a practiced executive, Roberts ducked the interruptions of the constantly ringing telephone by telling his assistant he was “in a meeting” to give the following interview. The respirator on which his life depends interrupted him with an audible squirt of air every half sentence or so, but Roberts seemed almost unaware of it as he spoke freely about his past, present, and future.

**Q: Congratulations on your MacArthur Fellowship. What do you think it will mean for you?**

**A:** One thing it means is financial security for the next five years. It came at a time when I was completely broke,

but then, I seem to have that kind of luck. When I really need something badly, I have to go through a little suffering first, but then it usually happens. Of course when I received the award, I lost whatever public aid I was getting. Luckily, this fellowship also comes with a marvelous comprehensive health plan, which will cover the costs of my equipment needs, wheelchair repair, and even my in-home attendant support. The fellowship also included \$15,000 for me to donate to the charity of my choice, which is the World Institute on Disability. That will pay for an assistant to work with me, which will make me even more productive.

It probably also will mean more prestige, which will be helpful in my fundraising for the World Institute. While I’m already well known in certain communities, this should make me easier to trust with large amounts of funding. If the institute is going to do a world-wide job, we’ll need offices in other countries.

**Q: Like a number of earlier fellows, you’ve expressed plans to use some of the money for travel. Pardon the boldness of the question, but how do you travel?**

**A:** Not easily.

**Q: Do you have to travel with the iron lung?**

**A:** No. I use a portable respirator. I have a face mask for it now, so I can breathe while I sleep. It’s harder on me than resting in the lung, but the benefits of travel make it all worth it – if a particular trip doesn’t go on too long. But travel for me is very expensive. Besides having to fly first class and take an attendant with me, I have to take a couple of back-up respirators, extra batteries, and my wheelchair. The respirator and batteries on my wheelchair will slip right out and fit under the seat of an airplane. One set of batteries will power the respirator for about 25 hours. When I flew to Singapore, it was about 23 hours, which basically means that there’s nowhere in the world I can’t fly. Now if I got highjacked or something ... But I’ve learned to take risks, within certain agreeable limits.

The point is that I like to travel, and when I travel I learn so much. And it’s remarkable the impression I make when I travel. In most countries, people like me are not alive, first of all. And if they

are, they're either in institutions, shut up somewhere with their families, or on the streets begging. I'm simply a good example of what's possible. In Japan, they just couldn't believe it at first. The disabled people there named me Edosan, which both sounds like my name and refers to a particularly wonderful period in Japanese history. I'll be going back to Japan this summer, to help them set up independent living centers.

**Q: What do you plan to accomplish with the travel opportunities presented by the MacArthur?**

**A:** One of the things I most want to do with my MacArthur is help wipe out polio in the world. Last year five million people got polio. Fifty million have in the last ten years.

**Q: Why?**

**A:** There are many reasons, a lot of them political. The vaccine does need to be refrigerated, and there are other distribution problems. But it's a disgrace, when you consider that for 20 years or so we've had the technology to wipe polio out, that it's still a major world health problem. Cuba eradicated the disease in just two years. I plan to start my campaign in Mexico, which is currently having a polio epidemic.

**Q: Why has Berkeley become the international center for the disabled rights movement?**

**A:** Well, one reason is that I chose to come here. Once I got here and adjusted – and succeeded – the University was willing to take risks with other severely disabled people. We turned out to be fighters, and once we established our own credibility and proved our seriousness, the University began to change its whole environment to accommodate us, realizing that there were a lot more disabled people out there.

Also, it's always been easier to be a freak in Berkeley. Even though we really were stared at at first, there's been a long tradition of the presence of the physically disabled in Berkeley, due mostly to the presence of the Schools for the Deaf and Blind here. Berkeley has long had a more willing, more experimental atmosphere. The extremes are more acceptable here. And being political is more of a natural life style in Berkeley.

**Q: You were a student on the Berkeley campus during one of its**

**most intensely political, some would say politicized, periods. What influence did the FSM and subsequent events have on you?**

**A:** I couldn't have been at Berkeley at a better time for me, in terms of learning about political action, political organizing. It was a remarkable time. Although I wasn't a leader. I was part of the FSM, directly involved in what was going on. There are some things I couldn't do – Sproul Hall was totally inaccessible at the time – but other things I could. I got more involved when they brought troops onto campus, and I went through a couple of police lines in my wheelchair. It was scary, but I knew that I was symbolic, that if they hurt me, it would be very bad publicity. If the Blue Meanies had done to me what they did to some of the other students, it would only have fueled the rebellion. The issues were being clouded by the brutality.

Of course it was a tremendously interesting time to be a political scientist. I had my students out doing surveys and really attempting to understand what was happening. And by the time of the campus strike, I was a leader, and actively involved in some for the alternative education efforts. All in all I learned a lot – that when you believe in something, you stick to it, and that you negotiate and compromise when you need to as well. I learned much of the art of politics in those days, probably as much as I learned from school.

I had been involved in the "other" civil rights movement, from even before my arrival at Berkeley, and I totally rejected segregation, including of the disabled. As time went on, it became increasingly clear how all those principles applied to us.

**Q: Were there comparable battles in your group's struggle for independence as severely disabled students?**

**A:** Oh yes. The one that sticks in my mind had to do with one of the counselors we were assigned by the state Department of Rehabilitation. We had had a wonderful one, and then they sent us one who was just a bookkeeper. She involved herself in many academic matters that were none of her business, which we all resented – and then she decided to expel three students in our program from school,

having decided that they would never be able to work after graduation. She was wrong in all three cases, by the way. So the rest of us got together and fought it. We went to the newspapers, the University, and finally to the state legislature. Eventually, the department moved her to a different area. The incident taught me all over again how difficult it is to fight a bureaucracy.

**Q: What were the more positive things your group did to achieve your independence and your rights?**

**A:** As early as 1958, there were people who recognized that if severely disabled people were to reach independence, attendants were a key. When I got to Cowell, one of the things Dr. Bruyn insisted on was that I learn how to hire and fire my own attendants, as well as pay them. It took me six months to fire my first attendant. I wasn't being well taken care of, and the silence and anger in the relationship were awful. Finally I had to ask myself if I loved myself enough to make sure I got the care I needed. I decided I did, and I fired him the next day. That was a lesson we all had to learn.

Perhaps even more important was learning how to drive a power wheelchair. The prevailing medical opinion at the time was that if you gave power wheelchairs to people – even to quadriplegics – it would make them lazy. I had to fall in love before I learned how to use one. When I realized how ridiculously inconvenient it was to have an attendant along to push my chair when I wanted to be with my special someone, I became highly motivated – and learned to drive a power chair in two days.

It was like being reborn, and the other disabled students who followed me had the same experience. So we began to insist that new students in the program get power chairs if they didn't already have them. The results were sometimes dramatic. I remember one student who was so withdrawn when he arrived in Berkeley – he had lived just about his entire life in his room at home – that you could hardly hear him when he talked. When he got his power chair, he changed completely, and became a veritable daredevil. It seems the campus police were forever fishing him out of the creek. But when he got control of it, he also got self confidence.

**Q: You've long been a pioneer in the**

**area of independent living for the disabled. Is the idea catching on?**

**A:** Definitely. There are now some 200 independent living centers in this country, modeled mostly on the one in Berkeley. And when I was director of rehab in California, we got a federal law passed, one whole section of which, Title VII, is on independent living. So for the past six years, the federal government has put up money for independent living centers. That steady funding source has made a big difference.

**Q: Do you think new federal budget cuts will imperil that money?**

**A:** I doubt it. The good thing about our cause is that it appeals to both left and right. There's nothing more conservative than bootstrap theory, and that's what we're all about. Ronald Reagan has become a supporter of independent living – but while he has made some gains in that area, he's cut some other programs so substantially that it has threatened our lives.

There are substantial cost benefits in taking people off welfare and putting them back in their own communities. More than \$200 billion annually goes to services and things like social security that directly benefit disability. But it's mostly spent in ways that perpetuate the dependency of the consumers. Only a little more than \$3 billion goes to independent living programs, integrated special education, and the more progressive programs of the rehabilitation department. The rest is caught up in the institutions, the workshops – in maintenance at the most. What's interesting is that it is in times like this, when budgets are tight, that we can often make the most progress in reallocating the funds.

**Q: Governor Brown certainly made waves appointing you director of the state Department of Rehabilitation. How did that happen, and what did you make of the opportunity? A:**

Because Governor Reagan threatened us so much, he helped us come in on our own as a group. Many of the people I worked with over the years, fighting the Reagan cuts, were close to Brown, and together we decided to get me appointed. So for months, everywhere Brown and Mario Obledo went, they kept hearing about me. Soon they started asking, 'Who is this guy?' And when they came to CIL, they found out.

They'd never seen disabled people working like that.

I made no bones about the fact that my loyalties were not to them, but to the disabled. And I told them that I would probably get them into a lot of trouble, that it would mean shaking up the old ways. I did get Brown into some trouble. But, to his credit, while he did ask a lot of questions about what I was doing, he let me do what I had to do. I called myself an advocrat, half advocate and half bureaucrat. You've got to be a bureaucrat, too, to keep things moving.

We got a lot of disabled people to work. We helped write national laws about disability. We helped write state laws about building accessibility, transportation, and architectural barrier removal. California is the farthest along of any state in the nation, because we were active. It's the only state that has legislation mandating accessible buses. That's one area in which the disabled are conspicuously discriminated against. Blacks may have had to go to the back of the bus, but we couldn't even get on the damn thing.

**Q: What's the single most difficult thing to confront in the fight for civil rights for the disabled?**

**A:** Attitudes. And they're clearly reflected in the language. "Invalid" somehow says in-valid. "Disabled" means unable to many people. And "handicapped" has in it the notion of cap in hand – begging. I've played with the language myself. I've always hated the word "crippled," so I decided to transform it into a loving word, "crip," just for us, the way black people use "nigger" as a term of endearment among themselves.

We don't understand how we inculcate prejudice in people, but we do it. And prejudice is the worst thing around. In my case, I call in "handicapism." It's an -ism like sexism. It puts you apart, makes people think that you're something other than what you are – that you're weak, sick, and unable. **Q: Another prevailing attitude is that the disabled are not sexually desirable – or, for that matter, sexual at all. Care to set the record straight?**

**A:** It's true that most people don't see people with disabilities as sexual people, but it's totally a myth, and a particularly devastating one. I'm always surprised that people are shocked to hear that my son Lee is my natural son.

