

June 2020

## CONNECTIONS

### JACIL continues with state's COVID-19 plan

by Peggy Davidsmeyer

The Jacksonville Area Center for Independent Living continues to follow Illinois Governor Pritzker's Restore Illinois Plan.

Right now, our offices remain closed to consumers without pre-arrangement and serious need. We can make some appointments happen but Personal Protective Equipment must be in place. Masks and gloves (as needed) are a must.

Most staff are working from home and coming into the office on a scheduled basis to complete tasks that cannot be completed otherwise.

We will move into Phase Three when and if our region moves to Phase Three. At that time, staff will most likely work in staggered

shifts and days in order to keep the number of people in the office to 10 or less.

Social distancing and the use of masks, as needed will be required.

We miss seeing all of you. We will be having PA Orientation by Zoom on June 24 and we are working on a June KIP, possibly by Zoom, as well. Stay safe and we will see you soon.

#### QUICK FACTS

- JACIL follows COVID-19 rules
- Use masks
- Office is closed but phones ON
- But call JACIL if you need help! We answer!
- June meetings will use ZOOM
- Questions? Call JACIL



Illinois Governor J. B. Pritzker outlines phased COVID-19 strategy.

# Medical masks prevent lip reading as a communication tool

by Sarah Wilson, JACIL Advocate for Deaf Services

Masks do not help the Deaf community

much. To protect ourselves, yes but caused more barriers to communicate with others, such as workers, doctors, nurses and etc. We do rely on facial expressions and mask covers that. Some of us are good at lip reading and cannot do so. Caused a great misunderstanding and had to ask to repeat more than once. Felt there is no connection as if we are talking to the wall. I always make sure to do eye contact and let them know that I am deaf and cannot understand what they are saying/speaking. I prefer to have them to write it down. Some do have note pads and pen ready with them. Some are not considerate enough and is not prepared to communicate with Deaf people. Some of us had to ask them to pull their masks down so we can understand them better. Some of them were willing to do that, some are not. That's a sticky situation. For Deaf community, it would be a lot easier to have a clear/plastic masks on instead to make it more visual and able to rely on facial expressions to guess and see what they are saying. For me, it's a lot more important for doctors/nurses to wear plastic masks due to terms and serious information to know and what to do regards health issues or anything that is important to know for the future. Writing it down would be helpful as well. Interpreters should do the same with clear masks as they need to use facial expression to interpret what their tones are saying and translate that into expressions. They need to be reminded to do eye contact while talking to deaf people. Also try to talk in slow manner to make sure we are able to keep up. Wearing masks make this more difficult for us and it is very frustrating. I keep telling this to myself that this is only temporary. Some of us are very upset with this situation. I tell them to express their feelings that they cannot deal with masks while communication and need to find another way. Some refused to do appointments



because they do not want to deal with them (masks). They rather to wait until this whole thing blows over.

Please let me know if there is any other questions, thanks!

## PA orientations va Zoom

JACIL will conduct its next Personal Assistant Orientation from 9:30 a.m. to noon on Wednesday, June 24, unless COVID-19 restrictions have been lifted.

Zoom Conferencing software can be downloaded for free at: <https://zoom.us/download>.

A person must complete our orientation before he or she can be added to our Personal Assistant Referral List. Call Danielle at (217) 245-8371 to register for this free orientation.



# Solitude can be a real enemy for people in wheelchairs

by Roger Deem

For most of my 62 years of life, Saturday has always been the greatest day of the week. It was a day which was not pre-written in stone.



Monday to Friday were almost always work days.

Sunday was a day reserved for church and church family. Saturdays often had no rules and brought the promise of excitement and adventure, the possibilities almost dazzling in their infinite array.

One day my life changed and using a wheelchair became part of my daily existence. When that happened, Saturdays became my worst enemy.

Because I could no longer drive, my freedom to go places and experience more of what the world offers was cut off. Life was not beating a path to my door. The local bus service does not run on the weekend. The only two options open to me were calling a taxicab or begging a ride from friends.

Using the cab service is financially restrictive for me. I simply don't have the spare money it takes to transport myself in that manner.

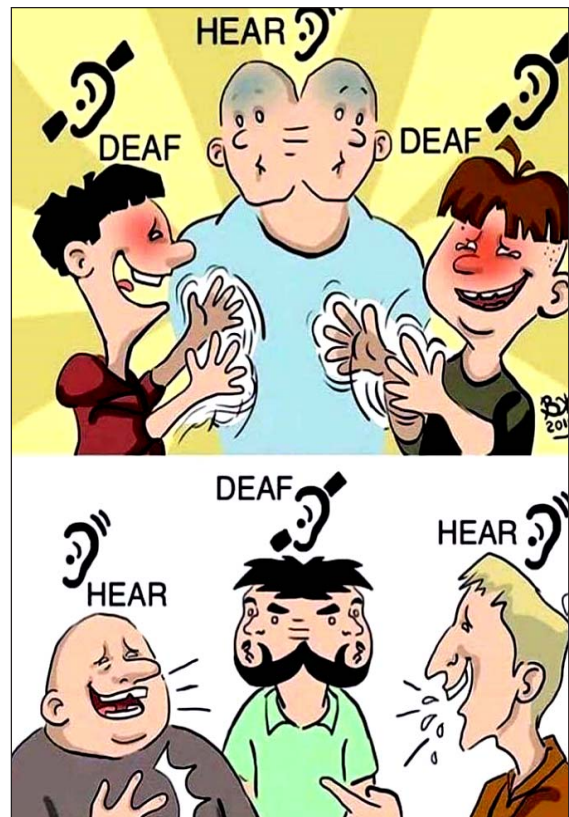
I already depend on friends to get me to church and back and I thank God for those who are willing to fill that role. I am so uncomfortable asking people to cart me around unless the errand is of real import, such as a medical appointment. I know how important Saturdays are to most people and I don't want to be a burden to them.

