

## Blind Like Me...

### Disability and Civil Rights

By Frank Strong, Jr.

#### “What is a Center for Independent Living?”

For centuries, people with disabilities have been the object of pity, hostility, and indifference. From the Old Testament in the Bible to recent publications and economic statistics, people with disabilities have been marginalized, segregated, and shipped off to far away places where they “can be with other cripples...”

This segregation is often not what the people with disabilities want. People with disabilities represent a cross-section of

society. Some are smart while others are not; some are highly motivated while others are not; Some are well-intentioned while others are not. People with disabilities are from all social strata, all cultures, all colors and disabilities are usually not gender specific.....

One common trait among nearly all people with disabilities is that they really don't want to be disabled, but they are. So one way to overcome a difficult situation is to confront it and make the most of it.

## CICIL Open House

Tuesday, July 12, 2005

4:00 pm to 6:00 pm

*Looking Forward  
To Seeing You!*

## CICIL Board Members

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## .....Blind Like Me Continued

Again throughout history there has been an ongoing effort to help people with disabilities. Programs, too many to count, have been created to help folks and some of these organizations have been successful. Many have not. Agencies often fail because they do not understand the challenges, hopes, and dreams of the people they try to help. And even when people without disabilities study books, videos, and research concerning disability issues, they still do not understand. There is no substitute for real-life experience.

But there is hope. In the early 1970's a young man by the name of Ed Roberts began the independent living movement. This movement is different from other disability service programs as the centers for independent living must be staffed and governed by people with disabilities. The empathizes in centers for independent living is for people with disabilities to help others who are seeking to achieve independence. Independence can include living arrangements, employment, education, and transportation. Staff at

centers for independent living provide the training on a peer to peer basis. Sharing of information on advocacy, self-advocacy, information and referral as well as independent living skill development are provided on a voluntary basis to people with disabilities who seek help.

Folks with all kinds of disabilities have been served at centers for independent living. People with disabilities are served regardless of age, gender, sexual orientation, nationality, or religious affiliation.

If you know of someone with a disability, please refer them to us. My contact information is described below.

This article was written by Frank Strong, Jr. Frank is Associate Director of the Central Iowa Center for Independent Living (CICIL). The views expressed in this column do not necessarily reflect the opinions, attitudes, or perspectives of the members of the CICIL Board of Directors, it's staff, or consumers.

Frank can be reached at phone number (515) 243 1742 ex. 3. E-mail is <strongman@raccoon.com ■



### **Are You Worried About Losing Benefits If You Work?**

Ginger Novelle, a Benefits Specialist, can calculate how much you can earn and keep your SSI and/or SSDI benefits. She can also help you find funding for a college education or job training to start a business or pay disability based work expenses. For more information, please contact: Ginger, Challenge Cross Roads/A Higher Path at 285-3001.

### **Recovery Incorporated**

By Mark Grunzweig, Facilitator

Recovery Incorporated is a self-help support group for people with mental health issues, anxiety, anger and relationship conflicts.

We will meet on Thursday afternoons at 2:30 PM in the large conference room at CICIL.

#### **Contact information:**

Mark Grunzweig  
(Home Phone) 237-0232  
(Please call before 9:00 PM)

# Agency Spotlight

Each newsletter, CICIL spotlights an agency which serves people in the CICIL service area. This issue, CICIL is casting its spotlight onto Urban Dreams, a local Des Moines service provider. This year Urban Dreams is celebrating its 20th anniversary.

Urban Dreams is an agency which serves people who live in the inner city of Des Moines. The services provided by Urban Dreams are:

- Community Health - health services for low income and minority residents.
- Community Care Case Services - Strengthens families and prevents child abuse and neglect.
- Full Service Community Schools - Pre-school and after-school programs for low income children and families in Polk County.
- Healthy Start to Empowerment - Helps mothers and their children age 0 to 5.
- HERO (Habilitation and Empowerment of Returning Offenders) -- Helps offenders Returning to society after incarceration.
- Information and Referral - Refers inner city residents to community services and support programs
- Links to Learning - Helps Des Moines inner city youth resolve or avoid suspensions from school. Also improves academic performance.
- SAVE (Substance Abuse Variation Exploration) - Urban Dreams collaborates with other agencies to provide substance abuse treatment services to youth and adults.

As is stated by Dan Rather, “Urban Dreams takes cases no one else will...people for whom the organization (Urban Dreams) is their last hope.”

