

REVOLUTIONS

NEWSLETTER FOR CENTER FOR INDEPENDENT LIVING SOUTHWEST KANSAS

V	Volume 3, Issue 3 February	/March, 2007
	INSIDE THE ISSUE	
PEOPLE OF THE YEAR p. 2		
SUPPORT GROUPS p. 3		
NEWS p. 4		
NEWS p. 5		
ANNOUNCEMENTS p. 6		

A Vision of Love

by Emmet Parks

*I dream of a place
Some where above
A place of love*

*I dream of a place
So bright and clear
And every one you know
Are all there*

*I see a lot of people
That I used to know
Where the crystal clear
Peaceful water flow*

*I dream of a place that is peaceful and fair
I walk through the green grass
And smell the clean air
All of this is
A place of love*

*So tell the one you love and care
That you'll always be there
Make every moment you share count
Because that is what love is about*



To Advocate for the Choices, Independence,
and Civil Rights of People with Disabilities

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STEPHANIE THOMAS & BOB KAFKA

NEW MOBILITY'S PEOPLE OF THE YEAR

Submitted by Liz Meairs
Story from New Mobility Magazine

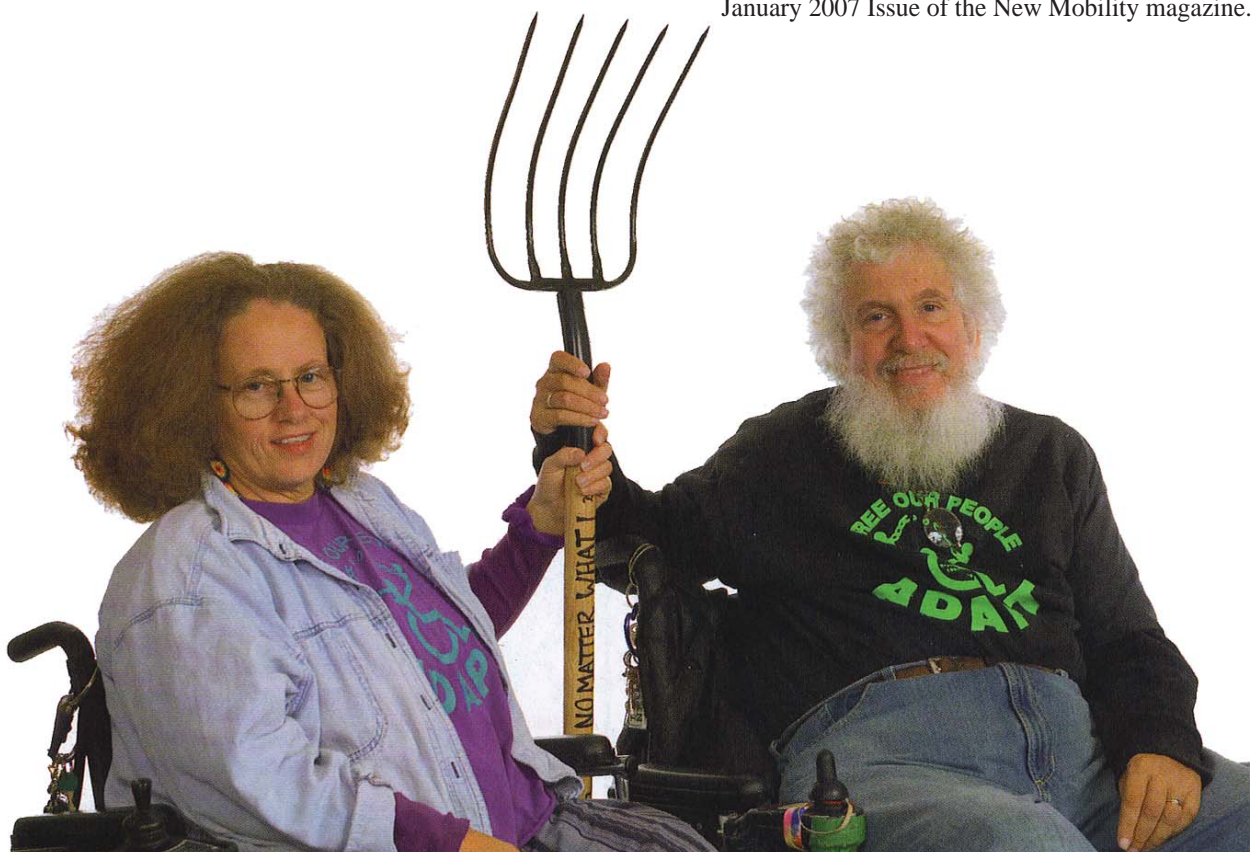
The New Mobility Magazine has named Bob Kafka and Stephanie Thomas as Their people of the year. More than 15 years ago ADAPT demanded that the federal government redirect 25 per cent of nursing home dollars to in-home services. As of January 2007, that goal, which at first seemed impossible, has been exceeded.

