PACE, Inc. and Club ACCESS present

The 5th Annual Wheelathon,
Saturday, April 14th 9:30 am - Noon

Bring your own wheelchair or borrow one of ours
Parkland College Parking lot C
Everyone can push, jog or walk in the Wheelathon.

Just get your entry form on page 9 & collect donations
WIN A TROPHY FOR FIRST PRIZE!

“Doing it differently“ Essay Contest for kids and teens - see page
Balloon Animals
Face Paints

Get a Wheelathon T-Shirt if you raise $60.00 or more
Lunch provided for wheelers and walkers

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Access for Urbana!

Urbana City Council’s Committee of the Whole meeting on February 27 proved significant in revisiting the importance of accessible design. For the last six months, advocates from PACE and the disability community have been advocating for pedestrian access to intersections, stating that equal access for people of all disabilities needs to be considered when making changes to city intersections. Instead of installing roundabout at the intersection of Florida Avenue and Philo Road, the Urbana City Council made recommendations to upgrade the current signals and consult the disability community and integrate their needs into future construction plans. If you are interested in advocating for increased access for people with disabilities, please join us for the next Advocates For Access meeting on the third Wednesday of the month at PACE, from 3 PM to 4 PM. For more information, please call PACE and ask for Eric.

March 2012
Low Vision Workshops
by Victoria Raistrick

PACE and Faith In Action are collaborating to present 4 low vision workshops to Piatt County seniors:

“Cooking Healthy and Safely with Low Vision Aids”
Tues., April 3, 2012 from 10:30AM-11:30 AM in Mansfield
“Cooking Healthy and Safely with Low Vision Aids”
Tues., May 1, 2012 from 10:30AM-11:30AM in Cerro Gordo
“Developing Your Senses”
Tues., Aug. 7, 2012 from 10:30AM-11:30 AM in Monticello
“Low Vision and Computers”
Tues., Sept. 4, 2012 from 10:30AM-11:30AM in Monticello

There is no fee for these workshops. Please call Victoria at 217-344-5433 (voice), 217-344-5024 (TTY), 217-689-0289 (VP) to register.

Volunteer Life
by Kerrie Lee Dunn

I came to PACE as a consumer in 1986 and after a few months of being helped a lot I became a volunteer. I have done almost everything (almost) and anything from shredding paper, copying, doing mailings to being President of the Board of Director's. Volunteering is special to me. It not only makes me feel better about myself because I'm giving not taking. But I also know that my assistance is allowing our staff more time to serve more people!

PACE has quite a few volunteer jobs:


PACE has a fantastic Volunteer Coordinator named Alan Thomas who will assist you in choosing and doing volunteer jobs.
The American Association of People with Disabilities bulletin announced that the Department of Labor is considering adopting regulations that would enforce Section 503 of the 1973 Rehabilitation Act. According to the Department of Labor, Section 503 “prohibits discrimination and requires employers with federal contracts or subcontracts that exceed $10,000 to take affirmative action to hire, retain, and promote qualified individuals with disabilities.”

These rule changes are a huge advocacy step for employment of people with disabilities. These proposed changes can provide more job opportunities, more efforts to hire qualified individuals with disabilities. The AAPD states these rule changes could be the “biggest advancement for equal opportunity since the ADA.”

Sources: AAPD Bulletin and Dept of Labor online

Communications Equipment for Deaf and Hard of Hearing

PACE offers access to free telecommunications equipment designed for use by people who are Deaf or Hard of Hearing. Equipment for people who are Deaf includes the Video Phone. Equipment for people who are Hard of Hearing includes Amplified Telephone and Captioned Telephone. PACE staff are available to meet with you to discuss your needs by appointment.

Call today!
PACE is sponsoring the following Low Vision and ITAC Amplified Phone Clinics:

**IL residents, who are 55+ years, and have significant vision loss due to macular degeneration, glaucoma, cataracts, and other eye conditions qualify for low vision exams.** The free exams will be conducted by a licensed optometrist. Low vision aids, recommended by the optometrist, will also be provided at no cost. An appointment is required for the low vision exam.

**PACE Low Vision and Amplified Phone Clinics**

By Victoria Raistrick

**ITAC**

IL residents, of all ages, who have a diagnosed hearing loss and an active land line phone will be eligible for a free amplified phone. Qualifying individuals will receive their phone in the mail. No appointment is necessary to select a phone. Call Victoria at 217-344-5433 (voice), 217-344-5024 (TTY), 217-689-0289 (VP) to schedule a low vision exam.

**PULL FOR ACCESS**

Collect pop tabs so recycling proceeds can go to adaptive equipment for PACE consumers.

