



NONPROFIT  
ORG  
U.S. POSTAGE  
PAID  
MANSFIELD, OH  
PERMIT # 678

# WINTER NEWSLETTER

INDEPENDENT LIVING CENTER OF NCO



## HAPPY NEW YEAR!

On behalf of the Independent Living Center Staff and Board of Directors, we would like to wish all of our consumers a Happy New Year!

We hope you had a safe and fun-filled holiday season. A New Year means a new you!

We want to encourage you to set a few goals for yourself this year. Push through, persevere, and achieve the goals you set—you can do it and we're right here cheering you on!

We have a couple exciting programs and events happening this year including a couple new ones that are being offered and we would love for you to participate and hope to see you there. Please continue to read our newsletters as it will explain in detail what we have going on in the many months to come.

Remember to stay warm and cozy this winter season and use caution at all times, especially when there's hazardous weather conditions. Be safe and we hope to see your faces soon!

[www.ilcnco.org](http://www.ilcnco.org)  
[www.facebook.com/ilcnoc419](https://www.facebook.com/ilcnoc419)  
419-526-6770

**Reyma McCoy McDeid** joined ACL as the Commissioner of ACL's Administration on Disabilities on January 20, 2021. She provides executive leadership for a range of programs that empower people with disabilities to live independently in their communities and serves as a senior advisor to the ACL Administrator on issues affecting individuals with disabilities and families. She also serves as the Director of the Independent Living Administration. Prior to joining ACL, Ms. McCoy McDeid served as the Executive Director of the Central Iowa Center for Independent Living. She joined the CICIL in September of 2015 with the goal of creating a human services agency dedicated to serving individuals not eligible for supports anywhere else. Prior to CICIL, Ms. McCoy McDeid served as the Employment Administrator for Candeo, Iowa's largest community-based provider of employment supports. Ms. McCoy McDeid is a nationally recognized subject matter expert on disability, diversity, and intersectionality and has served on numerous boards. She has assisted Centers for Independent Living, Statewide Independent Living Councils, and other human services organizations with racial equity work that results in positive inclusion outcomes for racially marginalized consumers, employees, and leadership. After a 20-year career in social services, her personal mission has shifted from simply serving marginalized people to addressing how systems create marginalization in the first place. Ms. McCoy McDeid holds a master's degree in non-profit administration with concentrations in business and human services from Lindenwood University and is an Association for Professionals Supporting Employment First (APSE) Certified Employment Support Professional (CESP).

## Ways to Find Us:

- On the web: <https://ilcnco.org/>
  - On Facebook: <https://www.facebook.com/ilcnoc419>
  - Do you shop on Amazon? Did you know if you shop on Amazon Smile you can choose Independent Living Center of North Central Ohio to receive donations, at no added cost? Amazon will automatically give .5% to our organization. Go to [www.smile.amazon.com](http://www.smile.amazon.com)
  - If you shop at your local Kroger you can also request a special designation for a portion of your money to go towards ILNCO.
- \*\* We want to say thank you in advance if you choose to fund us in any kind of way. Your proceeds are helping to make an impact in our community.**

**2 OFFICE LOCATIONS: Phone: 419-526-6770 Fax: 419-526-6870**  
**MAIN OFFICE** 2230 Village Mall Drive, Suite 200 Mansfield, Ohio 44906  
**SATELLITE OFFICE** 378 Park Avenue West, Second Floor Mansfield, Ohio 44906  
**ILC CLASSROOM, Main Office Suite 600**



## COVID –19 VACCINE from Ohio Department of Health Phase 1B

Here are some important dates to know regarding the vaccination of Ohioans with disabilities: County boards of developmental disabilities should have reached out to individuals to coordinate vaccination if you are already receiving services from their county board and it knows that you meet the criteria to qualify for the vaccine. If an individual has not been contacted or does not receive services through a board of developmental disabilities, the individual must reach out to the board in your county to coordinate their vaccination. The board will work with children’s hospitals or a local health department to schedule your vaccination appointment. Vaccinations will only be given at local health departments or participating children’s hospitals in conjunction with the local boards. Individuals who qualify are asked NOT to contact their local pharmacy for scheduling or vaccination. Feb. 15, 2021, is when Ohioans with severe congenital, developmental, or early-onset, and inherited conditions including cerebral palsy; spina bifida; severe congenital heart disease requiring hospitalization within the past year; severe type 1 diabetes requiring hospitalization within the past year; inherited metabolic disorders including phenylketonuria; severe neurological disorders including epilepsy, hydrocephaly, and microcephaly; severe genetic disorders including Down syndrome, fragile X syndrome, Prader-Willi syndrome, Turner syndrome, and muscular dystrophy; severe lung disease, including asthma requiring hospitalization within the past year, and cystic fibrosis; sickle cell anemia; and alpha and beta-thalassemia; and solid organ transplant patients. This differs from the first group because these individuals do NOT have a developmental or intellectual disability that coincides with the conditions listed.