I'm convinced that the experience of disability can make you a better lover and partner. Disability forces you to confront things. One of the things I discovered when I came to Berkeley and got into serious relationships, and sexual relationships especially, was that many women are not looking for the kind of macho guy who can pick them up and throw them into bed. Instead they're looking for gentleness, someone who can listen to them, and touch them in ways that are important to them. And it gives some women the chance to be more aggressive in sexual relationships, which I encourage.

When you're paralyzed from the neck down, you have to learn how to talk, and one of the most important things in creating a good sexual relationship is being able to talk about what you want and what you like, what feels good to you – and being receptive to what the other person is saying about what they need and want. When you're paralyzed, sexuality can be very creative. Disability allows for experimentation and can result in exciting things that make a relationship stronger.

**Q: What about marriage and parenthood?**

**A:** They pose the same opportunities and problems for the disabled as for the non-disabled. I was married for four years, and my ex-wife and I are still close, still friends. We have joint custody of our son Lee, and we have no trouble with the exchange. We seem to have worked out a relationship that works well for all three of us.

When Lee was born, at first I was worried that I wouldn't be able to hold him, that I wouldn't be able to participate. But I learned that I could. And Lee taught me a lot. He taught me that when you're Daddy, it doesn't matter who or what you are.

**Q: Michael Pachovas, another disabled rights activist, described the physically disabled as the "equal opportunity minority." A:**

Yes, anyone can join us any time. Some people are born with their disabilities, but by far the most become disabled at some later point. I've come up with the phrase "temporarily able-bodied," which I think gets the same point across. In fact, the World Institute is going to give out an annual TAP Award to the temporarily able-bodied person who has done the most for the movement.

On a slightly more serious note, we have to recognize that the elderly make up a large share of the disabled population throughout the world – and that as a nation we're all growing older together. We have to deal with the issue of long-term care for all disabled people, and that makes a powerful argument for the benefits of independent living. Why should people have to leave their homes and their communities just because they grow older and develop new needs?

**Q: Is there a danger that medical technology will create new disabled populations beyond what existing social services and awareness can handle?**

**A:** Yes, but of course it's a complicated social issue. Forty years ago, spinal cord injured people simply did not survive, except for a few paraplegics who had unusually strong constitutions. Now we can keep all kinds of people alive with machines, which I think is disgraceful for those who would rather have some dignity in their deaths. But I talk about this very gingerly, because there is a fine line. The first people Adolph Hitler killed were the disabled, starting with the mentally retarded.

We have largely depended on the medical profession to decide who should live and who should die, and that's been a mistake. Medical people see us at our worst, when we're sick or hurt or for some reason not making it in the community. So medical people often feel that death is preferable to disability. And there isn't often a lot of informed choice on the part of parents; they're still told what's best. Think of the Baby Doe cases, who are left to starve because they are born disabled. One baby girl in Indiana was so strong it took her seven days to die. This has become a very important issue in our community. The essential thing to know is that disabled people can have real quality in their lives, and can do much more than had been thought.

**Q: What do you mean when you talk about the power of disability?**

**A:** It's a power that comes from being stereotyped, from being perceived as crippled and unable to do anything. When people look at my respirator and don't see me, it gives me a tremendous amount of power. While they're staring and thinking I can't do anything, I can manipulate the hell out of them.

One thing disabled people can do to change stereotypes is to be themselves. Disability has nothing to do with whether you're happy or unhappy; and there's a lot you can learn from disability. At the age of 14, I was concerned with life and death matters. I wouldn't want that for everyone, but it helped me understand a lot. And it helped me gain my values quickly.

**Q: You've often said that you want to be seen as a person and not a disability, but it's equally clear, as you yourself have pointed out, that when you got polio, you also found a cause. How do you reconcile the two?**

**A:** It's another fine line. Making disability my cause just seemed natural to me. I had to struggle so hard to do what I wanted to do that I just thought. Why don't we struggle together? Many of us have made individual changes in our lives that have ended up affecting thousands, even millions, of people. It's true. I'm always the quadriplegic. I'd like to be Ed Roberts, not Ed Roberts the post-polio quadriplegic who sleeps in the iron lung. But that's my business. I don't feel sorry for myself, and, in the end, celebrate difference. It's something to be cherished, because you can learn from it. I guess that's one of the things I like about California, that difference is appreciated here.

*Retyped 7/03 from the California Monthly, February 1985 by the Minnesota's Governor's Council on Developmental Disabilities*

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Please feel free to reproduce any or all of the story on Ed Roberts. We simply ask that you credit our magazine as the original publisher of the interview. (Unfortunately, the story was printed before we started making all of our features available online at our website, [http://www.alumni.berkeley.edu/Alumni/Cal\\_Monthly/main.asp](http://www.alumni.berkeley.edu/Alumni/Cal_Monthly/main.asp) )

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Best regards,

Linda Schmidt

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## **Client Assistance Program**

Division of Persons with Disabilities Iowa Department of Human Rights

What is the Client Assistance Program (CAP)?

Employment of Iowans with disabilities is our desired outcome. The Governor designated the Division to operate the Client Assistance Program (CAP) because:

- This program is mandated by the Rehabilitation Act and must be independent of other agencies providing employment and independent living services under the Act.
- The Division is the only state operated agency to provide services to Iowans with any type of disability.
- Staff is knowledgeable and experienced in working with Iowans with disabilities.

## **Services**

CAP provides information and referral services to any Iowan with a disability. Other services are available only to those individuals who are seeking or receiving services from an agency funded under the rehabilitation Act. Examples of such agencies are:

- Department for the Blind
- Division of Vocational Rehabilitation Services
- Independent Living Centers
- Community Rehabilitation Facilities where the above agencies purchase services.
- Other vendors that sell services to the above agencies.

All services are confidential and are provided in accordance with Civil Rights laws.

CAP provides services under Title 1 of the Americans with Disabilities Act (ADA) to eligible individuals.

## **Goals and Expectation**

Staffs of the Client Assistance Program (CAP) understand that you may want various services from CAP. We listen to what you tell us and let you know what we can do to help. Not all problems can have the solution you would like but our staff can explain to you the law, regulations, policies and procedures that influence decisions made in your situation.

## **Have Questions or Concerns?**

If you are seeking of receiving services from an agency funded under the Rehabilitation Act, help is available to you. The following services maybe available to you but only at your request:

- Information and referral
- Advice
- Negotiation
- Mediation
- Administrative review
- Assistance at an impartial hearing

The Iowa Division of Persons with Disabilities promotes employment of citizens with disabilities. Established in 1965 by the state Legislature, the agency was moved to the Department of Human Rights in 1986.

The agency is neither a funding agency nor a regulatory agency. It is the only governmentally based agency to provide services to all citizens with disabilities state.

The Client Assistance Program, A federally mandated and funded program, was placed in the Division of Persons with Disabilities in 1990.

Division of Persons with Disabilities Lucas State Office Building Des Moines, Iowa  
50319

Phone: 1-800-652-4298 (Voice / TTY)

Fax: 515-242-6119

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**Members of the Iowa House of Representatives  
Eighty-Third General Assembly  
(House 100)**

<b>Name</b>	<b>District</b>	<b>Party</b>	<b>Home County</b>
Representative Ako Abdul-Samad	House District 66	Democrat	Polk
Representative Dwayne Alons	House District 4	Republican	Sioux
Representative Rich Anderson	House District 97	Republican	Page
Representative Rich Arnold	House District 72	Republican	Lucas
Representative McKinley Bailey	House District 9	Democrat	Hamilton
Representative Clel Baudler	House District 58	Republican	Adair
Representative John W. Beard	House District 16	Democrat	Winneshiek
Representative Paul Bell	House District 41	Democrat	Jasper
Representative Deborah Berry	House District 22	Democrat	Black Hawk
Representative Polly Bukta	House District 26	Democrat	Clinton
Representative Kerry Burt	House District 21	Democrat	Black Hawk
Representative Royd Chambers	House District 5	Republican	O'Brien
Representative Dennis Cohoon	House District 88	Democrat	Des Moines
Representative Peter Cownie	House District 60	Republican	Polk
Representative Betty De Boef	House District 76	Republican	Keokuk
Representative Dave Deyoe	House District 10	Republican	Story
Representative Cecil Dolecheck	House District 96	Republican	Ringgold
Representative Jack Drake	House District 57	Republican	Cass
Representative Gene Ficken	House District 23	Democrat	Buchanan
Representative Wayne Ford	House District 65	Democrat	Polk
Representative Greg Forristall	House District 98	Republican	Pottawattamie
Representative Marcella Frevert	House District 7	Democrat	Palo Alto
Representative Mary Gaskill	House District 93	Democrat	Wapello
Representative Elesha Gayman	House District 84	Democrat	Scott
Representative Pat Grassley	House District 17	Republican	Butler
Representative Chris Hagenow	House District 59	Republican	Polk
Representative David E. Heaton	House District 91	Republican	Henry
Representative Lisa Heddens	House District 46	Democrat	Story
Representative Erik Helland	House District 69	Republican	Polk
Representative Lance J. Horbach	House District 40	Republican	Tama
Representative Bruce Hunter	House District 62	Democrat	Polk
Representative Dan Huseman	House District 53	Republican	Cherokee
Representative Geri Huser	House District 42	Democrat	Polk
Representative Charles Isenhardt	House District 27	Democrat	Dubuque