ADAPT triumphed through protests that led to the everyday business of policy meetings, writing waivers, advocating for budget riders and pushing for both state and federal laws. In 2006, with the passage of MONEY FOLLOWS THE PERSON legislation-the brainchild of ADAPT's national organizers, Bob Kafka and Stephanie Thomas-each state was encouraged to apply for a federal grant to transition people out of institutions. Largely because of the organizational, leadership and advocacy skills of Kafka and Thomas, MONEY FOLLOWS THE PERSON promises to change America's long-term care policy forever. For this reason, they were chosen by the magazine.

MONEY FOLLOWS THE PERSON is based on a simple idea. Basically, it provides a pool of money that can be used to get people out of institutions and build the community infrastructure necessary to keep them in the community.

You can read how Kafka and Thomas bought MONEY FOLLOWS THE PERSON to be a National Service in the January 2007 Issue of the New Mobility magazine.

“Good
Advocacy is
& Multi-pronged
& direct action
is one prong”



SUPPORT GROUPS

Have you ever struggled to figure out how to cope with a difficult situation and then met someone who knew exactly what you were going through? Many of us have gone through the feeling that there's no one that can help, I know I have. It's great when you can meet someone who gets what you are going through, it makes you breathe a little easier and maybe even avoid some of the bumps along the way.

The Center for Independent Living Southwest Kansas Support Groups is just that an opportunity to meet others and share your experience; and make a friend or two along the way. Currently there are three different support groups meeting at the following schedule times. We welcome anyone interested in being part of something or wanting to get involved. Feel free to bring a friend or family member to any of the meetings. We would also like to hear new suggestions to better help you.

If these groups are not exactly what you are looking for we offer you the opportunity to start other groups. All you have to do is contact us and we will help you get organized to start a new group. For more information and any questions please visit our office, or visit our website at www.cilswks.org and see what events are going on.

CEREBRAL PALSY SUPPORT GROUP

WHEN: Every 2nd Monday of the month,
6:00pm - 8:00pm

WHERE: CILSWKS office in Garden City

WHO: Anyone is welcome, bring a friend

MENTAL HEALTH SUPPORT GROUP

WHEN: 1st Thursday of every month,
6:30pm - 8:30pm

WHERE: CILSWKS office in Garden City

WHO: Anyone is welcome, bring a friend

HEAD INJURY SUPPORT GROUP

WHEN: 3rd Monday of every month,
5:30pm - 7:30pm

WHERE: CILSWKS office in Garden City

WHO: Anyone is welcome, bring a friend

KANSAS YELLOW DOT PROGRAM



WHAT IT IS

The Kansas Yellow Dot in the back windshield of the recipient's vehicle signifies that there is medical information stored in the glove compartment. In the event of an accident, or the recipient is unable to speak emergency personnel/first responders will have a brief description of medical needs and emergency contacts. Law enforcement, Fire departments, EMS/Ambulance services and hospitals all over the State of Kansas have been alerted to watch for the Kansas Yellow Dot.

HOW IT WORKS

The Kansas Yellow Dot kit contains instructions, medical information form, a self adhesive sticker and a bright yellow envelope. The recipient fills out the medical information form and attaches a recent photograph to the outside of the envelope. The envelope/information is placed in the recipient's glove box. The sticker is placed on the outside of the windshield on the lower rear driver's side window.