**Note: Not all people with disabilities are covered under these two vaccination distributions**

**For more information go to [coronavirus.ohio.gov](https://coronavirus.ohio.gov) , ILC website, or our Facebook!**

### PEER SUPPORT GROUPS

We realize the need for socialization and support as the effects of COVID have left many feeling isolated and depressed. We have launched a new Peer Support Group in place of the Adult Socialization Program this year to better support our consumers. We have groups currently meeting and available, but are releasing new groups in response to requests from you, our consumers. What is a peer support group you ask? Peer Support is a program based upon the Independent Living Philosophy and one of our core services. It includes the core values and its goals for communities are achieving equal access through reducing and removing barriers. The IL philosophy emphasizes consumer control indicating that the consumer is the best expert on their own needs, having a critical and vulnerable perspective to contribute and deserving equal opportunity. With the Peer Support philosophy, participants can be helped most effectively by others who have ‘been there and done that’ by sharing how they have dealt with and overcome struggles and challenges related to their disabilities. Participants learn, grow, and become more independent. Both parties benefit from the opportunity to interact with each other. This is done through regularly scheduled meetings for both men and woman who have some form of disability. People come together with a trained IL Specialist and/or Mentor to talk about topics such as life obstacles, past trauma, disability specific, beliefs, mental health and many more. Peer Support is offered in groups and/or one on one. Peer support groups will be offered both in-office and virtually across several platforms. We want to be part of the solution to this on-going problem within our community! If you would like to sign-up, please contact our office for information and scheduling.

The following is a list of some of the groups that have been requested and/or are meeting:

- \*Adult Socialization & Support
- \*Youth Social & Recreational Group
- \*Youth in Transition Group
- \*Young Women’s Emotional Support/Development Group (Faith based)
- \*Autism Awareness Group
- \*Women’s Empowerment/Socialization Group (Faith based)
- \*Women of Wisdom Faith based Group

## Ed Roberts– Father of Independent Living

Ed Roberts ( January 23, 1939 – March 14, 1995) is often considered the Father of the Independent Living movement. When Ed was fourteen years old, he was diagnosed with polio. As a result of this condition, he would live with significant disabilities. He was paralyzed from the neck down and had movement only in two fingers and several toes. He relied on an “Iron Lung” (an 800- pound tank respirator) to breathe much of the time. Due to the limitations that resulted from his disabilities, through his high school years Ed was educated at home.

In 1962, Ed graduated from high school (they had threatened to not graduate him as he could not complete driver’s and physical education). He applied to receive services from the state agency that was responsible for preparing persons with disabilities for employment. That agency was also responsible for providing persons with disabilities the education and training needed to reach their employment goals. The agency told he was too severely disabled to attend college or to get a job. The university hesitated to admit him. After advocating for his rights, Ed prevailed and was admitted to the University of Berkeley (California). A dormitory designed to adapt to his disability needs was developed. This led the way for the accessible dormitories across the country that exist today.

Ed and other residents in the dormitory created a group (that called themselves “The Rolling Quads”) to advocate for the needs of students with disabilities (i.e., curb cuts). This was before any federal legislation such as the Americans with Disabilities Act (ADA) were enacted. This was also the beginning a disability rights movement. Ed graduated with a bachelors’ degree. He would later complete graduate degrees.

After graduation, Ed taught politics. At the same time, in Berkeley, disability activists founded a grass roots organization run by persons with disabilities to serve the needs of persons with disabilities. This was the first Center for Independent Living (CIL). Ed would become the leader of this organization. Ed later was appointed the director of the state employment agency that had once attempted to deny him services.

At the same time, Ed was active in the disability rights movements that evolved into legislation designed to address the rights and needs of persons with disabilities. This disability legislation was much like the Civil Rights Act enacted in 1964 that provided rights to other minority groups. This legislation was also the precursor to the development of the Americans with Disabilities Act in 1990. This is the law that exists to enforce the rights of persons with disabilities.