It is amazing the simple pleasures that I miss. There are some days I would give almost anything to go out to the local park and

spend an hour watching the ducks and geese on the lake. Like so many other things, that is a pleasure that I have given up because I have no way to transport myself.

I am one of the most blessed of individuals because I have the privilege to work full time and have an affordable bus service available to take me to the office and back.

I cannot imagine life if my Saturdays solitudes were an everyday occurrence. It is one of the hidden curses of life with a disability that I never truly appreciated until it happened to me.



Cartoon, provided via Facebook by Kelly Latham, depicts the confusion that often results on both side of the communication equation for people who are deaf or use American Sign Language.

## Support bags project continues for JACIL consumers

Thanks to the special grant we received for this project, we were able to provide a second round of 75 bags with helpful supplies for our consumers.

Each bag of supplies includes the following: One roll of toilet paper, one bottle of hand sanitizer, one bottle of shampoo, one box of Kleenex, one toothbrush and one tube of toothpaste.

Bags are distributed one per family every three weeks until our funds run out.

For more information contact JACIL at (217) 245-8371.



by Kathy Price

Each issue Kathy will answer your questions about anything--from household hints to the price of tea in China.

Please e-mail your question to her at [kathy@jacil.org](mailto:kathy@jacil.org).

**This Month's Question:** What do you recommend I use to coat my baking pans so they will be easier to clean and not have gunk stuck all over the sides and bottom?

**Kathy Says:** Start with the following ingredients:

- 1/2-cup flour
- 1/2-cup oil
- 1/2-cup shortening

Use an electric mixer. Place the ingredients, in the order as given, into a bowl. Mix until smooth and creamy.

To store, pour into a jar, place a square of wax paper on top, then screw on lid tight. It can then be stored until ready for use.



*JACIL staffers pack emergency bags for distribution to our consumers.*

### **A few ideas to ease the quarantine boredom blues**

- Research volunteering opportunities in your city and mark down the most interesting ones.
- Take this time to learn something that's not exactly essential in life, like juggling.
- Keep a quarantine diary.
- Choose at least five people that you haven't heard from in a long time and write them a message to find out how they're doing.
- If you have a dog, teach him something he can't do. Fetching a ball won't cut it.

## JACIL'S 14TH WHEELATHON



### JACIL'S WHEELATHON POSTPONED

Because of public restrictions caused by the COVID-19 issues, plans for JACIL's 14th Annual Wheelathon are currently in flux

We are hoping to reschedule the event for August or September depending on when local, state and federal authorities lift public gatherings restrictions. More info is on the way.

*The following schedule is subject to local and state regulations concerning the Coronavirus efforts. These events will NOT take place until restrictions have been lifted by state and local authorities.*

### JUNE (TENTATIVE) CALENDAR OF EVENTS

- Tue 2 The Pointe 20/20 (formerly Knollwood) Support Group  
9:30 to 10:30 a.m.
- Wed 3 Friends Helping Friends Action Club - 3:45 to 4:45 p.m.
- Thu 11 VisAbility Support Group - 10:30 a.m. to noon.
- Tue 16 Cass County Visions Support Group -10:00 to 11:00 a.m.
- Wed 17 Mason County Visions Support Group - 2:00 to 3:00 p.m.
- Wed 17 People First Aktion Club - 3:30 to 5:00 p.m
- Wed 24 Personal Assistant Orientation - 9:30 a.m. to noon  
Via Zoom from JACIL Office
- Thu 26 KIP Café - 11:30 a.m. to 1:30 p.m.  
Program: *To be announced*  
Presenter: To be announced  
Via Zoom from JACIL Office



“JACIL Connections” is published by the Jacksonville Area Center for Independent Living. JACIL is organized to serve people with disabilities in Morgan, Scott, Cass and Mason Counties. JACIL is committed to encouraging people with disabilities to gain control and direction of their lives in the home, workplace and community. JACIL’s goal is to stimulate and promote a growing sense of personal dignity through individualized services designed to provide the tools necessary for maximum independence and community participation. We invite your comments and suggestions.

Roger Deem - *JACIL CONNECTIONS* Editor

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