

SOYLAND ACCESS TO INDEPENDENT LIVING



SAIL The Anchor

WINTER 2019



FAREWELL, GOOD FRIEND

SAIL lost a true friend and supporter when Marcia Gosch passed away in Decatur on September 5, 2019.

Marcia began her association with SAIL as a consumer in the Visual Services Program in 2003. Through her interactions with a variety of staff members she became interested in serving on the SAIL Board of Directors. She joined the Board in July 2011 and served six years. During that time, Marcia was Board Vice President, Board Treasurer and Board President. SAIL benefitted from her leadership skills as she served on the Executive, Finance, Strategic Planning Committees and Administrative Policy Review Committees.

Marcia took her service and dedication to SAIL programs a step further. She attended and actively took part in the Annual Program Planning Sessions several years in a row. In these meetings, SAIL services for the most recent year are reviewed and agency-wide goals for the upcoming year are established. Her input during discussions was concise, insightful and valuable to all staff.

The SAIL Disability Awareness Team, DAT, was fortunate to have Marcia as a volunteer for many events. The DAT presentations introduce to attendees how people with disabilities perform daily living tasks through modifications of the environment or the use of assistive devices. Such assistive technology removes the barriers a person with a disability is living with every day.

Marcia especially liked volunteering to assist in presentations offered to children in the Decatur community. She used a mon-ocular scope attached to her eyeglasses and enjoyed demonstrating how it increased her ability to see. This device gave the vision she needed to navigate her surroundings. As a result, Marcia lived independently in her own apartment, lead a resident committee at the apartment complex, shopped when she wanted, went to church and traveled through-out her community with ease.

The staff and Board of SAIL greatly appreciate Marcia's contributions to SAIL directly and to people with disabilities throughout the community. She is missed.



SOCIAL SECURITY ANNOUNCEMENTS FOR 2020

by Amy Corbin, Triple C Coordinator

The Social Security Administration has announced a 1.6 % cost-of-living adjustment (COLA) for the 2020 benefit year. The raise for those receiving benefits will begin on the January 2020 benefit payment. The increase will be about \$12 for those receiving the maximum SSI Federal Payment. For those receiving SSDI and Medicare benefits, Social Security COLA increases cannot be calculated until Medicare premiums are announced later this year. The increase will vary due to the cost of the Medicare premium and the specific amount received by each individual. 2020 benefit amounts will be available online in December for most recipients at their My Social Security Message Center. Mailed notices will go out at the end of the year.

Increases in the maximum allowable earnings benefit and the earnings benefit for people working and under the "full retirement" age were announced as well. Monthly Substantial Gainful Activity (SGA) earning limits increased from \$1220 to \$1260 for individuals who are not blind and for blind individuals. The limit went from \$2040 to \$2110.

Social Security services are free, and they will not ask for a fee or solicit your personal information. The SSA also encourages people not to reveal their personal information through fraudulent calls or "phishing" scams or malicious links. Contact the Social Security Administration directly at **1-800-772-1213** (TTY **1-800-325-0778**) if you have questions.

INDEPENDENT LIVING SELF-CARE TIPS

by Rich Adams, Visual Services Advocate



Distinguishing articles of clothing when living with a visual impairment.

Most of the time, when a person starts losing vision, one of the first noticeable changes is the inability to distinguish darker colors without the use of bright sun light. This slows the daily process of blending and matching articles of clothing significantly. There are various methods of increasing the speed and efficiency of this task.

First, you must take a closer look at each article of clothing and note the differences. What type and size of buttons, what shape and size of pockets, of belt loops, sleeves and collars, if any. What material is it made, and how does it feel, knitted, fuzzy, rippled, stretchy, or extra smooth.

Also, there are ways to mark garments visually or by touch so you know that they will match or blend well. Dots or lines, made by Puff Paint, can be placed where they can be easily seen or touched when choosing color combinations. These markings should not be seen when being worn. Place markings on the inside of the neck band, collar, or waist band and be sure to always place them in the same location so they can be located quickly.