Today, there are mandated CILs across the county. Hence, our agency exists as a result of Ed Roberts actions and leadership 60 years ago. As January 23 is deemed “Ed Roberts Day”, our center would like to recognize this man and his contribution to the disability rights movement.

A memorable quote from Ed Roberts:

***“We will not tolerate another generation of young people with disabilities going through segregated education, segregated society, being dependent on their parents and public aid. We can make a difference in their future. If people with Disabilities have a future, then everyone in our society will have a future.”***

**Article researched and written by Melissa Walsh, Member of the Board of Directors**

## Katie Shelley, Chair of the Ohio Olmstead Task Force speaks on virtual testimony in the Ohio State Legislature



Katie Shelley explains why leaders in Columbus need to make the lawmaking process more accessible, transparent, and open to citizen input by making virtual testimony available for all legislative hearings.

The Ohio Olmstead Task Force is a statewide grassroots coalition of Ohioans with disabilities of all ages, family members, advocates, and organizations who advocate for the right of people with disabilities to live, work and participate in their communities. Formed in 2002, The Ohio Olmstead Task Force supports the 1999 Supreme Court decision, *Olmstead v. LC*, that states unnecessary institutionalization of people with disabilities who are able to live in the community with supports in place, is discriminatory. With our focus being on participating in our communities, the members The Ohio Olmstead Task Force would prefer, if at all possible, to testify in person. We do not want virtual testimony to replace or be used to discourage in-person testimony of those with disabilities. However, in situations such as the current COVID-19 pandemic, with many of our members being people with disabilities whose health may be severely impacted if they were to contract the virus, it makes sense to be able to testify virtually. Or, in non-pandemic times, testifying virtually can be used as reasonable accommodation in circumstances where travel will affect the health of individual, or accessible transportation cannot be secured. Furthermore, for persons with disabilities, travel can often take some planning – whether it be securing transportation or securing a personal care attendant to accompany an individual. If an individual with a disability is unable to travel in the event that a hearing is rescheduled at the last minute, and/or travel to and from Columbus is not feasible, virtual testimony offers the solution of still being able to testify without having to travel. While testifying virtually is not the same as testifying in person, with virtual testimony you can still see our faces and hear us tell our stories. Written testimony provides our words on paper, but virtual testimony allows for our voice to be heard, and is the next best thing to sharing our story in the same room as legislators. While I hope that someday soon we will be able to be in the same room together again -- testifying and being a part of making a change -- in the event of an emergency or if an accommodation is necessary, virtual testimony is a positive step toward making sure all voices can and will be heard.

**“With virtual testimony ... you can see our faces and hear us tell our stories.”**

## ILC'S SENSORY ROOM

Our sensory room is now open to our consumers! Are you wondering exactly what a sensory room is? Sensory Integration Toys and Products for Children & Adults With Special Needs Sensory integration (SI) is the process the brain uses to organize and interpret information received from all senses, including sight, smell, sound, taste, touch, body awareness, movement and gravitational pull. Many children develop sensory integration during normal childhood activities, but some are not able to develop it as efficiently as others do. Sensory integration disorders can lead to learning, behavioral or developmental problems. Sensory integration therapy can help children with SI disorders by exposing them to structured and repetitive sensory stimulation. Over time, the child's brain adapts and starts to process sensory stimulations more efficiently. An important aspect of SI therapy is the use of carefully designed activities and accommodation. This process could happen in the form of special sensory processing disorder products and sensory room items. Some of the products that have helped people during SI therapy include activity mats, ball chairs and clampable sensory trays. What Are Sensory Items and Sensory Toys? Sensory toys for children with autism and special needs enable them to receive one or more of the sensory inputs they crave. They can keep a child engaged physically and mentally by stimulating senses such as taste, smell, touch, sound, sight, movement and balance. Special needs sensory toys may have sharply contrasting colors or produce sounds and stimulate two or more senses during play. The toys can capture the attention of children, and they may be used as rewards during behavioral analysis programs. For those with ADHD, sensory toys serve as good fidget toys that boost concentration and improve focus. They also help people who need to keep their hands busy to pay attention and listen.