WHO CAN GET ONE?

The Kansas Yellow Dot Program is for Kansas seniors aged 55+. The kits are FREE.

WHERE TO ONE

For more information about the Yellow Dot Program or to obtain a Yellow Dot visit the Senior Center in Garden City, KS at 907 N. 10th, or call them at (620) 272-3620. For other counties in Kansas please visit www.lyoncounty.org

TRAINING YOUR OWN SERVICE DOG

Source: New Mobility magazine, Dec.2006

Several months ago one night, Melissa Mitchell of Eugene, Ore., was aroused from sleep by her dog, Bastien, who was whining and running around in circles. Bastien was usually calm, Melissa knew something was wrong and thought she had better get him outside, so she pulled on her robe and opened her bedroom door. Out in the apartment hallway, the fire alarm was blaring an evacuation warning. Melissa hadn't heard a thing while in her bedroom. "I'd have fire drills with Bastien and taught him that when the alarm goes off, we get his leash and we go outside. I knew something was wrong with him. It pays to know your Dog."

Before getting Bastien, Mitchell, who has cerebral palsy and uses a manual wheelchair, was on a waiting list at a local assistance-dog school to get a trained helper. She prepared herself by researching her rights and responsibilities as an assistance dog partner, and she also researched laws pertaining to having an assistance dog in public-what the rules are for taking them into airports, restaurants and on public transportation, and what certification of dogs need to be deemed an assistance dog. She waited five years, never hearing from the school, before discovering there was no U.S. law against training your own assistance dog. Melissa, thinking I have a college degree, I'm smart, I grew up with dogs....I could train my own dog!

After carefully choosing a mixed breed for his temperament and personality to fit her own personality and lifestyle, Melissa says it took two years to train her Newfoundland/ Australian shepherd to do everything she needed him to do for her. Now Bastien helps her with laundry and shopping, pulls her in her chair to save her strength and knows what to do in case of a fire emergency.

All this was accomplished by Melissa teaching the Newfie Mix three basic commands: TAKE, HOLD, GIVE. With these three commands, Bastien can retrieve items, opens and close doors, pulls on or off socks and clothes, get things out of the refrigerator and help Melissa fold the laundry----she has to fold herself.

For the complete story on how Melissa selected and trained her own dog you can read the story in the December 2006 Issue of the New Mobility Magazine.



NOMINATE AN OUTSTANDING YOUTH LEADER OF THE YEAR

Each year, the KS Youth Leadership Forum selects an Outstanding Youth Leader of the Year. This award recognizes leadership skills in youth with disabilities and is given out to an alumni of the KSYLF. The following are requirements to receive this award (each nominee must meet one or more of these requirements):

- Be a KS YLF Alumni from the years of 2001-2005. (required)
- Have demonstrated leadership skills and accomplishments.
- Be in the process of completing and/or have completed the KS YLF Personal Leadership Plan.
- Have used community resources to pursue leadership goals.
- Be willing to participate in post YLF organizations/activities.

Alumni can either nominate themselves or be nominated by someone else. Nominations are due by April 1, 2007. One winner will be chosen and notified by May 1, 2007. The winner receives many benefits including a scholarship to the 2007 Kansas Disability Caucus, a plaque, recognition at the 2007 YLF Mentor Luncheon, and more! To nominate someone visit <http://www.ksylyf.org> for an online application or any other information.

ARTISTS REGISTRY

VSA Arts currently maintains a directory of visual, performing, and literary artists with disabilities. Membership in the Registry is free and members receive VSA Arts newsletters, calls for art, and regular postings through e-mail. Organizations seeking to book an artist for a performance or showing can search the directory. For more information, to be included in the directory, or to book an artist, visit the Artists Registry at www.vsarts.org.

DID YOU KNOW?



There are 34 million U.S. residents who claim Irish ancestry.



There are three states in which Irish is the leading ancestry group: Delaware, Massachusetts and New Hampshire.



A total of 4.8 million immigrants from Ireland have been admitted to the U.S. for lawful permanent residence since fiscal year 1820.



