

# Revolutions

NEWSLETTER FOR CENTER FOR INDEPENDENT LIVING SOUTHWEST KANSAS

Issue 2  
March/April 2008

## INSIDE THE ISSUE

EXERCISE TO FEEL FIT p. 2

SERVING OUR COMMUNITY p. 3

HEALTHY LIFE STYLES p. 4

IMPROVE YOUR FINANCES p. 5

STAYING IN TOUCH p. 6

## Want to keep informed? Visit the CILSWKS Website!

This newsletter complements the CILSWKS website in providing news and information about our initiative. Our website aims to give up-to-date information about research and the people behind it, as well as, provide an opportunity for practitioners and service users to comment and help to provide accurate information. It is regularly revised as news is received from the research teams. Available to you are Links to other sites and items of interest will be included as appropriate. Our website can be found at [www.cilswks.org](http://www.cilswks.org).



Electronic copies of this newsletter are also available at [www.cilswks.org](http://www.cilswks.org)



CILSWKS  
Attn: Revolutions  
1802 East Spruce Street  
P.O. Box 2090  
Garden City, KS 67846

Phone/TTY: 620 276-1900  
Fax: 620-271-0200  
1-800-736-9443  
E-mail: [revolutions@cilswks.org](mailto:revolutions@cilswks.org)  
[www.cilswks.org](http://www.cilswks.org)

Nonprofit  
Postage Paid  
Garden City, KS  
Permit No. 104  
CILSWKS

"We must learn to live together as brothers or perish together as fools."

-Martin Luther King Jr

# Facts for Healthy Aging

## What about exercise?

Exercise is probably the single most important thing you can do for healthy aging. It is good for you because exercise can help:

- Control your weight.
- Improve blood flow in your body.
- Have a better mood or attitude.
- Improve your balance.
- Improve sleep.

## What exercise can I do?

Just about anyone, at any age can do some type of activity to improve his or her health:

- Talk to your health care provider about what kind of exercise is best for you.
- Aim for 30 minutes or more a day. You can break the time up throughout the day. Ten minutes walking in the morning, 10 minutes at night and 10 minutes walking up and down steps
- Enjoy your exercise – pick something you enjoy doing and have fun like walking the dog, riding a bike, dancing, or raking the leaves.
- Start slowly and do not overdo it.
- Check with your healthcare provider before beginning a vigorous exercise program.



## Stop exercising and seek immediate health care if you:

- Feel tightness in your chest.
- Cannot breathe easily or have shortness of breath.
- Feel chest pain or pain in your arm or jaw.
- Feel dizzy or faint.

---

## "A Simple Test for Stroke"

The American Stroke Association does not endorse "The Smile Test," also known as "a simple test for stroke," which has been widely distributed through e-mails.

The facts: A scientific poster presented at the 2003 International Stroke Conference titled "Untrained Adults Can Identify Symptoms of Stroke by Directed Use of the Cincinnati Prehospital Stroke Scale" suggested that bystanders could identify a stroke by asking a person to:

- Smile
- Raise both arms
- Speak a simple sentence coherently

This presentation by researchers at the University of North Carolina-Chapel Hill School of Medicine was one of 450 presentations made at the conference hosted by the American Stroke Association. The poster showed positive results but was a very small study. The research was funded by a grant from the American Stroke Association. However, the American Stroke Association has not taken a position on this topic nor endorsed this test.

Stroke warning signs are:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Call 9-1-1 immediately if you experience symptoms!  
Time lost is brain lost!

Feel Fit  
Exercise to

## Finney County Spring **JOB FAIR**

THURSDAY • APRIL 22, 2008  
1:00 P.M. - 7:00 P.M.

Clarion Inn & Convention Center  
The Job Fair will feature more than  
40 employers from Finney County.

Positions available will range  
from full time to part time  
and include both professional  
and technical jobs.

### FREE ADMISSION

For more information about the  
Job Fair, Participating Employers  
and Skills Training, call  
Economic Development at:  
(620) 271-0388



## Southwest Kansas Regional Job Fair

# JOB FAIR

SATURDAY • APRIL 5, 2008  
11:00 A.M. - 6:00 P.M.