A dot could stand for black, two dots for navy blue, and three dots for another dark color, etc. A shirt or top could have one dot, and beside it, two dots or more, showing that it could be worn with more than one color. Socks can be kept in matching pairs while being washed, by using binders such as bread sack twisters, or Sock Locks can be bought. Shoes that are very similar can be marked on the inside of the tongue, or the sides with flatter dots or lines, so they will not cause discomfort. Someone who sees well and has an excellent color sense, could assist in marking items.

INTERESTING FACT: One out of 150 men are partially color blind; one out of 750 women are somewhat color blind. Choose your advisor carefully, so you can trust that you look sharp each day.

WELCOMING A NEW TEAMMATE

Madalyn Schoonover joined the SAIL staff on October 1, 2019 as the part-time Triple C Independent Living Advocate Visual Services. Her efforts will focus on raising awareness about visual services available to individuals 55 years and older living with vision loss in Coles, Clark and Cumberland counties. Madalyn will also provide the Five Core Services; Advocacy, Independent Living Skills Training, Information & Referral, Peer Support and Transition Services directly to individuals with disabilities to assist them to gain and/or maintain living independently.

As the Triple C Independent Living Advocate Visual Services, she will conduct SAIL presentations for agencies, organizations, community groups, churches, etc. within the three-county area. Participants will learn about SAIL services and specifically visual services such as magnification, large print and talking devices useful to people adjusting to vision loss. Madalyn will display and demonstrate these various aids.

During her presentations, Madalyn will learn from the attendees what information they would like to receive through community workshops hosted by SAIL. If you are interested in scheduling a SAIL presentation with Madalyn, please call the Charleston SAIL office, 217-345-7245.

HEARING LOSS

by Betty Watkins, Rural Outreach Coordinator

In America 26 million adults live with permanent hearing loss. This may be a result from working in a factory, serving in a war zone, or listening to music at a high volume. Daily sounds such as television, radio, appliances and traffic are at levels that don't damage hearing.

What kind of daily noises can cause hearing loss? Just one minute of noise at 85 – 110 decibels, such as a garbage truck, motorcycle, power lawn mower, snowmobile or jackhammer can result in loss of hearing. Rock concerts, jet engines, firecrackers, nail guns, ambulance sirens, etc. range from 110 – 140 decibels. Continued exposure to sounds at these ranges can cause permanent hearing loss.

A normal conversation with a person is usually about 60 decibels. It is recommended to maintain levels below 75 decibels. If the sound is too loud, your ears are letting you know to remove yourself from the situation or put on proper hearing protection.

I know what it is like to live with this disability. The hardest part of my hearing loss is not being able to hear my grandchildren talking to me. I use a pocket talker to hear better. A pocket talker is a personal device that amplifies the sounds closest to you while reducing background noise. This allows the user to enjoy conversations that once were hard to hear.

Sources: www.agingcare.com/ and www.huffpost.com

SAIL IS A FRAGRANCE-FREE FACILITY

People who have a respiratory or breathing disability are unable to breathe when they encounter scents and fragrances in their environment. For that reason, SAIL is a FRAGRANCE-FREE facility.

SAIL reserves the right to require anyone coming into a SAIL office scented with cologne, perfume, soaps or lotions TO LEAVE. This policy serves to protect SAIL consumers, visitors, guests and staff.

THANK YOU FOR YOUR COOPERATION!

LANGUAGE ASSISTANCE SERVICES ACT

By Emily Dobson, Program Manager

Are you familiar with the Language Assistance Services Act, LASA? LASA became law in Illinois in 1994 and was amended in 2005. Its purpose is to ensure access to health care information for people who are deaf as well as those who are limited English speakers or do not speak English at all.

LASA is especially important to people who are deaf and need an interpreter for medical procedures or emergencies. It addresses language and communication barriers often experienced by individuals with deafness when seeking medical treatment. Illinois residents with deafness advocated for the passage of LASA because many of them did not receive timely or appropriate interpreting services in medical situations.