## Contact Urban Dreams at:

(515) 288-4742

Toll-free (800) 269-1028

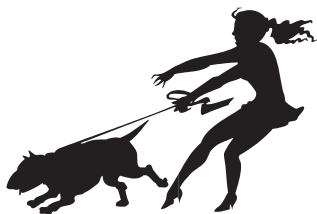
Website: [www.urbandreams.org](http://www.urbandreams.org)

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## Dog Walking - Your Dog Needs Exercise!

Schedule a dog walking program to help your dog stay healthy and happy.

Call CICIL for details.




## Disability Inquiry

Each week, CICIL staff receives questions about a variety of disability problems and issues. The following is an example of a question CICIL staff recently received from one of our consumers:

**Question:** “How do I obtain a reduced fare MTA bus pass?”

**Answer:** The Metro Transit Authority has

# ADA Celebration



**Yesterday's Fights Tomorrow's Freedom. Celebrating the 15th Anniversary of the American with Disabilities Act**

**Where:** Downtown Des Moines Farmer's Market  
Court and 4th Street

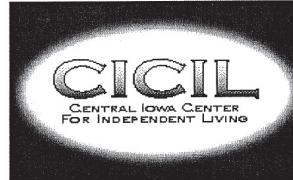
**When:** Saturday, July 23, 2005  
7am-12pm

**Festivities:** Live Entertainment, Auction, Education Rally,  
and Fun Activities For All to Enjoy

Hosted By:  
Woodward Resource Center, People First, SEMO, State Public Policy and...



VSA arts of Iowa



Governor's  
Developmental  
Disabilities Council



Division of Persons with Disabilities  
Department of Human Rights



Iowa  
Protection  
and  
Advocacy  
Services



Special Olympics  
Iowa

## .....Disability Inquiry Continued

a program called Opportunities Through Transit (OTT) which enables people on limited incomes to obtain a bus pass for unlimited bus transportation within the MTA system. The reduced fare is \$15.00 and is comparable to the standard \$30.00 monthly bus pass available to the general public. Either bus pass will allow its holder unlimited use of fixed route bus transportation. The OTT bus pass is available to individuals whose income is no more than 125 per cent of poverty level as established by the federal government. For example, an individual who lives in a one-

person household can earn or receive no more than \$11,962.00 annually.

The application process is quite simple and there are several locations in the Des Moines area where individuals can obtain their monthly bus passes. CICIL is one of the OTT service locations.

If you are interested in finding out more about the OTT program, please call CICIL or the Metro Transit Authority. The phone number for the MTA OTT program is: 283-8100. ■

# CICIL Calendar Of Events for July, August, & September 2005

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>TIME</u>
July 5	Tuesday	Job Finders Peer Support Mtg	2:00 p.m.
July 4	Monday	Fourth of July	CLOSED
July 12	Tuesday	CICIL Open House	4:00 P.M. to 6:00 P.M.
July 19	Tuesday	Peer Support Mtg Presentation by Karen Curtis	2:00 p.m.
July 23	Saturday	Social Security – Medicare Prescription Information ADA Anniversary Celebration (Farmer’s Market, Downtown)	7:00 A.M. to 12:00P.M.
August 2	Tuesday	Job Finders Peer Support Mtg	2:00 p.m.
August 3	Wednesday	First CLDW Session	12:00 P.M. to 2:00 P.M.
August 12	Friday	“Building Bridges Day”	IA State Fair - all day
August 11 to August 21	Thursday Sunday	Iowa State Fair	
August 26	Friday	CICIL Picnic @ Sayers Park	11:00 A.M.to 2:00 P.M.
September 6	Tuesday	Job Finders Support Mtg	2:00 p.m.
September 5	Monday	Labor Day	CICIL CLOSED
September 22	Thursday	Second LWD Session (Lincoln High School)	6:00 p.m. to 8:00 p.m.
September 27	Tuesday	Peer Support Mtg	2:00 p.m.

