



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

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REMEMBER THE DART BUS TRAINING!

FREE FRIDAY MOVIES!

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

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

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

- Oct 5 Pale Rider
- Oct 12 Radio
- Oct 19 Rain Man
- Oct 26 Rio Lobo
- Nov 2 Robin Hood (Men In Tights)
- Nov 9 Seabiscuit
- Nov 16 Secondhand Lions
- Nov 23 The Last of the Mohicans
- Nov 30 The League
- Dec 7 The Perfect Storm
- Dec 14 The Phantom of the Opera
- Dec 21 The Untouchables
- Dec 28 Titanic

INSIDE: Think Smart Ride Dart • CICIL Board of Directors
Agency Spotlight • Disability Inquiry
Calendar of Events • Free Friday Movie

PLEASE ADD MY NAME TO CICIL'S MAILING LIST:

Name: _____

Address: _____

Please select the format of your choice:

Standard Print _____ Large Print _____ Braille _____

Audio Cassette _____ E-mail _____

E-mail Address: _____

Other (please specify): _____

Please remove my name from the mailing list:

Name: _____

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 8:30 at the Central Iowa Center for Independent Living office suite. The first session will be Tuesday evening September 25 and the second session will be October 2. 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 other 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 Des Moines Public Schools Community Education Program at 515-237-1690. You may wish to sign up on line at www.dmced.org. You

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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

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(888) 503-2287 (TOLL-FREE OUTSIDE DES MOINES AREA)

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can also mail your registration into the Des Moines Public School 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.

Public Schools Community Education Program. This collaborative effort will help CICIL consumers as well as the general public in essential transportation services.

Please note that Des Moines Area Regional Transit will begin Sunday service in mid October 2007.

See you in September!

CICIL appreciates the support we get from the Des Moines Area Regional Transit and the Des Moines

CALENDAR OF EVENTS FOR OCTOBER TO DECEMBER 2007			
DATE	DAY	EVENT	TIME
2-Oct	Tuesday	Job Finders Peer Support Mtg	2:00 PM
5-Oct	Friday	Free Afternoon Movie	1:00 PM
12-Oct	Friday	Free Afternoon Movie	1:00 PM
19-Oct	Friday	Free Afternoon Movie	1:00 PM
26-Oct	Friday	Free Afternoon Movie	1:00 PM
30-Oct	Tuesday	Peer Support Mtg	2:00 PM
2-Nov	Friday	Free Afternoon Movie	1:00 PM
6-Nov	Tuesday	Job Finders Peer Support Mtg	2:00 PM
9-Nov	Friday	Free Afternoon Movie	1:00 PM
16-Nov	Friday	Free Afternoon Movie	1:00 PM
22-Nov	Thursday	Thanksgiving Day	CLOSED
23-Nov	Friday	Thanksgiving Day Holiday	CLOSED
27-Nov	Tuesday	Peer Support Mtg	2:00 PM
30-Nov	Friday	Free Afternoon Movie	1:00 PM
4-Dec	Tuesday	Board of Directors Mtg (Public Welcome)	Noon-2:00
4-Dec	Tuesday	Job Finders Peer Support	2:00 PM
7-Dec	Friday	Free Afternoon Movie	1:00 PM
14-Dec	Friday	Free Afternoon Movie	1:00 PM
21-Dec	Friday	Free Afternoon Movie	1:00 PM
25-Dec	Tuesday	Christmas Day	CLOSED
26-Dec	Wednesday	Peer Support Mtg	2:00 PM
28-Dec	Friday	Free Afternoon Movie	1:00 PM

DISABILITY INQUIRY

The following is a pair of questions CICIL received from college students who had participated in a disability awareness training program.

1. How do those that are visually impaired cross busy streets and travel around busy roadways?

Answer: People with severe visual impairments cross the street by listening to traffic. The noise of cars going in a direction parallel to the path being followed by the blind person is the usual technique. Listening to cars idling means that a traffic light has been illuminated so therefore traffic has been stopped until the light changes.

Blind people use guide dogs and white canes to identify themselves as people who cannot see traffic. White cane safety laws are in existence throughout the United States to educate the public about the need for respecting the rights and safety of blind people traveling independently in the community.

Safe travel is a training topic which surmounts other training areas. If a blind person can travel independently, their likelihood of success is much greater than those who cannot. We

Americans prize our independence and promote the independence of others.

Obviously individuals who are employed need to travel independently and this usually requires travel in the community. Traffic is therefore a major issue for blind people and, for all pedestrians. As the number and speed of vehicles increases, the danger for all non-drivers increases as well.

Remember safety is no accident.

2. How can we make this campus more accessible?

Answer: The way you can make the campus more accessible is by presenting programs like this Disability Awareness Training. You may also work with the disability resource center to make them aware of barriers facing people with disabilities. Additionally, you can make a personal commitment to help blind and otherwise disabled students on your campus. Many of the accommodations are at no cost and actually increase the accessibility for everybody. The campus general services agency would be a place to address specific accessibility problem areas.

AGENCY SPOTLIGHT

DES MOINES PUBLIC SCHOOLS
COMMUNITY EDUCATION

Des Moines Public Schools provides community education in a wide variety of training areas. Everything from arts and crafts, business, computers, dance, exercise, finance, food and nutrition, journalism, music and even, beginning this fall semester city bus training. Community education is typically presented in the evenings to individuals in school classrooms throughout the community. Community education can also be presented in other areas where specialized training services are provided. Specialized training services can include woodworking, computers, crafts and music training.

Community education provides students with a network of individuals with common interests. Community education is priced reasonably and is usually located on or near a bus route for convenience.

For more information about Des Moines Public Schools Community Education you may contact them at 515-237-1690 or visit them on the web at www.dmced.org.

Other school systems provide similar adult education programs. Check your local school system for community education programs.

CICIL ELECTS NEW BOARD FOR FY 2008

The CICIL Board of Directors elected new board members during our annual meeting on September 11, 2007. The following is a list of CICIL's Board of Directors and their offices on the Executive Committee:

Christie Rushing, President FY 2010

John Lee Egan, Vice President / Secretary FY 2010

Terry Anderson, FY 2008

J.W Hughes, FY 2010

Anthony Shaffer, FY 2010