**Members of the Iowa House of Representatives  
Eighty-Third General Assembly  
(House 100)**

<b>Name</b>	<b>District</b>	<b>Party</b>	<b>Home County</b>
Representative David Jacoby	House District 30	Democrat	Johnson
Representative Jeff Kaufmann	House District 79	Republican	Cedar
Representative Jerry A. Kearns	House District 92	Democrat	Lee
Representative Doris Kelley	House District 20	Democrat	Black Hawk
Representative Kevin Koester	House District 70	Republican	Polk
Representative Bob Kressig	House District 19	Democrat	Black Hawk
Representative Mark Kuhn	House District 14	Democrat	Floyd
Representative Vicki Lensing	House District 78	Democrat	Johnson
Representative Steven Lukan	House District 32	Republican	Dubuque
Representative Jim Lykam	House District 85	Democrat	Scott
Representative Larry K. Marek	House District 89	Democrat	Washington
Representative Mary Mascher	House District 77	Democrat	Johnson
Representative Mike May	House District 6	Republican	Dickinson
Representative Kevin McCarthy	House District 67	Democrat	Polk
Representative Dolores Mertz	House District 8	Democrat	Kossuth
Representative Helen Miller	House District 49	Democrat	Webster
Representative Linda Miller	House District 82	Republican	Scott
Representative Pat Murphy	House District 28	Democrat	Dubuque
Representative Jo Oldson	House District 61	Democrat	Polk
Representative Donovan Olson	House District 48	Democrat	Boone
Representative Rick Olson	House District 68	Democrat	Polk
Representative Steven Olson	House District 83	Republican	Clinton
Representative Tyler Olson	House District 38	Democrat	Linn
Representative Eric Palmer	House District 75	Democrat	Mahaska
Representative Kraig Paulsen	House District 35	Republican	Linn
Representative Janet Petersen	House District 64	Democrat	Polk
Representative Dawn Pettengill	House District 39	Democrat	Benton
Representative Brian Quirk	House District 15	Democrat	Chickasaw
Representative Scott Raecker	House District 63	Republican	Polk
Representative Christopher Rants	House District 54	Republican	Woodbury
Representative Henry Rayhons	House District 11	Republican	Hancock
Representative Mike Reasoner	House District 95	Democrat	Union
Representative Nathan Reichert	House District 80	Democrat	Muscatine
Representative Rod A. Roberts	House District 51	Republican	Carroll
Representative Thomas R. Sands	House District 87	Republican	Louisa

**Members of the Iowa House of Representatives  
Eighty-Third General Assembly  
(House 100)**

<b>Name</b>	<b>District</b>	<b>Party</b>	<b>Home County</b>
Representative Tom J. Schueller	House District 25	Democrat	Jackson
Representative Renee Schulte	House District 37	Republican	Linn
Representative Jason Schultz	House District 55	Republican	Crawford
Representative Paul C. Shomshor	House District 100	Democrat	Pottawttamie
Representative Mark D. Smith	House District 43	Democrat	Marshall
Representative Chuck Soderberg	House District 3	Republican	Plymouth
Representative Kent Sorenson	House District 74	Republican	Warren
Representative Sharon S. Steckman	House District 13	Democrat	Cerro Gordo
Representative Doug Struyk	House District 99	Republican	Pottawattamie
Representative Kurt Swaim	House District 94	Democrat	Davis
Representative Annette Sweeney	House District 44	Republican	Hardin
Representative Dick Taylor	House District 33	Democrat	Linn
Representative Todd Taylor	House District 34	Democrat	Linn
Representative Phyllis Thede	House District 81	Democrat	Scott
Representative Roger Thomas	House District 24	Democrat	Clayton
Representative Dave Tjepkes	House District 50	Republican	Webster
Representative Jodi Tymeson	House District 73	Republican	Madison
Representative Linda Upmeyer	House District 12	Republican	Hancock
Representative Jim Van Engelenhoven	House District 71	Republican	Marion
Representative Nick Wagner	House District 36	Republican	Linn
Representative Ralph Watts	House District 47	Republican	Dallas
Representative Roger Wendt	House District 2	Democrat	Woodbury
Representative Andrew Wenthe	House District 18	Democrat	Fayette
Representative Beth Wessel-Kroeschell	House District 45	Democrat	Story
Representative John Whitaker	House District 90	Democrat	Van Buren
Representative Wes Whitead	House District 1	Democrat	Woodbury
Representative Nathan Willems	House District 29	Democrat	Linn
Representative Cindy Winckler	House District 86	Democrat	Scott
Representative Matt Windschitl	House District 56	Republican	Harrison
Representative Gary Worthan	House District 52	Republican	Buena Vista
Representative Ray Zirkelbach	House District 31	Democrat	Jones

**Members of the Iowa Senate  
Eighty-Third General Assembly  
Senate (50)**

<b>Name</b>	<b>District</b>	<b>Party</b>	<b>Home County</b>
Senator Staci Appel	Senate District 37	Democrat	Warren
Senator Merlin Bartz	Senate District 6	Republican	Worth
Senator Daryl Beall	Senate District 25	Democrat	Webster
Senator Jerry Behn	Senate District 24	Republican	Boone
Senator Dennis H. Black	Senate District 21	Democrat	Jasper
Senator Nancy J. Boettger	Senate District 29	Republican	Shelby
Senator Joe Bolkcom	Senate District 39	Democrat	Johnson
Senator Thomas G. Courtney	Senate District 44	Democrat	Des Moines
Senator Swatt A. Dandekar	Senate District 18	Democrat	Linn
Senator Jeff Danielson	Senate District 10	Democrat	Black Hawk
Senator Dick L. Dearden	Senate District 34	Democrat	Polk
Senator William A. Dotzler, Jr.	Senate District 11	Democrat	Black Hawk
Senator Robert E. Dvorsky	Senate District 15	Democrat	Johnson
Senator Randy Feenstra	Senate District 2	Republican	Sioux
Senator Gene Fraise	Senate District 46	Democrat	Lee
Senator Michael E. Gronstal	Senate District 50	Democrat	Pottawattamie
Senator James F. Hahn	Senate District 40	Republican	Muscatine
Senator Shawn Hamerlinck	Senate District 42	Republican	Scott
Senator Tom Hancock	Senate District 16	Democrat	Dubuque
Senator David Hartsuch	Senate District 41	Republican	Scott
Senator Jack Hatch	Senate District 33	Democrat	Polk
Senator William M. Heckroth	Senate District 9	Democrat	Bremer
Senator Robert M. Hogg	Senate District 19	Democrat	Linn
Senator Wally E. Horn	Senate District 17	Democrat	Linn
Senator Hubert Houser	Senate District 49	Republican	Pottawattamie
Senator Pam Jochum	Senate District 14	Democrat	Dubuque
Senator David Johnson	Senate District 3	Republican	Osceola
Senator Tim L. Kapucian	Senate District 20	Republican	Benton
Senator Steve Kettering	Senate District 26	Republican	Sac
Senator John P. "Jack" Kibbie	Senate District 4	Democrat	Palo Alto
Senator Keith A. Kreiman	Senate District 47	Democrat	Davis
Senator Mary Lundby	Senate District 18	Republican	Linn
Senator Matt McCoy	Senate District 31	Democrat	Polk
Senator Paul McKinley	Senate District 36	Republican	Lucas

**Members of the Iowa Senate  
Eighty-Third General Assembly  
Senate (50)**

<b>Name</b>	<b>District</b>	<b>Party</b>	<b>Home County</b>
Senator Larry L. Noble	Senate District 35	Republican	Polk
Senator Rich Olive	Senate District 5	Democrat	Story
Senator Herman C. Quirnbach	Senate District 23	Democrat	Story
Senator Amanda Ragan	Senate District 7	Democrat	Cerro Gordo
Senator Kim Reynolds	Senate District 48	Republican	Clarke
Senator Tom Rielly	Senate District 38	Democrat	Mahaska
Senator Becky Schmitz	Senate District 45	Democrat	Jefferson
Senator Brian Schoenjahn	Senate District 12	Democrat	Fayette
Senator Dr. Joe M. Seng	Senate District 43	Democrat	Scott
Senator James A. Seymour	Senate District 28	Republican	Harrison
Senator Steven J. Soddors	Senate District 22	Democrat	Marshall
Senator Roger Stewart	Senate District 13	Democrat	Jackson
Senator Pat Ward	Senate District 30	Republican	Polk
Senator Steve Warnstadt	Senate District 1	Democrat	Woodbury
Senator Ron Wieck	Senate District 27	Republican	Woodbury
Senator Mary Jo Wilhelm	Senate District 8	Democrat	Howard
Senator Brad Zaun	Senate District 32	Republican	Polk

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
AK	At Large	Don Young	R	CA	17	Sam Farr	D
AL	1	Jo Bonner	R	CA	18	Dennis Cardoza	D
AL	2	Bobby Bright	D	CA	19	George Radanovich	R
AL	3	Mike D. Rogers	R	CA	20	Jim Costa	D
AL	4	Robert Aderholt	R	CA	21	Devin Nunes	R
AL	5	Parker Griffith	D	CA	22	Kevin McCarthy	R
AL	6	Spencer Bachus	R	CA	23	Lois Capps	D
AL	7	Artur Davis	D	CA	24	Elton Gallegly	R
AR	1	Marion Berry	D	CA	25	Howard (Buck) McKeon	R
AR	2	Vic Snyder	D	CA	26	David Dreier	R
AR	3	John Booznaan	R	CA	27	Brad Sherman	D
AR	4	Mike Ross	D	CA	28	Howard Berman	D
AS	Delegate	Eni Faleomavaega	D	CA	29	Adam Schiff	D
AZ	1	Ann Kirkpatrick	D	CA	30	Henry Waxman	D
AZ	2	Trent Franks	R	CA	31	Xavier Becerra	D
AZ	3	John Shadegg	R	CA	32	Hilda Solis	D
AZ	4	Ed Pastor	D	CA	33	Diane Watson	D
AZ	5	Harry Mitchell	D	CA	34	Lucille Roybal-Allard	D
AZ	6	Jeff Flake	R	CA	35	Maxine Waters	D
AZ	7	Raul Grijalva	D	CA	36	Jane Harman	D
AZ	8	Gabrielle Giffords	D	CA	37	Laura Richardson	D
CA	1	Mike Thompson	D	CA	38	Grace Napolitano	D
CA	2	Wally Herger	R	CA	39	Linda Sanchez	D
CA	3	Dan Lungren	R	CA	40	Ed Royce	R
CA	4	Tom McClintock	R	CA	41	Jerry Lewis	R
CA	5	Doris Matsui	D	CA	42	Gary Miller	R
CA	6	Llynn Woolsey	D	CA	43	Joe Baca	D
CA	7	George Miller	D	CA	44	Ken Calvert	R
CA	8	Nancy Pelosi	D	CA	45	Mary Bono	R
CA	9	Barbara Lee	D	CA	46	Dana Rohrabacher	R
CA	10	Ellen Tauscher	D	CA	47	Loretta Sanchez	D
CA	11	Jerry McNemey	D	CA	48	John Campbell	R
CA	12	Jackie Speier	D	CA	49	Darrell Issa	R
CA	13	Fortney (Pete) Stark	D	CA	50	Brian Bilbray	R
CA	14	Anna Eshoo	D	CA	51	Bob Filner	D
CA	15	Michael Honda	D	CA	52	Duncan Hunter	R
CA	16	Zoe Lofgren	D	CA	53	Susan Davis	D