MTA OTT information can be obtained by contacting CICIL at 243-1742

## Job Opening: Independent Living Specialist

Full Time  
(40 Hours per Week)

CONTACT INFORMATION

SEND YOUR RESUME TO

Frank Strong,  
Associate Director  
cicil@centraliowacil.com  
By Friday, July 22, 2005

## What Independence Means To Me

By Christie Rushing

Not having others “Do It for Me”

Overcoming attitudinal barriers  
With maturity and without grievance

To choose: Where I Live  
The type of transportation I use

The right to have necessary medical care

The freedom to engage in social and recreational activities

Knowing I’m responsible for “MY OWN” WELL BEING

# CICIL's 2005 Annual Picnic

## You Are Invited

- WHO:** CICIL consumers, board members, service provider, CICIL supporters, and general public
- WHAT:** CICIL's 2005 Annual Picnic
- WHEN:** Friday, August 26, 2005  
11:AM until 2:00 PM
- WHERE:** Sayers Park  
SW 14th & Watrous  
(Also accessible by way of SW 14th  
and Lynden Lane Des Moines, IA)

### Sayers Park provides the following resources:

- Picnic shelter area,
- Charcoal grill,
- Tennis courts, and
- Iowa sunshine!

### Transportation

The MTA will transport picnic goers via the standard Route #8 bus. The bus leaves the transit mall at 10:45 AM. The MTA buses leave the transit mall at 15 minutes until the hour, every hour from 8:45AM until 4:45 PM. Regular MTA buses have some seating for wheelchair users. You are required to pay for your transportation to and from the picnic. CICIL will also charter an additional bus. This bus will leave the transit mall at 10:50 AM. **You must RSVP CICIL to ride this bus. RSVP by Noon on Friday, August 19, 2005.**

You are encouraged to bring outside games, table games, cameras and music. Please plan to bring ***your own table service and food items to be cooked on the grill.*** CICIL will provide side dishes and beverages.

If you have any questions, please call CICIL at: (515) 243-1742 (voice) or (515) 243-2177 (TTY).

**Plan to join us for our fun picnic!**

# Automatic Doors of Iowa, L.C.

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- SLIDING DOOR PACKAGES
  1. UNI-SLIDE (CONCEALED OR SURFACE MOUNT) BI-PARTING OR SINGLE SLIDE
  2. TELESCOPIC (CONCEALED OR SURFACE MOUNT)
  3. CLEAN ROOM (CONCEALED OR SURFACE MOUNT)
- ICU/CCU DOORS
  1. STANDARD SLIDING (ICU/CCU), TELESCOPIC, BI-WAY (BI-FOLD & SWING COMBO)
- SWING DOOR PACKAGES
  1. SWINGMASTER MP (CONCEALED OF SURFACE) EXTERIOR/WINDY APPLICATIONS
  2. POWERSWING (LOW ENERGY ADA APPLICATIONS INTERIOR OR EXTERIOR)
  3. PASSPORT PLUS PEDESTRIAN DOOR SYSTEMS WITH SAFETIES
- BI-FOLDS - (CONCEALED OR SURFACE MOUNT) - READYFOLD
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FOR MORE INFO OR TO REQUEST A SPEC BOOK, CONTACT:  
BESAM PRODUCTS - MICHELE BUCK  
MAHON/MIDLAND PRODUCTS - RON CHALUP

# UERS

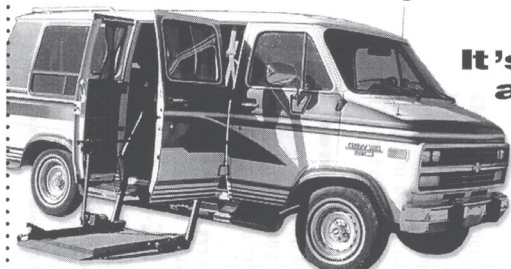
## USED EQUIPMENT REFERRAL SERVICE

*from Iowa COMPASS, a program of the Center for Disabilities and Development*



**Do** you or someone you know have adapted equipment collecting dust in an attic, garage, or basement because it's not being used?

**Then** call Iowa COMPASS, because the UERS is a **FREE** resource for buying and selling used adapted equipment.

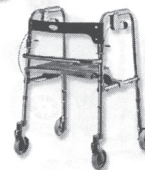


**It's as simple as a phone call.**

**800-779-2001** (toll-free voice)

**877-686-0032** (toll-free TTY)

[www.uiowa.edu/infotech/UERS.HTM](http://www.uiowa.edu/infotech/UERS.HTM)





**CICIL**

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

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# INSIDE: Annual Picnic Open House



Please add my name to CICIL's mailing list. \_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Please select the format of your choice:

Standard Print \_\_\_\_ Large Print \_\_\_\_ Braille \_\_\_\_ Audio Cassette \_\_\_\_

E-Mail \_\_\_\_ (E-Mail Address: \_\_\_\_\_)

Other (please specify): \_\_\_\_\_

Please remove my name from the mailing list. \_\_\_\_

Name: \_\_\_\_\_