Seward County Event Center  
8th & Stadium, Liberal, KS

Positions available will range  
from full time to part time  
and include both professional  
and technical jobs.

### FREE ADMISSION

For more information  
about the Job Fair, and  
Participating Employers, call  
Economic Development at:  
(620) 626-0159

## Things to Do at the Job Fair: The opportunity is yours.

On Tuesday, April 22, 2008, at the Clarion Hotel, the ballrooms will fill again with employers hoping to fill important positions in their organizations. The organizers of this year's job fair consist of Garden City Community College, The Chamber of Commerce, The Finney County Economic Development Corp (620-271-0388), and The Kansas Department of Commerce.

If you know how to attend a job fair, this experience does not have to be hectic or confusing. Like any other successful job interview, most of the work is done before you even go through the door.

Preparation before the fair:

1. You have already contacted one of the above sponsors and received a list of who will be at this event.
2. You have carefully selected with whom you want to visit (maximum of five).
3. You have researched selection and written a cover letter to attach to your resume and addressed to each attendee whom you have selected.

At the job fair:

1. Get a map of the event and locate where each employer's booth is set up.
2. Be very assertive and approach each employer you've targeted. Find the person to whom your cover letter is addressed. Introduce yourself and hand them the envelope. Say you've prepared this information and you would like to say something about yourself, and then go ahead and do so. What do you do if a different person may actually be there rather than the one you expected? Don't let that throw you off. Just say you were told that so-and-so would be there, and then give the information to the person attending.
3. Make sure to get a business card from the person with whom you spoke.
4. Stay focused when you attend job fairs to be sure you get what you want out of them. Do not fall into the trap of getting distracted by other people if they aren't in a position to help you get a job.
5. Make sure to follow up with written notes to the people you meet. Call each individual and, if you clicked with one, ask to meet for a cup of coffee. It's another form of networking that will work in your favor.

If you need help preparing the cover letter, the resume, the business card, or even the hand written notes, contact us at the Center for Independent Living (276-1900) and we will be more than happy to help.

Serving our community

## Kansas Mission of Mercy:

KS Dental Charitable Foundation will be in Garden City at the fair grounds

**APRIL 19, 2008**

KS Dental Charitable Foundation senior denture program reimburse participation providers \$700.00 for each qualified Kansas patient fitted with a complete set of dentures. The provider will discount the procedure to a total of \$800.00 and the patient is responsible for payment of the remaining \$100.00. Qualified patients are those aged 60 and above that are at or below 200% of the Federal poverty level. Proof of eligibility for the program is obtained by simply showing providers a current Medicaid card and verifying age.



## Attention: Parents and Students of All Ages

**(High School, Middle, Intermediate & Elementary)**

*You are invited and encouraged to attend a*

**Panel Presentation in English and Spanish on**

## Under Age Drinking

**A Town Hall Meeting**

**Location:** *Alta Brown Elementary School*  
(West Gym - 1110 East Pine)

**Date:** **Tuesday, April 1st, 2008**

**Time:** **5:30 to 7:00 p.m.**

A panel of bilingual professionals will cover consequences of under age drinking that ranges from effects on the brain and body to legal ramifications. They will also address solutions and resources that can help you with problems associated with underage drinking.

**Followed by:**

**Free Hamburger Meal** at 7:00 p.m.

**To Register call: 620-276-5230**

**Contact:** **Yudith Gutierrez, Parent liaison at Alta Brown School or Southwest KS Regional Prevention Center**



**Healthy Life Styles**

# Financial Menu for Center for Independent Living

**FIVE PRESENTATIONS FOR 2008:** April 22nd, May 28th, June 24th and July 22nd.

## MONEY MATTERS

- Track daily spending habits.
- Prepare a personal spending plan or budget to estimate monthly income and expenses.
- Identify ways to decrease spending and increase income.
- Identify budgeting tools that will help manage your money.
- Understand why it is important to save and to have goals for which you want to save for.
- Know the benefits of using a checking account.
- Determine which checking account is best for you and the steps involved in opening a checking account.
- Complete knowledge of how to “work” your checking account.