Sensory rooms and therapy are very beneficial for individuals with sensory processing disorders. They provide a soothing effect when a person is experiencing a sensory challenge. They can be used as an integral part of a calming room to help with sleep. If you have any questions, or would like to schedule a time to use the sensory room, please contact us at 419-526-6770.

## ILC'S EDUCATIONAL CLASSROOM

Exciting news! ILC has expanded and have taken on additional space for the benefit of our consumers. We are now offering an educational classroom to our consumers. We have trained and educated staff on board to assist your child(ren) with homework. We provide tutoring, guidance and one-on-one help. We offer assistance both in-house and virtual. If you're interested in enrolling your child, please call us to start the process. This is designed to benefit both you and your children.



## **COMING SOON!!!**

### **“A SUMMER FOR THE BOOKS” — our Summer Youth Program**

We are currently in the process of planning a 12-week summer program for youth ages 5-17. We have made great changes in this year's program and it is going to be amazing! A detailed schedule for this program will be completed and printed in the SPRING NEWSLETTER along with information for registering your youth. Check our website and Facebook for information on early registration. You won't want to miss this program and loads of summer fun!

## FUTURE PROGRAMS

We will be releasing new programs this year! Watch for our **SPRING NEWSLETTER** in early APRIL. These programs will include services such as transitional services, advocacy, independent living skills training, support groups and summer reading skills. Our goal is to launch these programs both traditionally and virtually to provide socialization, recreational and educational programs for youth this year. We are thrilled to offer these services to better serve our consumers!

## TAX SEASON: Key Filing Dates

There are several important dates taxpayers should keep in mind for this year's filing season.

- ◆ **January 15th**- IRS Free File opened. Taxpayers began filing returns through Free File partners
- ◆ **January 29th**- Earned Income Tax Credit Awareness Day to raise awareness of valuable tax credits available to many people – including the option to use prior-year income to qualify.
- ◆ **February 12th**- IRS begins 2021 tax season. Individual tax returns will begin being accepted
- ◆ **February 22nd**- Projected date for the IRS.gov Where's My Refund tool being updated for those claiming EITC and ACTC, also referred to as PATH Act returns.
- ◆ First week of March- Tax refunds begin reaching those claiming EITC and ACTC (PATH Act returns) for those who file electronically with direct deposit and there are no issues with their tax returns.
- ◆ **April 15th**- Deadline for filing 2020 tax returns.

\*For more information regarding tax key filing dates, there is a link on our website at [www.ilnco.org](http://www.ilnco.org)

## TTY Services

The "TTY" indication after a phone number means that there is a TTY in use at that number. A TTY is a teletypewriter or "teletype." This is an electronic device (or formerly a machine) that converts keystrokes into beeps that travel over phone lines. If you need more information on TTY services you can find it on our website. If you have a hearing or speech impairment and use a TTY (Teletypewriter) device, the Ohio Department of Health offers TTY services through the Ohio Relay Service.

## HOMEBOUND BOOKS BY MAIL

Customers of the Richland County Public Library who are unable to leave their homes due to physical limitations, and who have no means of obtaining library access with family members or friends, may be eligible for their Books By Mail Program. Books, Audiobooks, CDs, DVDs, and other materials are mailed every six weeks to those who qualify. For information on Books By Mail, call 419-522-3001.



## 2021 YMCA PROGRAM

We have kicked off the 2021 YMCA Program as of January 1st. We want to thank everyone who signed up for this life-changing program— our goal is that this program will help you tremendously with staying active, healthy, and connected to others within our community. Be sure to scan your card upon arrival at the gate. If you have any upcoming surgeries, or a reason you cannot use your pass, please contact the ILC office to speak with a staff member. We also want to thank United Way of Richland County and our community for their support of their campaign as the allocated funding allows us to continue this program.

## BLACK HISTORY MONTH

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures. In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of Black identity, Negro History Week had evolved into Black History Month on many college campuses. President Gerald Ford officially recognized Black History Month in 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

## AMERICAN HEART MONTH

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others. Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Heart disease is a leading cause of death for both men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease. Follow these heart-healthy lifestyle tips to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed. Be more physically active, maintain a healthy weight, eat a nutritious diet, quit smoking, reduce stress, get 7-8 hours of quality sleep and track your heart health stats. You don't have to make big changes all at once. Small steps will get you where you want to go.



**Remember, always consult your physician first!!!**

**How much is enough?** Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day. NHLBI's Move More fact sheet has ideas to get and keep you moving.