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
CO	1	Diana DeGette	D	FL	24	Suzanne Kosmas	D
CO	2	Jared Polis	D	FL	25	Mario Diaz-Balart	R
CO	3	John Salazar	D	GA	1	Jack Kingston	R
CO	4	Betsy Markey	D	GA	2	Sanford Bishop, Jr.	D
CO	5	Doug Lamborn	R	GA	3	Lynn Westmoreland	R
CO	6	Mike Coffman	R	GA	4	Hank Johnson	D
CO	7	Edwin Perlmutter	D	GA	5	John Lewis	D
CT	1	John Larson	D	GA	6	Tom Price	R
CT	2	Joseph Courtney	D	GA	7	John Linder	R
CT	3	Rosa DeLauro	D	GA	8	Jim Marshall	D
CT	4	Jim Himes	D	GA	9	Nathan Deal	R
CT	5	Chris Murphy	D	GA	10	Paul Brown	R
DC	Delegate	Elenor Holmes Norton	D	GA	11	Phil Gingrey	R
DE	At Large	Michael Castle	R	GA	12	John Barrow	D
FL	1	Jeff Miller	R	GA	13	David Scott	D
FL	2	F. Allen Boyd	D	GU	Delegate	Madeleine Bordallo	D
FL	3	Corrine Brown	D	HI	1	Nell Abercrombie	D
FL	4	Ander Crenshaw	R	HI	2	Mazie Hirono	D
FL	5	Ginny Brown-Waite	R	IA	1	Bruce Braley	D
FL	6	Cliff Stearns	R	IA	2	Dave Loebsack	D
FL	7	John Mica	R	IA	3	Leonard Boswell	D
FL	8	Alan Grayson	D	IA	4	Tom Latham	R
FL	9	Guy Bilirakis	R	IA	5	Steve King	R
FL	10	C.W. Bill Young	R	ID	1	Walter Minnick	D
FL	11	Katherine Castor	D	ID	2	Mike Simpson	R
FL	12	Adam Butnam	R	IL	1	Bobby Rush	D
FL	13	Vernon Buchanan	R	IL	2	Jesse Jackson, Jr.	D
FL	14	Connie Mack	R	IL	3	Dan Lipinski	D
FL	15	Bill Posey	R	IL	4	Luis Gutierrez	D
FL	16	Tom Rooney	R	IL	5	<b>Vacant</b>	D
FL	17	Kendrick Meek	D	IL	6	Peter Roskam	R
FL	18	Ileana Ros-Lehtinen	R	IL	7	Danny Davis	D
FL	19	Robert Wexler	D	IL	8	Melissa Bean	D
FL	20	Debbie Schultz	D	IL	9	Janice Schakowsky	D
FL	21	Lincoln Diaz-Balart	R	IL	10	Mark Kirk	R
FL	22	Ronald (Ron) Klein	D	IL	11	Debbie Halvorson	D
FL	23	Alcee Hastings	D	IL	12	Jerry Costello	D

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
IL	13	Judy Biggert	R	MA	5	Niki Tsongas	
IL	14	Bill Foster	D	MA	6	John Tiemey	D
IL	15	Timothy Johnson	R	MA	7	Edward Markey	D
IL	16	Donald Manzullo	R	MA	8	Michael Capuano	D
IL	17	Philip Hare	D	MA	9	Stephen Lynch	D
IL	18	Aaron Schock	R	MA	10	William Delahunt	D
IL	19	John Shimkus	R	MD	1	Frank Kratovil	D
IN	1	Peter Visclosky	D	MD	2	Dutch Ruppersberger	D
IN	2	Joseph Donnelly	D	MD	3	John Sarbanes	D
IN	3	Mark Souder	R	MD	4	Donna Edwards	
IN	4	Steve Buyer	R	MD	5	Steny Hoyer	R
IN	5	Dan Burton	R	MD	6	Roscoe Bartlett	R
IN	6	Mike Pence	R	MD	7	Elijah Cummings	D
IN	7	Andre Carson	D	MD	8	Chris Van Hollen, Jr.	D
IN	8	Brad Ellsworth	D	ME	1	Chellie Pingree	D
IN	9	Baron Hill	D	ME	2	Michael Michaud	D
KS	1	Jerry Moran	R	MI	1	Bart Stupak	R
KS	2	Lynn Jenkins	R	MI	2	Peter Hoekstra	R
KS	3	Dennis Moore	D	MI	3	Vernon Ehlers	R
KS	4	Todd Tiahrt	R	MI	4	Dave Camp	R
KY	1	Ed Whitfield	R	MI	5	Dale E. Kildee	D
KY	2	Brent Guthrie	R	MI	6	Fred Upton	R
KY	3	John Yarmuth	D	MI	7	Mark Schauer	D
KY	4	Geoff Davis	R	MI	8	Mike J. Rogers	R
KY	5	Harold (Hal) Rogers	R	MI	9	Gary Peters	D
KY	6	Ben Chandler	D	MI	10	Candice Miller	R
LA	1	Steve Scalise	R	MI	11	Thaddeus McCotter	R
LA	2	Joseph Cao	R	MI	12	Sander Levin	D
LA	3	Charlie Melancon	D	MI	13	Carolyn Kilpatrick	D
LA	4	John C. Fleming	R	MI	14	John Conyers, Jr.	D
LA	5	Rodney Alexander	R	MI	15	John Dingell	D
LA	6	Bill Cassidy	R	MN	1	Timothy Walz	D
LA	7	Charles Boustany, Jr.	R	MN	2	John Kline	R
MA	1	John Olver	D	MN	3	Jim Ramstad	R
MA	2	Richard Neal	D	MN	4	Betty McCollum	D
MA	3	James McGovern	D	MN	5	Keith Ellison	D
MA	4	Barney Frank	D	MN	6	Michele Bachmann	R

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
MN	7	Collin Peterson	D	NJ	3	John Adler	D
MN	8	James Oberstar	D	NJ	4	Christopher Smith	R
MO	1	William Lacy Clay	D	NJ	5	Scott Garrett	R
MO	2	Todd Akin	R	NJ	6	Frank Pallone, Jr.	D
MO	3	Russ Carnahan	D	NJ	7	Leonard Lance	R
MO	4	Ike Skelton	D	NJ	8	Bill Pascrell, Jr.	D
MO	5	Emanuel Cleaver	D	NJ	9	Steven Rothman	D
MO	6	Sam Graves	R	NJ	10	Donald Payne	D
MO	7	Roy Blunt	R	NJ	11	Rodney Frelinghuysen	R
MO	8	Jo Ann Emerson	R	NJ	12	Rush Holt	D
MO	9	Blaine Luetkemeyer	R	NJ	13	Albio Sires	D
MS	1	Travis Childers	R	NM	1	Martin Heinrich	D
MS	2	Bennie Thompson	D	NM	2	Harry Teague	D
MS	3	Gregg Harper	R	NM	3	Ben R. Lujan	D
MS	4	Gene Taylor	D	NV	1	Shelley Berkley	D
MT	At Large	Dennis Rehberg	R	NV	2	Dean Heller	R
NC	1	G.K. Butterfield	D	NV	3	Dina Titus	D
NC	2	Bob Etheridge	D	NY	1	Tim Bishop	D
NC	3	Walter Jones, Jr.	R	NY	2	Steve Israel	D
NC	4	David Price	D	NY	3	Peter King	R
NC	5	Virginia Foxx	R	NY	4	Carolyn McCarthy	D
NC	6	Howard Coble	R	NY	5	Gary Ackerman	D
NC	7	Mike McIntyre	D	NY	6	Gregory Meeks	D
NC	8	Larry Kissell	D	NY	7	Joseph Crowley	D
NC	9	Sue Myrick	R	NY	8	Jerrold Nadler	D
NC	10	Patrick McHenry	R	NY	9	Anthony Weiner	D
NC	11	Heath Shuler	D	NY	10	Ed Towns	D
NC	12	Melvin Watt	D	NY	11	Yvette D Clarke	D
NC	13	Brad Miller	D	NY	12	Nydia Velazquez	D
ND	At Large	Earl Pomeroy	D	NY	13	Michael McMahon	D
NE	1	Jeff Fortenberry	R	NY	14	Carolyn Maloney	D
NE	2	Lee Terry	R	NY	15	Charles Rangel	D
NE	3	Adrian Smith	R	NY	16	Jose Serrano	D
NH	1	Carol Shea-Porter	D	NY	17	Eliot Engel	D
NH	2	Paul Hodes	D	NY	18	Nita Lowey	D
NJ	1	Robert Andrews	D	NY	19	John Hall	D
NJ	2	Frank LoBiondo	R	NY	20	Keirsten Gillibrand	D

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
NY	21	Paul Tonko	D	PA	1	Robert Brady	D
NY	22	Maurice Hinchey	D	PA	2	Chaka Fattah	D
NY	23	John McHugh	R	PA	3	Kathy Dahlkernper	D
NY	24	Michael Arcuri	D	PA	4	Jason Altmire	D
NY	25	Dan Maffei	D	PA	5	Glenn Thompson	R
NY	26	Chris Lee	R	PA	6	Jim Gerlach	R
NY	27	Brian Higgins	D	PA	7	Joe Sestak	D
NY	28	Louise Slaughter	D	PA	8	Patrick Murphy	D
NY	29	Eric Massa	D	PA	9	Bill Shuster	R
OH	1	Steve Driehaus	D	PA	10	Christopher Camey	D
OH	2	Jean Schmidt	R	PA	11	Paul Kanjorski	D
OH	3	Michael Turner	R	PA	12	John Murtha	D
OH	4	Jim Jordan	R	PA	13	Allyson Schwartz	D
OH	5	Robert E. Latta	R	PA	14	Mike Doyle	D
OH	6	Charles Wilson	D	PA	15	Charlie Dent	R
OH	7	Steve Austria	R	PA	16	Joseph Pitts	R
OH	8	John Boehner	R	PA	17	Tim Holden	D
OH	9	Marcy Kaptur	D	PA	18	Tim Murphy	R
OH	10	Dennis Kucinich	D	PA	19	Todd Platts	R
OH	11	Marcia Fudge	D	PR	Resident	Luis Fortuno	R
OH	12	Patrick Tiberi	R		Commissioner		
OH	13	Betty Sutton	D	RI	1	Patrick Kennedy	D
OH	14	Steven laTourette	R	RI	2	James Langevin	D
OH	15	Mary Jo Kilroy	D	SC	1	Henry Brown Jr.	R
OH	16	John Boccieri	D	SC	2	Joe Wilson	R
OH	17	Tim Ryan	D	SC	3	J. Gresham Barrett	R
OH	18	Zachary Space	D	SC	4	Bob Inglis	R
OK	1	John Sullivan	R	SC	5	John Spratt	D
OK	2	Dan Boren	D	SC	6	James Clyburn	D
OK	3	Frank Lucas	R	SD	At Large	Stephanie Herseth	D
OK	4	Tom Cole	R	TN	1	Phil Roe	R
OK	5	Mary Fallin	R	TN	2	JohnDuncan, Jr.	R
OR	1	David Wu	D	TN	3	Zach Wamp	R
OR	2	Greg Walden	R	TN	4	Lincoln Davis	D
OR	3	Earl Blumenauer	D	TN	5	Jim Cooper	D
OR	4	Peter DeFazio	D	TN	6	Bart Gordon	D
OR	5	Kurt Schrader	D	TN	7	Marsha Blackburn	R