There are 54 counties where Irish is the largest observed ancestry group. Forty-four of these counties are in the Northeast, with 14 in New York, 11 in Massachusetts and five in New Jersey.



St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, Australia, Japan, Singapore, Russia and of course Ireland.

HAPPY ST. PATRICKS DAY!

PLAY IT FORWARD

COURTESY OF BRENDA EDDY

As some of you may know, last April we lost one of our most fervent supporters of YLF and believer in the disability community. Justin Cosco, YLF Alumni 2001, died from complications of a seizure. He was one month shy from graduating with his Associates Degree from Colby County Community College. He was a gifted musician, an avid boy scout, and always quick to lend a helping hand. Initially, Justin had dreams of becoming a music teacher; however, after attending YLF and discovering the disability community, he knew he had come home. Finding his community had given him a sense of belonging in the world. He wanted to help others find that, too. He had enthusiastic plans to get a BA in Human Services and work in the field he believed in – the disability field. I mourned for Justin when he died- not just for the loss of a fine, young YLF alumni - but for the contributions he could have made in our community. His family moved away to Minnesota, we struggled through our first YLF without Justin, and life went on.

Over the holidays, I received a Christmas card from Justin's mother with a check for \$100. She said "Justin loved the Youth Leadership Forum. Please use the enclosed check for the program." I was very touched and it got me to thinking- a hundred dollars would not go very far in a program, but what if we could do something with that \$100 that would capture the spirit of Justin and what he believed in? If Money is Energy and Energy is Spirit, imagine what could happen if we all collectively contributed to that energy!

Therefore, I am issuing a play it forward challenge to raise matching funds for a Justin Cosco Scholarship Fund. The scholarship will be awarded annually at the YLF Mentor Luncheon to the youth receiving the Outstanding Youth Leader Award.

Remember: It matters not how much you give, only that you give with Spirit...Disability Community Spirit! With gratitude for Justin.

For more information please contact Breanda Eddy by email: brendae@kyea.org, Telephone and Videophone at 785-215-6655, fax 785-215-6699, toll free at 866-577-5932 or visit the Kansas Youth Empowerment Academy at www.kyea.org



Mail checks or dollars to:
Brenda Eddy
Executive Director
Kansas Youth Empowerment Academy, Inc.
517 SW 37th, Suite B
Topeka, Kansas 66611

2007 US/COSTA RICA: YOUTH LEADERSHIP AND CROSS-CULTURAL PERSPECTIVES ON DISABILITY RIGHTS EXCHANGE PROGRAM

MIUSA is currently accepting applications from young people with disabilities to take part in an international exchange program June 20 - July 5, 2007 to Costa Rica, entitled the US/Costa Rica: Youth Leadership and Cross-Cultural Perspectives on Disability Rights Exchange Program. If you are a young person with a disability - or know someone who is - between the ages of 18-24, from a culturally diverse background and are an inexperienced international traveler we encourage you to apply! Travel with 12 other young leaders with disabilities, live with a host family, take part in a service learning project and practice Spanish through immersion!

MIUSA exchange programs are inclusive of people with all types of disabilities, including people who are Deaf and hard of hearing, or have cognitive, visual, physical, psychiatric, systemic, non-apparent, or other types of disabilities. MIUSA will provide appropriate accommodations to each qualified participant with a disability, including ASL interpretation and alternative formats.

Application materials can be found at www.miusa.org/exchange, or requested by e-mail at: exchange@miusa.org, or by Tel/TTY at: 541-343-1284. Generous scholarships are available. Application deadline is March 2, 2007. Late applications will be accepted as space permits. Application materials are available in alternative formats upon request.

Since 1981, MIUSA has been pioneering short-term international exchange programs for people with and without disabilities from over 90 countries. As a non-profit organization, MIUSA is dedicated to promoting opportunities for people with disabilities in international exchange, leadership development and service learning.

VALENTINE'S TRIVIA

Most of us have read or heard the History of Valentines Day at least one time and some of us are just tired of reading the same story over and over every year. We're not going to give you yet another version of the story, instead we're going to test you to see how much you actually remember from the many times you've read the story. The following is a true or false or fill in the blank trivia quiz. Good luck!

