

Norma Boge-Conyers New Independent Living Specialist



Norma A. Boge-Conyers is CICIL's new Independent Living Specialist. Originally from north central Iowa, Norma holds degrees from Washington State and Drake. Her previous work experience includes time spent as an aide to U.S. Senator Tom Harkin, and as administrative assistant to the Statewide Independent Living Council. Norma has been active in the local disability community for some time, and has served on a number of advisory boards and task forces. Her hobbies include reading, sports and spending time with her pets, a basset hound named Taj Mahal and a cat named Spokane. Norma and her husband, Eldon Conyers, have been married one year and reside in southeast Des Moines.

CICIL Board of Directors Members and Terms of Service

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Secretary

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Agency Spotlight

All of us are probably familiar with the various types of therapies available today--physical therapy, speech therapy, occupational therapy, etc. However, a relatively new therapy, hipotherapy, is giving new hope to some persons with disabilities. Hipotherapy involves a patient working with specially trained therapists, who use a horse as a treatment tool. Thus far, scientists have not been able to duplicate the gait of a human. However, by placing a person just forward of a horse's pelvis, the human gait is nearly duplicated.

Timber Creek Therapies, located near Guthrie Center, is the first hipotherapy center in Iowa to offer year-round therapeutic services. Cindy McCarty, a speech and language therapist with nearly 30 years experience working with persons with disabilities, established Timber Creek Therapies about four years ago. McCarty says hipotherapy helps

patients with cerebral palsy, brain injuries, strokes, autism, learning disabilities, attention deficit disorder, multiple sclerosis, spina bifida and other illnesses and disabilities.

In addition to the therapy involving horses, Timber Creek offers physical therapy in a 5,500 gallon pool, whose depth can be adjusted, and the water can be moved therapeutically by electric current. Massage therapy, ultrasound, electrical stimulation, kinesio taping, infrared light/laser and heat/ice treatments are also available.

Timber Creek Therapies is fully certified by Medicaid, Medicare, Wellmark and many other insurers. For those without insurance, a non-profit organization, Timber Creek Charities, has been established to help those who cannot afford the therapy.

For more information about Timber Creek Therapies, call (641) 747-3225. ■

Press Release

September 8, 2005

Needs of Iowans with disabilities will be the topic of discussion at a public meeting hosted by the State Rehabilitation Council and the Iowa Vocational Rehabilitation Services.

The Central Iowa Center for Independent Living will be the host site for people to stop by on November 1 between 4:00 and 6:00 p.m. Several of the volunteer members of the State Rehabilitation Council will be present to hear your ideas and concerns. If you are unable to attend that

meeting or need a sign language interpreter, please contact Kathryn Baumann-Reese at the Iowa Department of Human Rights, Des Moines, IA 50319 or kathryn.reese@iowa.gov

Your input will be used in writing the state plan for the Iowa Vocational Rehabilitation Services and guiding the State Rehabilitation Council in their activities.

Kathryn-Baumann Reese
(515) 281-7121

Autumn Delight

A Poem By Joan Haspray

Soon Halloween will appear...
Making many children happy with cheer.

Parties for all ages...
Costumes as if on stages...
Fun even on small wages.
Journals have exciting pages.

Then soon Thanksgiving will appear...
Again, many with cheer.

Turkeys galore...
families don't deplore.
happiness roars,
busy are many a store.

Families unite...
a beautiful loving sight.
all feeling right.
through the day and night.

Thanksgiving is of course...
The appreciative sight.

And then the December Holidays zoom
right away...
With spirits of love seen on each day.

Holiday trees, Holiday treats, Holiday
laughter many do meet.

Is truly a magnificent holiday to love each.

And as these three Holidays lighten up
the year...
They fulfill our need for love and cheer.

What would we do without Holidays?
They break monotony times...
With the bright spirit of sun rays.

The Eyes Have It

Sometimes I'm fast, sometimes I'm slow...
But the eyes reflect the soul.

At times my eyes look dim...
Ended by pain and sin
Perhaps from a battle with mental illness
Which can beckon quickly and abolish stillness.

At other times they seem to smile...
Wanting to laugh and walk many a mile.