111<sup>th</sup> United States Congress  
House of Representatives

State	District	Representative	Party	State	District	Representative	Party
TN	8	John Tanner	D	VA	1	Robert J. Wittman	R
TN	9	Stephen Cohen	D	VA	2	Glenn Nye	D
TX	1	Louie Gohmert	R	VA	3	Bobby Scott	D
TX	2	Ted Poe	R	VA	4	Randy Forbes	R
TX	3	Sam Johnson	R	VA	5	Tom Perriello	R
TX	4	Ralph Hall	R	VA	6	Bob Goodlatte	R
TX	5	Jeb Hensarling	R	VA	7	Eric Cantor	R
TX	6	Joe Barton	R	VA	8	James Moran	D
TX	7	John Culberson	R	VA	9	Rick Boucher	D
TX	8	Kevin Brady	R	VA	10	Frank Wolf	R
TX	9	Al Green	D	VA	11	Gerry Connolly	D
TX	10	Michael McCaul	R	VT	Delegate	Donna Christenson	D
TX	11	Mike Conaway	R	VT	At Large	Peter Welch	D
TX	12	Kay Granger	R	WA	1	Jay Inslee	D
TX	13	William (Mac) Thornberry	R	WA	2	Rick Larsen	D
TX	14	Ron Paul	R	WA	3	Brian Baird	D
TX	15	Ruben Hinojosa	D	WA	4	Doc Hastings	R
TX	16	Silvestre Reyes	D	WA	5	Cathy McMorris	R
TX	17	Chet Edwards	D	WA	6	Norman Dicks	D
TX	18	Sheila Jackson Lee	D	WA	7	Jim McDermott	D
TX	19	Randy Neugebauer	R	WA	8	Dave Reichert	R
TX	20	Charles Gonzalez	D	WA	9	Adam Smith	D
TX	21	Lamar Smith	R	WI	1	Paul Ryan	R
TX	22	Pete Olson	R	WI	2	Tammy Baldwin	D
TX	23	Ciro Rodriguez	D	WI	3	Ron Kind	D
TX	24	Kenny Marchant	R	WI	4	Gwen Moore	D
TX	25	Lloyd Doggett	D	WI	5	James Sensenbrenner, Jr	R
TX	26	Michael Burgess	R	WI	6	Thomas Petri	R
TX	27	Solomon Ortiz	D	WI	7	David Obey	D
TX	28	Henry Cuellar	D	WI	8	Steve Kagen	D
TX	29	Gene Green	D	WV	1	Alan Mollohan	D
TX	30	Eddie Bernice Johnson	D	WV	2	Shelley Moore Capito	R
TX	31	John Carter	R	WV	3	Nick Rahall	D
TX	32	Pete Sessions	R	WY	At Large	Cynthia Lummis	R
UT	1	Rob Bishop	R				
UT	2	Jim Matheson	D				
UT	3	Jason Chaffetz	R				

111<sup>th</sup> United States Congress

Senate

State	Phone(202)	Senator	Party	State	Phone(202)	Senator	Party
AK	224-6665	Lisa Murkowski	R	IN	224-4814	Richard G. Lugar	R
AK		Mark Begich	D	KS	224-6521	Sam Brownback	R
AL	224-4124	Jeff Sessions	R	KS	224-4774	Pat Roberts	R
AL	224-5744	Richard C. Shelby	R	KY	224-4343	Jim Bunning	R
AR	224-4843	Blanche L. Lincoln	D	KY	224-2541	Mitch McConnell	R
AR	224-2353	Mark L. Pryor	D	LA	224-5824	Mary L. Landrieu	D
AZ	224-4521	Jon Kyl	R	LA	224-4623	David Vitter	R
AZ	224-2235	John McCain	R	MA	224-4543	Edward M. Kennedy	D
CA	224-3553	Barbara Boxer	D	MA	224-2742	John F. Kerry	D
CA	224-3841	Dianne Feinstein	D	MD	224-4524	Benjamin L. Cardin	D
CO		Mark Udall	D	MD	224-4654	Barbara A. Mikulski	D
CO	224-5852	Michael Bennet	D	ME	224-2523	Susan M. Collins	R
CT	224-2823	Christopher Dodd	D	ME	224-5344	Olympia J. Snowe	R
CT	224-4041	Joseph I. Lieberman	ID	MI	224-6221	Carl Levin	D
DE		Ted Kaufman	D	MI	224-4822	Debbie Stabenow	D
DE	224-2441	Thomas R. Carper	D	MN		<b>Disputed</b>	
FL	224-3041	Mel Martinez	R	MN	224-3244	Amy Klobuchar	D
FL	224-5274	Bill Nelson	D	MO		Kit Bond	R
GA	224-3521	Saxby Chambliss	R	MO	224-6154	Claire McCaskill	D
GA	224-3643	Johnny Isakson	R	MS	224-5054	Thad Cochran	R
HI	224-6361	Daniel K. Akaka	D	MS		Roger Wicker	R
HI	224-3934	Daniel K. Inouye	D	MT	224-2651	Max Baucus	D
IA	224-3744	Chuck Grassley	R	MT	224-2644	Jon Tester	D
IA	224-3254	Tom Harkin	D	NC	224-3154	Richard Burr	R
ID		Jim Risch	R	NC		Kay Hagan	D
ID	224-6142	Mike Crapp	R	ND	224-2043	Kent Conrad	D
IL	224-2152	Richard Durbin	D	ND	224-2551	Byron L. Dorgan	D
IL		Roland Burris	D	NE		Mike Johanns	R
IN	224-5623	Evan Bayh	D	NE	224-6551	Benjamin E. Nelson	D

111<sup>th</sup> United States Congress  
Senate

State	Phone(202)	Senator	Party	State	Phone(202)	Senator	Party
NH	224-3324	Judd Gregg	R	UT	224-5251	Orrin G. Hatch	R
NH		Jeanne Shaheen	D	VA	224-2023	Mark Warner	D
NJ	224-3224	Frank R. Lautenberg	D	VA	224-4024	Jim Webb	D
NJ	224-4744	Robert Menendez	D	VT	224-4242	Patrick J. Leahy	D
NM	224-5521	Jeff Bingaman	D	VT	224-5141	Bernard Sanders	I
NM		Tom Udall	D	WA	224-3441	Maria Cantwell	D
NV	224-6244	John Ensign	R	WA	224-2621	Patty Murray	D
NV	224-3542	Harry Reid	D	WI	224-5323	Russell Feingold	D
NY		Kirsten Gillibrand	D	WI	224-5653	Herb Kohl	D
NY	224-6542	Charles E. Schumer	D	WV	224-3954	Robert C. Byrd	D
OH	224-2345	Sherrod Brown	D	WV	224-6472	Jay Rockefeller	D
OH	224-3353	George V. Voinovich	R	WY	224-3424	Michael B. Enzi	R
OK	224-5754	Tom Coburn	R	WY		John Barrasso	R
OK		James Inhofe	R				
OR		Jeff Merkley	D				
OR	224-5244	Ron Wyden	D				
PA	224-6324	Robert P. Casey, Jr.	D				
PA	224-4254	Arlen Specter	R				
RI	224-4642	Jack Reed	D				
RI	224-2921	Sheldon Whitehouse	D				
SC	224-6121	Jim DeMint	R				
SC	224-5972	Lindsey Graham	R				
SD	224-5842	Tim Johnson	D				
SD	224-2321	John Thune	R				
TN	224-4944	Lamar Alexander	R				
TN	224-3344	Bob Corker	R				
TX	224-2934	John Comyn	R				
TX	224-5922	Kay Bailey Hutchison	R				
UT	224-5444	Robert F. Bennett	R				

## CENTERS FOR INDEPENDENT LIVING IN IOWA

### ❖ Central Iowa Center for Independent Living

Director: Robert E. Jeppesen  
655 Walnut Street, Suite 131 Des Moines, Iowa 50309-3930  
Voice: (515)-243-1742 TTY: (515)-243-2177  
Toll Free: (888)-503-2287 Fax: (515)-243-5385  
Email: [cicil@centraliowacil.com](mailto:cicil@centraliowacil.com) Web site: [www.centraliowacil.com](http://www.centraliowacil.com)

### ❖ Black Hawk Center for Independent Living

312-Jefferson Waterloo, IA 50701-1312  
Voice: (319) 291-7755 Fax: (319) 291-7781 Toll Free (888) 291-7754  
Email: [bhcil@blackhawkcenter.org](mailto:bhcil@blackhawkcenter.org) Web site: [www.blackhawkcenter.org](http://www.blackhawkcenter.org)

### ❖ Evert Conners Rights and Resources Center for Independent Living

730 S. Dubuque Street Iowa City, IA 52240  
Voice / TTY: (319) 338-3870 Fax: (319) 354-1799  
Email: [connerctr@aol.com](mailto:connerctr@aol.com)

### ❖ Illinois/Iowa Center for Independent Living

P.O. Box 6156 Rock Island, IL 61204-6156  
Voice & TTY: (309) 793-0090 Fax: (309) 283-0097  
Email: [iicil@iicil.com](mailto:iicil@iicil.com)

### ❖ League of Human Dignity Southwest Iowa Center for Independent Living

1520 Avenue N Council Bluffs, Iowa 51501  
Voice & TTY: (712) 323-6863 Fax: (712) 323-6811 Toll Free: (800) 843-5774  
E-mail: [cinfo@leagueofhumandignity.com](mailto:cinfo@leagueofhumandignity.com)

### ❖ South Central Iowa Center for Independent Living

117-1<sup>st</sup>. Avenue West Oskaloosa, Iowa 52577  
Voice & TTY: (641) 672-1867 Fax: (641) 672-1867 Toll Free: (800) 651-7911  
Email: [oskyscicil@mahaska.org](mailto:oskyscicil@mahaska.org)