## TO YOUR CREDIT

- Identify the laws and regulations that protect your deposits and when applying for a loan.
- Guard against predatory lending practices and identity theft.
- Be financially prepared for disasters.
- Describe the purpose of a credit report and how it is used as well as ordering and reading your report.
- Identify ways to build and repair your credit history.
- Distinguish between secured and unsecured loans.
- Costs associated with getting a loan.
- Understand why it is important to be wary of rent-to-own, pay-day loans and refund anticipation services.
- Determine if you are ready to apply for credit.

## BORROWING MATTERS

- The purpose of credit cards.
- Determine which credit card is best for you.
- Identify the factors creditors look for when making credit decisions.
- Identify the steps to take when a credit card is lost or stolen.
- Identify various types of installment loans.
- Understand why installment loans cost less than rent-to-own services.
- Questions that you should be asking when purchasing a vehicle.
- Describe the advantages and disadvantages of borrowing against a home.

## YOUR OWN HOME

- Benefits and pitfalls of renting versus owning a home.
- Take steps are required in buying a home.
- Identify questions to ask to determine your readiness to buy a home.
- Basic terms used in a mortgage transaction.
- Describing the advantages and disadvantages of different mortgage options.

## You've been working hard - Get the credit you deserve Families in Kansas:

You could get up to thousands of dollars in tax credits.

**Whether or not you owe income tax, if you work you could qualify for:**

- **Up to \$2,100 from the Federal Child and Dependent Care Tax Credit and up to \$525 from the Kansas Tax Credit for Child and Dependent Care Expenses.**
- **Up to \$4,716 from the Federal Earned Income Tax Credit and up to \$802 from the Kansas Earned Income Tax Credit.**
- **Up to \$1,000 per child from the Federal Child Tax Credit.**

**To get these credits, you must file a tax return e-file  
for refunds in as few as 7 days!**

**Call today for an appointment.**

**Free Tax preparation is available to you at:**



### KS Benefit Bank Sites

Catholic Social Services  
708 N. Main  
Garden City, Kansas  
620-272-0010

### AARP Sites

Mexican American Ministries  
224 N. Taylor Ave.  
Garden City, Kansas  
620-275-497

Senior Center of Finney County  
907 N. 10th  
Garden City, Kansas  
620-275-5566

# Improve Your Finances



**CIL SWKS MOTORCYCLE DRAWING**  
**DRAWING WILL BE HELD ON JUNE, 7, 2008**  
**CIL SWKS IS A NON-PROFIT CORPORATION**  
**DONATIONS MAY BE TAX DEDUCTIBLE**  
**WE GREATLY APPRECIATE YOUR DONATION TO OUR ORGANIZATION**



**\$25**  
**PER TICKET**  
**NO LIMIT ON TICKETS PURCHASED.**  
**ONLY 500 TICKETS MADE AVAILABLE.**



**DRAWING WILL BE HELD ON JUNE 7TH 2008**

**FOR TICKETS CALL 1-800-736-9443 OR VISIT WWW.CILSWKS.ORG**

**MAILING LISTS (FREE)**

- CILSWKS Email List. You will receive updates of events at CILSWKS and Center publications, including the Newsletter (published four times a year), and CILSWKS Discussion Papers .
- OR
- I wish to receive the CILSWKS Newsletter in the mail.

**mailing address**

Name

Organisation

Address

Zip

Phone  Fax

Email

**Previous address**

Name

Organisation

Address

Zip

Phone  Fax

Email

**PLEASE MAIL/FAX COMPLETED FORM TO:**  
 Center For Independent Living Southwest Kansas, 1802 E. Spruce St., Garden City KS, 67846  
 OR Fax: 620-271-0200 Phone: 620-276-1900 Email: revolutions@cilswks.org

**STAYING IN TOUCH**