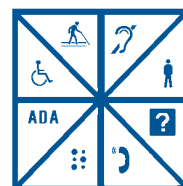




HERE AT CENTRAL IOWA CENTER FOR  
INDEPENDENT LIVING

FREE MOVIE EVERY FRIDAY AFTERNOON

- Oct 3 Alvin and the Chipmunks - family comedy
- Oct 10 The Water Horse - family
- Oct 17 No Reservations - romantic comedy
- Oct 24 Cars - family comedy
- Oct 31 Bee Movie - family
- Nov 7 E.T. - family
- Nov 14 Iron Giant - family comedy
- Nov 21 Two Weeks Notice - romantic comedy
- Dec 5 Evan Almighty - family comedy
- Dec 12 The Christmas Story - family
- Dec 19 The Grinch - new version w/ Jim Carey
- Dec 26 Home Alone - family comedy



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

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OCTOBER 2008  
VOLUME 11,  
ISSUE IV

## THINK SMART RIDE DART

The Central Iowa Center for Independent Living has joined forces with the Des Moines Area Regional Transit (DART) and the Des Moines Public Schools Community Education Program to present a bus training service for the public. This training program will take place on two Tuesday evenings from 6:30 until 7:30 at the Central Des Moines Public Library at 1000 Grand Avenue. The first session will be Tuesday evening September 30 and the second session will be October 7. The training will include an explanation of the Des Moines Area Regional Transit system, its cost, its services and its benefits to the community. After the initial training program is completed, a field trip will be taken by staff and students to a local ice cream store or another important destination. As Dart's fleet is nearly 100 percent wheelchair accessible, individuals with disabilities are, of course, encouraged to participate.



The trainers for this event will include  
CICIL staff and employees from the Des Moines Area Regional Transit. To sign up for this training, please call the Des Moines Public Schools Community Education Program at 515-237-1690. You may wish to sign up on line at [www.dmced.org](http://www.dmced.org). You can also mail your registration to the Des Moines Public Schools Community Education Program, 3226 University Avenue Suite A, Des Moines, IA 50311-3899. Space is limited so you are encouraged to sign up early for this training.

*continued on page 3*

### INSIDE: CICIL Board of Directors • Disability Inquiry • Agency Spotlight Free Fishing License • Calendar of Events • Free Friday Movies

#### 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: \_\_\_\_\_

**CICIL BOARD OF DIRECTORS**

PRESIDENT

Christie Rushing, 2010

VICE PRESIDENT

John Lee Egan, 2010

TREASURER

Terry Anderson, 2008

Anthony H. Shafer, 2010     J.W. Hughes, 2010

**CALENDAR OF EVENTS FOR OCTOBER TO DECEMBER 2008**

DATE	DAY	EVENT	TIME
3 - Oct	Friday	Free Afternoon Movie	1:00 PM
7 - Oct	Tuesday	Job Finders Peer Support Meeting	2:00 PM
10 - Oct	Friday	Free Afternoon Movie	1:00 PM
17 - Oct	Friday	Free Afternoon Movie	1:00 PM
24 - Oct	Friday	Free Afternoon Movie	1:00 PM
28 - Oct	Tuesday	Peer Support Meeting	2:00 PM
31 - Oct	Friday	Free Afternoon Movie	1:00 PM
4 - Nov	Tuesday	Job Finders Peer Support Meeting	2:00 PM
4 - Nov	Tuesday	Election Day	VOTE
7 - Nov	Friday	Free Afternoon Movie	1:00 PM
14 - Nov	Friday	Free Afternoon Movie	1:00 PM
21 - Nov	Friday	Free Afternoon Movie	1:00 PM
25 - Nov	Tuesday	Peer Support Meeting	2:00 PM
28 - Nov	Thursday	Thanksgiving Day	CLOSED
29 - Nov	Friday	Thanksgiving Day Holiday	CLOSED
2 - Dec	Tuesday	Job Finder Peer Support Meeting	2:00 PM
5 - Dec	Friday	Free Afternoon Movie	1:00 PM
12 - Dec	Friday	Free Afternoon Movie	1:00 PM
19 - Dec	Friday	Winter Celebration	Noon -2
25 - Dec	Thursday	Christmas Day	CLOSED
26 - Dec	Friday	Free Afternoon Movie	1:00 PM
31 - Dec	Tuesday	Peer Support Meeting	2:00 PM

*continued from page 1*

CICIL appreciates the support we get from the Des Moines Area Regional Transit and the Des Moines Public Schools Community Education Program. This collaborative effort will help CICIL consumers as well as the general public in essential transportation services.