### ❖ Three Rivers Independent Living Center Corporation

520-Nebraska Street Suite 324 Sioux City, IA 51101  
Voice & TTY: (712) 255-1065  
Email: [director1@trilc.org](mailto:director1@trilc.org)

### ILRU Directory of Centers for Independent Living

(To find a CIL in the United States & U. S. Territories)

<http://www.ilru.org/html/publications/directory/index.html>

**County Services**

(Boone, Dallas, Jasper, Madison, Polk, Story, Warren)

**Boone County Services**

- Department of Human Services  
900 W. 3rd St. Boone, IA 50036.....(515)-433-0593  
(800)-753-2136
- Boone County Public Health  
105 S. Marshall Street  
Boone, IA 50036.....(515)-432-1127  
(800)-395-9737
- HAWK-I (Healthy and Well Kids in Iowa)  
Web Site: <http://www.hawk-i.org/>.....(800)-257-8563  
Boone County Hospital Home Care Services.....(515)432-1127  
(800)395-9737
- Center for Child Care Resources  
724 Story Street, Suite 505, Boone, IA 50036.....(515) 432-7869  
(800) 437-8599
- Central Iowa Regional Housing Agency (CIRHA)  
1201 Gateway Drive, Crimes, IA 50111.....(515)-986-1882
- Boone County RRCAA - Housing Assistance  
606 Greene Street, Boone, IA .....(515)-432-5052
- Boone County Transportation (HIRTA)  
328 Snedden Drive, P.O. Box 32  
Boone, IA 50036-0032.....(515) 432-5038  
Hearing Impaired: .....(800) 735-2942 TDD or (800) 735-2943 Voice

**Dallas County Services**

- Department of Human Services  
210 North 10th Street, Adel, Iowa 50003.....(515)-993-5817  
(800)-397-3232
- Dallas County Public Health Nursing Services  
2423 Willis Avenue, Perry, IA.....(515) 993-3750  
121 North 9th Street, Adel, IA.....(515) 465-2483  
(800)-811-7565

HAWK-I (Healthy and Well Kids in Iowa)  
 Web Site: <http://www.hawk-i.org/>.....(800)-257-8563

Center for Child Care Resources  
 28059 Fairground Road, Adel, IA 50003-4406.....(515) 993-3813  
 (800) 722-7619

Dallas County Community Services  
 902 Court Street, Suite A, Adel, IA 50003.....(515)-993-5869

Central Iowa Regional Housing Agency (CIRHA)  
 1201 Gateway Drive, Crimes, IA 50111.....(515)-986-1882

Dallas County Transportation (HIRTA)  
 2360 Nantucket Road  
 Adel, IA 50003..... (515) 993-4531 (Adel)  
 (515) 465-2300 (Perry)  
 (515) 999-2216 (Granger)

Hearing Impaired: .....800) 735-2942 TDD - (800) 735-2943 Voice

**Jasper County Services**

Department of Human Services  
 115 N 2nd Ave. E, Suite H  
 Newton, IA 50208-3266.....(641)-792-1955

HAWK-I (Healthy and Well Kids in Iowa)  
 Web Site: <http://www.hawk-i.org/>.....(800)-257-8563

Jasper County Home Care Aide Program  
 115 N. 2nd Ave E. , Newton, Iowa 50208 .....(641)-787-9224

Center for Child Care Resources  
 550 N 2nd Ave W, Newton, IA 50208.....641) 792-6433  
 (800) 711-7081

Central Iowa Regional Housing Agency (CIRHA)  
 1201 Gateway Drive, Crimes, IA 50111.....(515)-986-1882

Jasper County Transportation (HIRTA)  
 474 Highway T-12 North  
 Newton, IA 50208.....(641) 787-0366  
 Hearing Impaired: (817) 738-8993 TDD

**Madison County Services**

Department of Human Services

209 E. Madison, Winterset, IA 50273.....(515) 462-2931  
 (888)-462-2931

Madison County Public Health  
 1008 N John Wayne Dr, Winterset, IA 50273.....(515) 462-9051

HAWK-I (Healthy and Well Kids in Iowa)  
 Web Site: <http://www.hawk-i.org/>.....(800)-257-8563

Madison County Community Services  
 209 East Madison  
 Winterset, IA 50273.....(515) 462-2931 ext.229

Center for Child Care Resources  
 106 W Green, Winterset, IA 50273.....(515) 462-9452  
 (800) 722-7619

Central Iowa Regional Housing Agency (CIRHA)  
 1201 Gateway Drive, Crimes, IA 50111.....(515)-986-1882

Madison County Transportation (HIRTA)  
 1006 North John Wayne Drive  
 Winterset, IA 50273-1233.....(515) 462-1334  
 Hearing Impaired: (.....800) 735-2942 TDD (800) 735-2943 Voice

**Polk County Services**

Department of Human Services.....(515) 283-9238  
 1900 Carpenter, Des Moines...(Food Stamps).....(515)-286-3555  
 1740 Garfield, Des Moines ...(Food Stamps).....(515)-286-3270

Polk County Health Department  
 1907 Carpenter Ave  
 Des Moines, IA 50314 .....(515) 286-3798

Polk County Health Services .....(515) 243-4545

Visiting Nurse Services  
 1111 9th Street, Suite 320  
 Des Moines, IA 50314.....(515) 288-1516

HAWK-I (Healthy and Well Kids in Iowa)  
 Web Site: <http://www.hawk-i.org/>.....(800)-257-8563

Center for Child Care Resources  
 808 5th Street, Des Moines, IA 50309..... (515) 246-3560  
 (800) 722-7619

Child Care (Assistance to Help Pay) .....283-9215

Child Care ( Assistance to Help Pay ) County.....286-3611

City of DMS Housing Services Department  
 Park Fair Mall, 100 E. Euclid, Suite 101  
 Des Moines, IA .....(515)-323-8950

Energy Assistance  
 Woodland Wilkie - 900 17<sup>th</sup> Street.....(515) 243-7817  
 Model Cities - 1251 University .....(515) 242-2710  
 Logan - E. 17<sup>th</sup> & Garfield.....(515) 264-7225

Polk County Transportation Services  
 DART, 1100 DART Way, Des Moines.....(515)-283-8100  
 Para-transit, 1100 DART Way, Des Moines.....(515)-283-8136

**Story County Services**

Department of Human Services  
 126 S. Kellogg, Suite 101, Ames, IA 50010.....(515)-292-2035

HAWK-I (Healthy and Well Kids in Iowa)  
 Web Site: <http://www.hawk-i.org/>.....(800)-257-8563

Ames Free Clinic  
 C/o First United Methodist Church  
 508 Kellogg, Ames, IA 50010.....(515)-233-5910

Story County Community Services  
 126 South Kellogg, Ames, IA 50010.....(515)-382-7290

Center for Child Care Resources  
 100 University Village, Ames, IA 50010.....(515) 294-7167  
 (800) 437-8599

Central Iowa Regional Housing Agency (CIRHA)  
 1201 Gateway Drive, Ames, IA 50111.....(515)-986-1882

City of Ames Department of Planning & Housing  
 P.O. Box 811, Ames, IA.....(515)-239-5400

Story County Transportation (HIRTA)  
 205 S. Walnut, Ames, IA 50010-6725.....(515) 233-2906  
 (800) 491-7433  
 Hearing Impaired: .....(800) 735-2942 TDD (800) 735-2943 Voice

**Warren County Services**

Department of Human Services  
 901 E. Iowa Ave., Indianola.....(515)-961-5353

	(800)-286-6424
Warren County Health Services	
301 North Buxton , Suite 203	
Indianola, IA 50125- .....	(515)-961-1074
HAWK-I (Healthy and Well Kids in Iowa)	
Web Site: <a href="http://www.hawk-i.org/">http://www.hawk-i.org/</a> .....	(800)-257-8563
Center for Child Care Resources	
909 E 2nd Ave, Ste E	
Indianola, IA 50125.....	(515) 961-5067
	(800) 722-7619
Warren County Housing Authority	
301 North Buxton Street, Suite 210	
Indianola, IA 50125-1801.....	(515)-961-1073
Warren County Transportation (HIRTA)	
1009 South Jefferson	
Indianola, IA 50125-2918.....	(515) 961-2543
Hearing Impaired: .....	(800) 735-2942 TDD (800) 735-2943 Voice

## Disability Resource Directory

AARP / Des Moines Office.....	287-1515
Access To Respite Care &* Help.....	309-0858
	(877) 255-3140
Action Center / Information Center.....	283-4500
ADA Coordinator.....	286-3394
ADA Technical Assistive Initiative .....	(800) 949-4232
ADA Technical in Movement for the Handicapped.....	(937)294-4611
Adult Abuse .....	283-9222
Aging Resources of Central Iowa.....	(800)747-5352
AID / HIV Testing & Counseling.....	286-3897
Alliance for the Mentally Ill of Iowa .....	(800) 417-0417
Alzheimer's Association.....	(800) 272-3900
Alzheimer's Disease Education.....	(800) 272-3900
American Association of Diabetes Education.....	(800) 338-3633
American Association of Kidney Patients.....	(800) 749-2257
American Brain Tumor Association.....	(800) 886-2282
American Cancer Society .....	(800) 227-2345
American Council of the Blind.....	(800) 424-8666
American Council for Headache Education.....	(856) 423-0258
American Diabetes Association.....	(800) 232-3472
American Foundation for the Blind.....	www.Afb.org....(800) 232-8721
American Heart Association.....	(800) 242-8727
	(800) 553-6321
American Institute for Center Research.....	(800) 843-8114
	(202) 855-1000
American Kidney Fund, Inc.....	(800) 638-8299
American Liver Foundation.....	(800) 223-2732