1. Valentine was actually a priest. **True or False?**
2. During what century did Valentine serve as Priest?
1st, 2nd or 3rd?
3. Which tradition does Valentines day come from?
Egyptian, Roman or African?
4. According to legend, who's daughter did Valentine fall in love with? **Baker's daughter, Jailer's daughter, or prison mates's daughter?**
5. Valentine was the very first person to send a greeting signed "from your Valentine." **True or False?**

1. True, 2. 3rd, 3. Roman, 4. Jailer's daughter, 5. True

PBS DOCUMENTARY EXPLORES 200 YEARS OF DEAF LIFE IN AMERICA

"Through Deaf Eyes," a two-hour PBS documentary exploring nearly 200 years of Deaf life in America, will air early next year. The film was inspired by the exhibition, "History Through Deaf Eyes," curated by Jack R. Gannon of Gallaudet University.

The documentary will air nationally on PBS on Wednesday, March 21 at 9 p.m.ET (check local listings).The film presents the shared experiences of American history family life, education, work, and community connections - from the perspective of deaf citizens. Interviews include community leaders, historians, and deaf Americans with diverse views on language use, technology and identity. Bringing a Deaf cinematic lens to the film are six artistic works by Deaf media artists and filmmakers: Wayne Betts, Renee Visco, Tracey Salaway, Kimby Caplan, Arthur Luhn, and Adrean Mangiardi. Poignant, sometimes humorous, these films draw on the media artists' own lives and are woven throughout the documentary. But the core of the film remains the larger story of Deaf life in America -- a story of conflicts, prejudice and affirmation that reaches the heart of what it means to be human.

Major funding for "Through Deaf Eyes" is provided by the National Endowment for the Humanities, Corporation for Public Broadcasting, PBS, The Annenberg Foundation and the National Endowment for the Arts. Private individuals have also contributed to the funding of this project. The extensive outreach campaign is funded in part by Sign Language Associates. Outreach partners are the National Association for the Deaf, Gallaudet University, the National Technical Institute for the Deaf at Rochester Institute of Technology, and California State University-Northridge. As part of the outreach campaign, numerous local organizations, some in association with their public television stations, will mount events and discussions exploring the issues raised in the film.

A comprehensive Web site, found at <http://www.pbs.org>, accompanies the film. The site includes interviews with the deaf filmmakers whose work is featured in the documentary, while also inviting viewers to submit their own stories, photographs, and films. These will become part of the archival collection of Gallaudet University. A companion book is being published by Gallaudet University Press.

Source:

<http://www.jfanow.org/jfanow/index.php?mode=A&id=3017;&sort=D>

<http://www.pbs.org/wnet/soundandfury/culture/deafhistory.html>

FEDERAL/STATE/LOCAL HOLIDAYS FEBRUARY-MARCH

- February 14 ----- St. Valentine Day
- February 17 ----- International Pancake Day Parade
 Liberal, KS 3:00 p.m.
 Start: Kansas & 11th St, Light Park
 Finish: Kansas Ave & Trail St
 Theme: "Common Threads Between Nations"
- February 19 ----- Presidents Day
- February 20 ----- Mardi Gras
- March 8 ----- Job Fair
 Liberal, Ks, 810 Stadium Rd
 11:00am---8:00pm
- March 17 ----- St. Patricks Day
- March 23-25 ----- Shrine Circus, Dodge City
 Civic Center, 2110 1st Ave

DIRECTIONS TO NEW CILSWKS LOCATION



WE'RE MOVING!

The Center for Independent Living Southwest Kansas Garden City office is moving, to better serve you. We will be relocating to 1802 E Spruce, Garden City, KS 67846. All our phone and fax numbers will remain the same. Please, visit us at our new location March 1st, 2007.

Look for a flyer inviting you to our open house at end of March or beginning of April. The new location offers us more space and room to grow as we continue to improve on our services and look to offer you additional events and opportunities to advocate and educate yourself about the civil rights of people with disabilities while helping you to maintain your independence and achieve your dreams.



Photo of new building on Spruce St.