See you September 30th and October 7th.

**DISABILITY INQUIRY**

CICIL receives a wide variety of questions from people with disabilities and the general public every day. Recently CICIL received the following question. The response from a CICIL staff is described below.

**What are the rules for using a wheelchair on a public transit bus like DART?**

**Answer:**

Some restrictions exist regarding wheelchairs because transit providers like DART are required to "tie down" the wheelchair to the inside of the bus. This "tie down" prevents the possibility of the wheelchair from falling over when buses maneuver through traffic.

The Department of Transportation Section 37.3 describes a wheelchair as

"a mobility aid belonging to any class of three or four wheeled-devices useable indoors, designed for and used by with mobility impairment whether operated manually or powered. A common wheelchair does not exceed 30 inches in width and 40 inches in length. A wheelchair is measured two inches above the ground and does not weigh more than 600 pounds when occupied."

Here are some additional Internet links which may help you learn more about wheelchair regulations as it applies to travel on public transit.

[http://www.fta.dot.gov/civilrights/ada/civil\\_rights\\_3894.html](http://www.fta.dot.gov/civilrights/ada/civil_rights_3894.html)

[http://www.fta.dot.gov/civilrights/civil\\_rights\\_2360.html](http://www.fta.dot.gov/civilrights/civil_rights_2360.html)

[http://projectaction.easterseals.com/site/PageServer?pagename=ESPA\\_homepage](http://projectaction.easterseals.com/site/PageServer?pagename=ESPA_homepage)



**AGENCY SPOTLIGHT  
VSA ARTS OF IOWA**

VSA arts of Iowa is the statewide affiliate for the International VSA arts organization. VSA arts of Iowa is an arts program which promotes opportunities for artists with disabilities. These opportunities include visual and performing arts activities. Visual arts include writing, painting, poetry, and sculpture. Performing arts include dance, music, comedy, and magic.

VSA arts is open to individuals with disabilities of all ages, ethnic backgrounds and disabilities.

VSA arts has helped many artists across the state improve their artist skills while enriching their lives. VSA arts presents trainings in the public school systems through their Arts in Education Program. VSA also schedules performers at the Iowa State Fair and coordinates performances at the Fun Forest Stage at the Iowa State Fair. VSA also has a visual arts exhibit in the Cultural Center at the Iowa State Fair.

To find out more about VSA arts, you may call them at 515-281-5839 or e-mail them at [vsai@iowa.gov](mailto:vsai@iowa.gov). The VSA arts of Iowa website is <http://www.state.ia.us/vsaarts/iowa/contact.html>

**FREE FISHING LICENSE**



You may be eligible for a free fishing license! There are two types of Free fishing licenses. One is a lifetime fishing license for people with disabilities and the other is an annual free license for low-income individuals

The lifetime free fishing license is available to those who are permanently disabled or individuals 65 years or older. Eligible individuals must provide medical statements along with proof of residency to the Iowa Department of Natural Resources.

An annual free license is also available if your annual income is less than the federal poverty guidelines

For this program, you must carry a copy of your current earnings statement showing a tax deduction form income taxes while fishing.

You may apply for or learn more about these programs by calling the Iowa Department of Natural Resources at 515-281-5918, TTY is 1-800-735-2942 and the address is 501 East 9th Street Des Moines, IA 50319. You may reach the Department of Natural Resources at: [www.iowadnr.com/fish/regulations/licenses.html](http://www.iowadnr.com/fish/regulations/licenses.html)