## Disability Resource Directory

American Lung Association.....	309-9507
American Parkinson Disease Association.....	(800) 223-2732
American Printing House for the Blind.....	(800) 223-1839
American Speech / Language / Hearing Association.....	(800) 638-8255
ARC of Iowa.....	(800) 362-2927
AT & T Accessible Communications Products Center.....	(V & TTY) (800) 233-1222
Attorney General (Consumer Protection & Fraud).....	281-5926
Behavioral Health Resources - Eyerly Ball.....	243-5181
Better Hearing Institute.....	(800) 327-9355
Blind Children's Center.....	(800)222-3566
Blinded Veterans Association.....	(800)669-7079
Brain Injury Association, Inc.....	(800) 444-6443
Broadlawns Community Access Program.....	282-6770
Broadlawns Crisis Team.....	282-5752
Broadlawns Hospital.....	282-2200
Cancer Hope Network.....	(800) 552-4366
Cancer Information Services.....	(800) 422-6237
Candlelighters Childhood Center Foundation.....	(800) 366-2223
CDS National AIDS Clearinghouse.....	V (800) 458-5231 (TTY) (800) 243-7012
CDC National AIDS Hotline.....	(800) 232-4626
Center for Assisted Technology & Environmental Access.....	(V/TTY) (800) 726-9119
Child Abuse Hotline.....	(800) 362-2178
Child Care Resource & Referral.....	246-3560
Child Guidance Center.....	244-2267
Child Protective Investigation.....	283-9222
Child Serve.....	727-8750

## Disability Resource Director-y

Chiron's & Colitis Foundation of America, Inc. ....	(800) 343-3637
City of Des Moines Governmental Information.....	283-4500
City of Des Moines Housing Services.....	323-8950
Citizen's for Community Improvement (CCI).....	255-0800
Cleft Palate Foundation (Cleft Line).....	(800) 242-5338
Community Family & Youth Services.....	286-3434
Community Support Advocates.....	883-1776
Council of Citizen With Low Vision International .....	National (800) 733-2258
Crime Victim Assistance.....	(800) 373-5044
Crisis & Advocacy Services (Non-Financial).....	286-3600
Cystic Fibrosis Foundation.....	(800) 344-4823
Daycare for Exceptional Children.....	280-5446
Deaf Action Center.....	(V)266-5105 (TTY) (800) 266-0600
Deaf Family Services.....	(/TTY) 288-9023
Department of Elder Affairs.....	242-3333
Department of Transportation.....	244-9124
Descriptive Video Services.....	(800) 333-1203
Des Moines Area Regional Transit (DART) General Information.....	283-8100
Des Moines Area Regional Transit (DART) Para-Transit.....	283-8136
Des Moines Municipal Housing.....	323-8950
Des Moines Neighborhood Resource Center.....	280-1807
Des Moines Police Dept. - General Information.....	283-4811
Disability & Business Technical Assistance Center(ADA&IT Center).....	(800) 949-4232
Disability Determination Services (Apply for SSI).....	281-4474
Disability Health Services.....	243-4545
Disability Resource Library.....	(V)(800) 272-7713 (TTY)(877)686-0032

## Disability Resource Directory

Domestic Abuse Hotline .....	(800) 942-0333
Easter Seals.....	274-1529
Easter Seals Farm Program.....	289-1933
Elderly Services (Senior Citizens Organization).....	286-3679
Elderly Waiver.....	280-3598
Election Office.....	286-2076
Emergency Management .....	286-2107
Emergency Management TDD.....	(800) 735-2942
Emergency Repairs / Housing rehabilitation.....	286-3726
Employee & Family Resources (EFR).....	288-9020 / 244-6090
Employment / Polk county Job Line.....	286-3831
Epilepsy Foundation of American - Patient Information & Referral... (800) 332-1000	
Epilepsy Information Services.....	(800) 642-0500
Eric Clearinghouse on Disability & Gifted Children.....	(800) 336-6463
Equal Employment Community Commission (EEOCO).....	(800) 669-4000
	(800) 495-4484
Extension Service (5035 NE 14 <sup>th</sup> ST).....	263-2660
Eyerly Ball Community Mental Health Center.....	243-5181
Families of Spinal Muscular Dystrophy.....	986-2181
	(800) 266-1726
Family Crisis Center.....	289-8939
Family Enrichment Center.....	286-3406
Family Investment Program (FIP) .....	
	Carpenter Office 286-3555
	East Office 286-3270 / 286-3395
Family Violence Center.....	243-6147
Father's for Equal Rights .....	277-8789

## Disability Resource Directory

Federal Government information.....	(800) 688-9899
Financial Assistance for Victims of Crimes.....	281-5044
First Call for Help.....	211
Food Poisoning (State of Iowa).....	281-6538
Forest Avenue Community Services.....	248-6216
Food Program-Commodities (Food for Seniors, Women w/ Children).....	286-3655
Gamblers Assistance Hotline.....	(800) 238-7633
General Assistance (Aid for Basic Needs).....	286-2088
General information for County Office Services.....	286-3000
Genetic Alliance.....	(800)336-4363
Genitive Health Services.....	226-8877
Glaucoma Research Foundation.....	(800) 826-6693
Golden Circle Behavioral Health.....	241-0982
Good Samaritan Urban Ministries.....	283-0818
Goodwill Industries.....	265-6650 or 270-6631
Guide Dog Foundation for the Blind, Inc.....	(800)548-4337
Habitat for Humanity.....	471-8686
Hawthorn Hill.....	283-1911
Hazardous Waste (HAZ-MAT).....	283-4768
Hear Now.....	(V/TTY)(800)648-4327
Hearing information Center.....	(800) 622-0327
Health Department (Polk county).....	286-3798
Hispanic Education Resources.....	282-6542
Homes, Inc. (Landlord / Tenant Issues).....	243-1277
Home Repair (Elderly, Disabled, Low Income).....	286-2088
Hospice of Central Iowa.....	274-3400
House of Mercy (Treatment Program).....	643-6500

## Disability Resource Directory

HUD (User).....	284-4512 (800)245-2691
Huntington's Disease Society of America.....	(800)345-4372
IBM Special Needs: Information & Referral Center.....	(800) 635-0606 (800) 296-4433
Immigration & Naturalization (INS) - Federal Building.....	323-2050
Immunization (Childhood).....	286-3798
Independent Living Aids.....	(800)-537-2118
Infectious Disease information & Testing.....	286-3798
International Hearing Society.....	(800) 521-5247
Iowa Coalition Against Domestic Violence.....	
Iowa Compass.....	(V) (800) 779-2001 (TTY) (877-686-0032)
Iowa Court Appointed Special Advocate.....	281-5960
Iowa Department for the Blind.....	281-1333 (800) 362-2587
Iowa Department Human Services.....	286-3550
Iowa Department of Public Health.....	281-5787
Iowa Department of Vocational Rehabilitation.....	281-4211
Iowa Department Disabilities Council.....	281-9083
Iowa Homeless AIDS Youth Center.....	265-1222
Iowa Jewish Senior Life Center.....	255-5433
Iowa Lutheran Hospital.....	263-5612
Iowa Methodist Nutrition Center.....	241-6212 / 241-8686
Iowa Program for Assistive Technology.....	(800) 779-2001
Iowa Protection & Advocacy.....	278-2502
Job Accommodation Network.....	(800) 526-7234

## Disability Resource Directory

Juvenile Diabetes Research Foundation.....	(800) 223-1138
Link Associates.....	262-8888
Lupus Foundation.....	(800)223-1138
Mental Health Court Cases (Polk County Only) .....	286-3666
Mercy Beaverdale Center.....	271-6333
Mercy Hospice Home Health Services.....	643-8383
Mercy Hospital.....	247-3121
Mosaic.....	246-1840
Multiple Sclerosis Society.....	(800) 344-4867
Muscular Dystrophy Association.....	453-9489
	(800) 527-1717
Myasthenia Gravis Foundation.....	(800) 541-5454
National AIDS / STD's Hotline.....	(800) 342-2437
National AIDS information Clearinghouse.....	(800)458-5231
National Alliance for the Mentally Ill.....	245-0417
	(800) 417-0417
National Alliance for Research -- Schizophrenia & Depression.....	(800) 829-8289
National Alliance of the Blind Student.....	(800)424-8666
National Amputee Gulf Association.....	(800) 633-6242
National Aphasia Association.....	(800) 922-4622
National Association for Sickle Cell Disease Inc.....	(800) 421-8453
National Autism Hotline.....	(304)525-8014
National Breast Cancer Coalition.....	(202)296-7477
	(800) 622-2838
National Cancer Institute .....	(800) 422-6237
National Captioning Institute.....	(703) 917-7600
National Center for Stuttering (NCS).....	(800) 221-2438

## Disability Resource Directory

National Center for Vision & Aging / Lighthouse Internet.....	(800) 334-5497
National Clearinghouse for Alcohol & Drug information.....	(V) (800) 729-6686 (TTY) (800) 487-4889-
National Clearinghouse for Rehabilitation Training Materials.....	(435) 797-3416
National Cleft Palate Foundation.....	(800) 242-5338
National Council on Aging.....	(800) 424-9046
National Council on Alcoholism & Drug Dependence.....	(800) 622-2255
National Depressive & Manic-Depressive Association.....	(800) 826-3632
National Down Syndrome Congress.....	(800) 221-4602
National Down Syndrome Society.....	(800) 232-6372
National Drug Referral & Information Home.....	(800) 662-4357
National Easter Seals Society.....	(800) 221-6827
National Eye Care Project.....	800) 222-3937
National Federation of the Blind.....	(410)-659-9314
National Fighting Blindness Foundation.....	(V) (800) 729-6686 (TTY) (800) 386-5551
National Fragile X Foundation.....	(800) 688-8765
National Head Injury Foundation.....	(800) 444-6443
National Headache Foundation.....	(800) 843-2256
National Hearing Society.....	(800) 521-5247
National Information Clearinghouse for Deaf &/or Blind Child.....	(V) (800)438-9376 (TTY) (800) 854-7013
National Institute for Rehabilitation Engineering.....	(800) 736-2216
National Institute on Deafness Inc.....	(800) 241-1055
National Kidney Foundation.....	(800) 622-9010
National Library Services for Blind & Physical Needs.....	(800) 424-8567
National Marfan Foundation.....	(800) 862-7326

## Disability Resource Directory

National Mental Health Consumers Clearinghouse (Self Help).....	(800)553-4539
National Multiple Sclerosis Society.....	(800) 344-4867
National Organization on Fetal Alcohol syndrome.....	(800) 666-6327
National Parkinson Foundation.....	(800) 327-4545
National Resource Center on Homelessness & Mental Illness.....	(800) 950-6264
National Spinal Cord Injury Association.....	(800) 962-9629
National Stuttering Association.....	(800) 364-1677
Nursefinders of Des Moines.....	225-3800
Nurse Force.....	224-4566
Oakridge Neighborhood Service.....	244-7702
Office for Civil Rights.....	(V)(800)368-1019 (TTY)(800) 368-0101
On With Life Inc.....	965-1339
Paralyzed Veterans of America.....	(V)(800)424-8200 (TTY)(800)795-4327
Parkinsons Disease Foundation.....	(800) 457-6676
Patient Advocates for Advanced Prostrate Cancer Treatment.....	(800) 472-8636
Phoenix Society for Burn Survivors Inc.....	(800)888-2876
Polk County Courthouse - Fifth & Mulberry.....	286-3845
Polk County Government Information.....	286-3000
PKD Foundation.....	(800) 753-2873
Prevent Blindness America.....	(800) 331-2020
Progress Industries.....	(641)792-6119
Rainbow Center Inc.....	243-6929
Recording for the Blind & Dyslexic (RFBD).....	(800) 221-4792
Salvation Army.....	282-3422
Scleroderma Research Foundation.....	(800) 441-2873