Sometimes they pierce and give a hateful sign...
Sometimes misinterpreted as a negative fine.

For deep inside I try to be kind
Even when tired and want to unwind.

Now lately I bought an eye liner...
To try to make my eyes look finer.

But by the end of the day, they are a bit smeared...
For depression sometimes hits...
Which often I have feared.

Through the day, I may think of my deceased
companion...
My sad feelings are sometimes at random.

Tears barely fall now, but at times my eyes "smart"...
The focus is blurred and memories hit like a dart.

There goes the eye liner—faded and smeared with
lost dreams.

Why just yesterday my tomorrows looked positive...
So why not have the eyes gleam and look sharp
and keen.

With multitudes of emotions, including wit...
The eyes have it!

Accessible Housing Options

Please note that CICIL retains a detailed listing of accessible housing options in and near the greater Des Moines area. The listing describes accessibility features and proximity to public transit, food stores, and places of worship.

CICIL Calendar Of Events for October 2005

All meetings begin at 2:00 p.m. unless indicated otherwise

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>	<u>TIME</u>
October 4	Tuesday	Job Finders Support Group	
October 6	Thursday	Recovery, Inc. Peer Support Group	
October 13	Thursday	Recovery, Inc. Peer Support Group	
October 20	Thursday	Recovery, Inc. Peer Support Group	
October 25	Tuesday	General Peer Support Group	
October 27	Thursday	Recovery, Inc. Peer Support Group	
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November 1	Tuesday	Job Finders Peer Support Group	
November 1	Tuesday	Public Meeting-Iowa Rehabilitation Council	4-6 p.m.
November 3	Thursday	Recovery, Inc. Peer Support Group	
November 10	Thursday	Recovery, Inc. Peer Support Group	
November 17	Thursday	November 17	
November 25-26	Thurs-Fri	CICIL Picnic @ Sayers Park	
	Thursday	Thanksgiving Holiday CICIL Closed	
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December 1	Thursday	Recovery, Inc. Peer Support Group	
December 6	Tuesday	Job Finders Peer Support Group	
December 8	Thursday	Recovery, Inc. Peer Support Group	
December 15	Thursday	Recovery, Inc. Peer Support Group	
December 22	Thursday	Recovery, Inc. Peer Support Group	
December 27	Tuesday	General Peer Support Group	
December 29	Thursday	Recovery, Inc. Peer Support Group	

New, Exciting Voting Method at CICIL!

In an effort to expand the involvement and empowerment of CICIL consumers, the CICIL Board of Directors has changed CICIL's Bylaws to allow more control by CICIL consumers.

On Tuesday, September 12, 2005, CICIL conducted its annual meeting for fiscal year 2005. During that meeting, board members and CICIL consumers voted in two new board members. The two new board members are Terry Anderson and Jonathan Narcisse.

Through this new voting process, consumers exerted more control over the programs and services provided by the Central Iowa Center for Independent Living. This change in bylaws results in a more democratic process of controlling center activities.

On a related note, please be advised that you are welcome to attend CICIL's next board meeting scheduled at noon on Tuesday, December 13, 2005.

Disability Inquiry

Each day CICIL staff members are asked questions about disability resources and programs. Recently we were asked the following question:

Do you know anything about the resources and donation sites for victims of the Gulf Coast disaster?

Yes, here are some phone numbers and websites to request help or to make donations:

Federal Emergency Management Agency
(800) 621-3362 Voice or TTY
www.fema.gov/register.shtm

American Red Cross
(515) 242-6171
(800) HELP-NOW or (800) 435-7669
www.redcross.org

American Friends Service
(515) 274-4851 extension 16
www.afsc.org

Urban Dreams
(515) 288-4742
www.urbandreams.org

Des Moines Public Schools Student and Family Services
(515) 242-7781

Iowa Workforce Development
(515) 281-9619
www.iowaworkforcedevelopment.org/region11

Iowa Department of Public Health
(515) 281-7689
(800) 73502942
www.idph.state.ia.us

Relay Iowa (telephone services for deaf and hearing impaired)
(800) 735-2943



CICIL

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INSIDE:

Hipotherapy
New Voting Methods



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: _____