**SAVE’EM UP AND DROP’EM OFF**

Do you need a 5X or stronger hand held magnifier to read print or write? If the answer is yes, you may wish to try a CCTV. A CCTV or electronic magnifier allows a larger viewing area, offers more contrast, and eliminates holding the magnifier. PACE has several older CCTV models available for loan. Call Victoria, at PACE, for a demonstration or to arrange a loan. Loan is for members and membership is $15.00 a year. There is no cost for the actual loan.
PACE invites you, your family, and friends to join fellow advocates who meet to bring awareness to cross-disability issues and partake in increasing access for people with disabilities in our community. AFA meets on the 3rd Wednesday of each month, from 3:00 - 4:00 PM. At AFA meetings, we catch up on what’s going on in the disability community; we share our suggestions with others on making changes to our community that enable people with disabilities to live, work, and play independently; and we advocate together, as one, for changes to disability-related laws.

Together we will work to reverse physical and societal barriers, as we strive to enhance our opportunities for equality. Together, we work to shatter stereotypes, demolish barriers, change perspectives, change laws, laugh, problem solve, and advocate for positive changes for people with disabilities – striving for our rights for full inclusion in society. Please join in our quest for self-determination! For more information, call PACE and ask for me, Eric.

After numerous, troubling stories from travelers with disabilities experiencing difficulties with airport security, the Transportation Security Administration (TSA) has launched "TSA Cares". "TSA Cares" is toll-free a phone number designed to provide information about security procedures for people with disabilities.

A few days before heading to the airport, travelers with disabilities can call "TSA Cares" at 1-855-787-2227 for information about airport security procedures and any special procedures relating to their specific disability or medical equipment. TSA recommends calling 72 hours ahead of travel so that "TSA Cares" can coordinate with TSA at the airport when necessary.

"TSA Cares" phone line is open Mon through Fri 9:00 am to 9:00 pm EST, except federal holidays.

http://www.tsa.gov/travelers/index.shtm
Special Announcement from Deaf Services for People with Disabilities

Training on the Importance of Voting

Learn how to vote!
Why it is important to vote?
Voting is your RIGHT!

YOUR VOTE MATTERS For People with Disabilities

Get Out the Vote!

Refreshment will be provided

Angela Botz
President of Illinois Association of the Deaf and Community Outreach Coordinator—IMPACT CIL

Thursday, April 19, 2012 at 7:00 pm
at PACE, Inc. Conference room

For more information, please contact
Alan L. Thomas at alan@pacecil.org
PACE presents an ASL Class!

PACE Inc., 1317 Florida Avenue, Urbana, IL

March to June 2012

Beginning ASL: 6 to 8 pm (Wednesdays)
(March 21, 28; April 11, 18, 25; May 9, 16, 23, 30; June 13, 20, 27)
(No Class April 4; May 2; June 6)

Cost: $40.00/per person
(11 weeks including handouts)

Please call PACE, Inc. at (217) 344-5433 (Voice),
(217) 344-5024 (TTY), (217) 689-0289 Videophone or e-mail to
alan@pacecil.org to sign up for class.

Q: Isn’t sign language just English with hand motions?
A: Many people think that “sign language” is basically a gestural form of English, but that’s wrong. American Sign Language is a very different language with its own grammar rules and structure. It is the primary language of Deaf people in the United States, and it’s growing in popularity with hearing children every year.

Q: Do all Deaf people use American Sign Language?
A: American Sign Language (ASL) is not a universal language. Although ASL is considered to be the native language of Deaf people in the United States, there are other signed languages (like Signed Exact English) which are taught in some schools. Most countries have their own national signed language.

Q: Can Deaf people use telephones?
A: Deaf people didn’t use telephones until the 1960s. That’s when the TTY was invented. Today there are many more ways for Deaf people to communicate with technology - through the internet, video phones, instant messaging, text messaging on cell phones, video email, video blogs, etc.
PACE, Inc. & Club ACCESS Wheelathon Donation Sheet

Office only: initials___________________________

Participant Name: ____________________________________________________________

First  Middle Initial  Last

Address:____________________________________________________________________

____________________________________________________________________________

City  State  Zip

Phone: (___)_________________________________________________________________

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Total

Turn donation sheet in to PACE, Inc. Center for Independent Living
217 344-5433 voice, 217 689-0289 video phone, 217 344-5024 tty
1317 E. Florida, Urbana, IL. 61801
Or bring donations with entry forms to the event at Parkland

pacecil.org
Essay Contest

Sponsored by PACE, Inc. Center for Independent Living & Parkland's Club ACCESS Wheelathon Committee

There are many kinds of disabilities in our world today. Some disabilities are visible and some are not. Our committee focuses on abilities and possibilities for all of our citizens. This contest celebrates the focus on possibilities for persons with disabilities.