## Disability Resource Directory

Sickle Cell Disease Association.....	(800) 421-8453
Social Security Administration.....	(V)(800) 772-1213
	(TTY)(800) 325-0770
Spina Bifida Association.....	(800) 621-3141
Spinal Cord Injury Network International.....	(800) 548-2673
State of Iowa Information.....	281-5011
Stuttering Foundation of America.....	(800) 992-9392
St. Vincent DePaul.....	282-8327
Tourette Syndrome Association.....	(800) 237-0717
Union Park Health Services.....	262-9303
United Cerebral Palsy Association.....	(800) 872-5827
United Ostomy Association.....	(800) 826-0826
United Scleroderma Foundation.....	(800) 722-4673
United Way.....	246-6500
Urban Dreams.....	288-4742
Commission.....	(V)(800) 669-4000
	(TTY)(414) 297-1115
Very Special Arts of Iowa (VSA).....	281-3179
Violent Crimes Crisis and Advocacy Services.....	No domestic calls 286-3600
Visiting Nurses Association.....	(800)426-2547
Vital Records of Polk County.....	286-3781
Workforce Development.....	281-9619
YMCA.....	288-2424
YWCA.....	244-8961
Young Women's Resource Center.....	244-4901
Yonkers Rehabilitation Center.....	241-5284

## CICIL CALENDAR OF EVENTS - 2009

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>TIME</u>
1-Jan	Thursday	New Year's Day	CLOSED
2-Jan	Friday	Free Afternoon Movie	1:00 PM
6-Jan	Tuesday	Job Finders Peer Support Meeting	2:00-3:00
9-Jan	Friday	Free Afternoon Movie	1:00 PM
13-Jan	Tuesday	Debtors Anonymous Support Group	2:00-3:00
15-Jan	Thursday	Legislative Breakfast (Capital Building )	7:00-9:00
16-Jan	Friday	Free Afternoon Movie	1:00 PM
19-Jan	Monday	Martin Luther King Day	CLOSED
20-Jan	Tuesday	Women's Support Group	2:00-3:00
23-Jan	Friday	Free Afternoon Movie	1:00 PM
27Jan	Tuesday	Men's Support Group	2:00-3:00
30-Jan	Friday	Free Afternoon Movie	1:00 PM
3-Feb	Tuesday	Job Finders Peer Support Meeting	2:00-3:00
6-Feb	Friday	Free Afternoon Movie	1:00 PM
10-Feb	Tuesday	Debtors Anonymous Support Group	2:00-3:00
13-Feb	Friday	Free Afternoon Movie	1:00 PM
17-Feb	Tuesday	Women's Support Group	2:00-3:00
20-Feb	Friday	Free Afternoon Movie	1:00 PM
24-Feb	Tuesday	Men's Support Group	200-3:00
27-Feb	Friday	Free Afternoon Movie	1:00 PM
3-Mar	Tuesday	Job Finders Peer Support Meeting	2:00 PM
6-Mar	Friday	Free Afternoon Movie	1:00 PM
10-Mar	Tuesday	Debtors Anonymous Support Group	2:00-3:00
13-Mar	Friday	Free Afternoon Movie	1:00 PM
17-Mar	Tuesday	Women's Support Group	2:00-3:00
20-Mar	Friday	Free Afternoon Movie	1:00 PM
24-Mar	Tuesday	Men's Support Group	2:00-3:00
27-Mar	Friday	Free Afternoon Movie	1:00 PM
3-Apr	Friday	Free Afternoon Movie	1:00 PM
7-Apr	Tuesday	Job Finders Peer Support Meeting	2:00 PM
10-Apr	Friday	Free Afternoon Movie	1:00 PM

14-Apr	Tuesday	Debtors Anonymous Support Group	2:00-3:00
17-Apr	Friday	Free Afternoon Movie	1:00 PM
21-Apr	Tuesday	Women's Support Group	2:00-3:00
24-Apr	Friday	Free Afternoon Movie	1:00 PM
28-Apr	Tuesday	Men's Support Group	2:00-3:00
1-May	Friday	Free Afternoon Movie	1:00 PM
5-May	Tuesday	Job Finders Peer Support Meeting	2:00 PM
8-May	Friday	Free Afternoon Movie	1:00 PM
12-May	Tuesday	Debtors Anonymous Support Group	2:00-3:00
15-May	Friday	Free Afternoon Movie	1:00 PM
19-May	Tuesday	Women's Support Group	2:00-3:00
22-May	Friday	Free Afternoon Movie	1:00 PM
25-May	Monday	Memorial Day	CLOSED
26-May	Tuesday	Men's Support Group	2:00-3:00
29-May	Friday	Free Afternoon Movie	1:00 PM
2-Jun	Tuesday	Job Finders Peer Support Meeting	2:00 PM
5-Jun	Friday	Free Afternoon Movie	1:00 PM
9-Jun	Tuesday	Debtors Anonymous Support Group	2:00-3:00
12-Jun	Friday	Free Afternoon Movie	1:00 PM
16-Jun	Tuesday	Women's Support Group	2:00-3:00
19-Jun	Friday	Free Afternoon Movie	1:00 PM
23-Jun	Tuesday	Men's Support Group	2:00-3:00
26-Jun	Friday	Free Afternoon Movie	1:00 PM
3-Jul	Friday	Independence Day	CLOSED
7-Jul	Tuesday	Job Finders Peer Support Meeting	2:00 PM
10-Jul	Friday	Free Afternoon Movie	1:00 PM
14-Jul	Tuesday	Debtors Anonymous Support Group	2:00-3:00
17-Jul	Friday	Free Afternoon Movie	1:00 PM
21-Jul	Tuesday	Women's Support Group	2:00-3:00
24-Jul	Friday	ADA Celebration	1:00 3:00
28-Jul	Tuesday	Men's Support Group	2:00-3:00
31-Jul	Friday	Free Afternoon Movie	1:00 PM
4-Aug	Tuesday	Job Finder Support Meeting	2:00 PM
7-Aug	Friday	Free Afternoon Movie	1:00 PM
11-Aug	Tuesday	Debtors Anonymous Support Group	2:00-3:00

14-Aug	Friday	Free Afternoon Movie	1:00 PM
18-Aug	Tuesday	Women's Support Group	2:00-3:00
21-Aug	Friday	Free Afternoon Movie	1:00 PM
25-Aug	Tuesday	Men's Support Group	2:00-3:00
28-Aug	Friday	Annual CICIL Picnic (Gray's Lake)	Noon - 2
1-Sep	Tuesday	Job Finders Peer Support Meeting	2:00 PM
4-Sep	Friday	Free Afternoon Movie	1:00 PM
7-Sep	Monday	Labor Day	CLOSED
8-Sep	Tuesday	Debtors Anonymous Support Group	2:00-3:00
11-Sep	Friday	Free Afternoon Movie	1:00 PM
15-Sep	Tuesday	Women's Support Group	2:00-3:00
18-Sep	Friday	Free Afternoon Movie	1:00 PM
22-Sep	Tuesday	Men's Support Group	2:00-3:00
25-Sep	Friday	Free Afternoon Movie	1:00 PM
2-Oct	Friday	Free Afternoon Movie	1:00 PM
6-Oct	Tuesday	Job Finders Peer Support Meeting	2:00 PM
9-Oct	Friday	Free Afternoon Movie	1:00 PM
13-Oct	Tuesday	Debtors Anonymous Support Group	2:00-3:00
16-Oct	Friday	Free Afternoon Movie	1:00 PM
20-Oct	Tuesday	Women's Support Group	2:00-3:00
23-Oct	Friday	Free Afternoon Movie	1:00 PM
27-Oct	Tuesday	Men's Support Group	2:00-3:00
30-Oct	Friday	Free Afternoon Movie	1:00 PM
3-Nov	Tuesday	Job Finders Peer Support Meeting	2:00 PM
3-Nov	Tuesday	Election Day	VOTE
6-Nov	Friday	Free Afternoon Movie	1:00 PM
10-Nov	Tuesday	Debtors Anonymous Support Group	2:00-3:00
13-Nov	Friday	Free Afternoon Movie	1:00 PM
16-Nov	Tuesday	Women's Support Group	2:00-3:00
20-Nov	Friday	Free Afternoon Movie	1:00 PM
24-Nov	Tuesday	Men's Support Group	2:00-3:00
26-Nov	Thursday	Thanksgiving Day	CLOSED
27-Nov	Friday	Thanksgiving Day Holiday	CLOSED
1-Dec	Tuesday	Job Finder Peer Support Meeting	2:00 PM
4-Dec	Friday	Free Afternoon Movie	1:00 PM

8-Dec	Tuesday	Debtors Anonymous Support Group	2:00-3:00
11-Dec	Friday	Free Afternoon Movie	1:00 PM
15-Dec	Tuesday	Women's Support Group	2:00-3:00
18-Dec	Friday	Christmas Party	Noon -2
22	Tuesday	Men's Support Group	2:00-3:00
25-Dec	Friday	Christmas Day	CLOSED

## **Alternative Forms**

This issue of our Disability Awareness Guide 2008 is available in the following forms upon request:

Electronic  
Large Print  
Braille Print  
Audio Cassette

Please contact CICIL if you know of other disability resources which are not list in our Disability Resource Directory on pages 41-50.

For more information call:

Central Iowa Center for Independent Living  
(515) 243-1742



**2009  
Thirteenth Edition  
Disability Awareness Guide  
Central Iowa Center for Independent Living  
655 Walnut Street, Suite 131  
Des Moines, Iowa 50309**

**Robert E. Jeppesen  
Executive Director**

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TTY (515) 243-2177  
Fax (515) 243-5385  
Email: [cicil@centraliowacil.com](mailto:cicil@centraliowacil.com)  
Website: [www.centraliowacil.com](http://www.centraliowacil.com)**