Write an essay on the topic “Doing it Differently; Disability” This could be from personal experience, close family member, or just as a casual observer. Kids with or without a disability are encouraged to enter. Tell us about your experience or observations.

First prize $50 gift card for each level. Prizes will be announced April 6, 2012 on the PACE web site. Prizes will be awarded at the Wheelathon April 14, 2012. Question regarding the essay contest should be directed to Evelyn Brown (217)351-2587.

Rules: level 1 grade 5 - 8

Essays must be 150 - 300 words.
Essays must be typed, double spaced, with 12 to 14 pt. font in Times New Roman or a similar size font with 1 inch margins.
A copy of this flyer must be completed and attached to each entry.
All essays will be evaluated on original content, organization, clarity, and communication of ideas.
Essays will become the property of the committee and may be published to promote Disability Awareness events and activities through PACE and Club ACCESS.
All entries are due at PACE, 1317 E. Florida Ave. Urbana, IL 61801, no later than 4 PM on March 16, 2012. Judging by panel of current and former English teachers. Judges' decisions are final.

Level 2 High School

Essays must be 300 words or less.
Essays must be typed, double spaced, with 12 to 14 pt. font in Times New Roman or a similar size font with 1 inch margins.
A copy of this flyer must be completed and attached to each entry.
All essays will be evaluated on content, organization, clarity, and communication of ideas.
Essays will become the property of the committee and may be published to promote Disability Awareness events and activities through PACE and Club ACCESS.
All entries are due at PACE, 1317 E. Florida Ave. Urbana, IL 61801, no later than 4 PM on March 16, 2012. Judging by panel of current and former English teachers. Judges’ decisions are final.

Name: ___________________________________________________
First                                                              middle
last

Address: ___________________________________________________________
___________________________________________________________________
___________________________________________________________________

Age___________/grade_________________

Optional
School _____________________________________________________________
School address_______________________________________________________

Make copies as necessary
Attach your entry
Submit to PACE
pacecil.org
INDENPENDENCE

INDENPENDENCE!!

That is what the Community Reintegration program can offer you or a loved one. If you or someone you know and love are living in a nursing facility but truly do not need to reside there, but have little to no means by which to return to the community, please contact the Reintegration Specialist here at PACE. We cover five counties: Champaign, Douglas, Edgar, Piatt & Vermillion. If you are looking to gain your independence, you need to give us a call and we will work with you to gain what you deserve, and that is living life on your
“7 Wellness Workshops for Your Health”

“7 Wellness Workshops for Your Health”
March 6\textsuperscript{th} 2012 through April 24\textsuperscript{th} 2012 from 4:14-5:30 pm
Classes meet on Tuesdays. No class March 20\textsuperscript{th}.
Topics include: Nutrition and Warm-Ups, Aerobics, Yoga, Artistic Outlets and Stress, Core and Back, Stretching and Flexibility and How Culture and Nutrition affect Health.
Various Life Skills programs for people with developmental disabilities are available in group or one on one.
The Opportunities for Independence program is a program funded by the Champaign County Developmental Disabilities Board and is targeting people who live in Champaign County.

“7 Wellness Workshops for Your Health”

by Hadley Ravencroft

Are you a Personal Assistant who is currently working for a person with a disability as your employer? Have you wanted more training or education as a personal assistant, but didn’t have the time or didn’t want to lose the pay? You may have received flyers in the mail in the last few weeks from SEIU. These advertisements were about training on universal precautions, employer employee relationship, IL philosophy, etc. PACE will be hosting an IL Philosophy training on April 28. To register please call SEIU at 866-933-7348.

by Eric Trusner

PACE Consumer who uses Personal Assistant services, or a PACE Personal Assistant, we would appreciate your comments! PACE will be scheduling a PACE PA Advisory. Please let us know how we are doing, and how we can improve. The PACE Personal Assistant staff want to facilitate excellent PA services! For more information, please call Eric or Terry at (217) 344-5433.

pacecil.org
PACE Membership for

Name (s) ____________________________________________

Address ____________________________________________

City __________________________ St. __________ zip ____________

Phone __________________________ voice  video phone  TTY (circle one)

Email ____________________________________________

I have included....

My calendar Year 2012 membership ______________________

My additional donation ______________________

TOTAL AMOUNT: ______________________

Check should be payable to 
PACE, Inc.
1317 E. Florida
Urbana, IL 61801

THANK YOU!

Membership is a minimum of $15.00 per person (or families of 3 or more is $30.00 total)

Individual Membership Levels:
Patriot $250-$500
Advocate $150-$249
Catalyst $50-$149
Educator $15-$49

Sponsorship Minimums:
Corporations revenue > 1 million $450
Corporations Revenue < 1 million $250
Social Service Agencies $50