Under LASA, health care facilities are required to

- Use interpreters fluent in English and the language of the patient, including American Sign Language, and can accurately speak, read and interpret the patient's language including the names of body parts and descriptions of symptoms and injuries.
- Have a policy in place for providing language assistance services to patients with language barriers and review it annually.
- Post notices advising patients about the availability of interpreters, languages offered, procedure for obtaining services and how to submit complaints.
- Inform their employees of language services and require them to make the services available as needed to patients.

Illinois American Sign Language interpreter laws require that interpreters be registered with the Illinois Deaf and Hard of Hearing Commission. Names and contact information for registered interpreters can be obtained from an interactive map at their website: www.idhhc.state.il.us. The interpreters are tested and placed in levels according to their skills. Most medical interpreting situations will require an interpreter of the advanced or master level. The Illinois Department of Public Health (IDPH) is responsible for monitoring and resolving complaints about language barriers. They can be contacted through their hotline at 800-252-4343. Complaints can also be e-mailed to dph.ccr@illinois.gov.

Sources: Illinois Deaf Services Coordinators presentation (approved by the Illinois Critical Access Hospital Network and the Illinois Hospital Association) and IL Administrative Code-Section 940.120 Language Assistance Services Code.

UPCOMING SAIL OFFICE CLOSINGS



The business hours at all SAIL offices are Monday through Friday 8:30 a.m. to 4:30 p.m. During the months of November 2019 through February 2020, all SAIL offices will be closed on the following dates.

- Monday, December 23rd through Wednesday, January 1st – Christmas Break
- Monday, January 20th – Martin Luther King, Jr. Holiday
- Monday, February 17th – Presidents Day

PLEASE NOTE: When Decatur Public Schools are closed due to weather, SAIL offices will be closed.

Additional closings occur in the Charleston and Shelbyville offices when staff are in the community providing consumer services, education activities and attending meetings. When staff is out, the phone system routes all calls directly to the main office in Decatur. SAIL has an employee dedicated to answer phone calls during normal business hours.

WINTER WEATHER AHEAD

by Lori Smith, Program Accommodation Coordinator

The Farmer's Almanac is predicting winter 2019-2020 will provide a freezing, frigid and frosty "Polar Coaster" of a ride. They are saying to get ready for [a winter full of wild temperature swings and some pretty crazy precipitation too.](#) A few takeaways from the Almanac extended weather outlook include:

- The biggest drop in temperatures is forecast to take hold from the northern Plains into the Great Lakes. The Northeast will experience colder than normal temperatures for much of the upcoming winter. Only the western third of the country will see near-normal winter temperatures.
- The coldest outbreak of the season should arrive during the final week of January and last through the beginning of February.
- Above normal winter precipitation will be seen over the eastern third of the country as well as the Great Plains, Midwest and the Great Lakes.



The following are tips to help you get through the winter ahead:

- Always remember to walk carefully on the snow and ice. Remember to avoid overexertion when shoveling snow, as this is a serious workout and going at it too hard can bring on a heart attack – a major cause of death in the winter.
- Always have a cellphone that is charged with you, in case of emergency. In case the power goes out, you will need to have extra blankets and a flashlight with extra batteries. Keep a week's worth of bottled water and canned food with a non-electric can opener. Keep caught up with all medications, should there be any trouble with driving to the drugstore.
- Keep a product that melts ice on walkways, road salt or sand to help tires get traction, a shovel and a windshield scraper on hand.

SAIL OFFICE HOURS

8:30 a.m. – 4:30 p.m.

SAIL WEBSITE

www.decatursail.com

CONTACT INFORMATION

<u>Decatur Office</u>	2449 E. Federal Dr. 217-876-8888 (V/TTY/VP)	Decatur, IL 62526 217-876-7245 (FAX)	1-800-358-8080 (V/TTY/VP) sail@decatursail.com
<u>Shelbyville Office</u>	1604 W. Main St. Ste. 100 217-774-4322 (V/TTY)	Shelbyville, IL 62565 217-774-4368 (FAX)	saisel@consolidated.net
<u>Triple C Office</u>	707 Windsor Rd. Suite B 217-345-7245 (V/TTY)	Charleston, IL 61920 217-345-7226 (FAX)	triplec@consolidated.net

Anyone in need of public safety or emergency services should call 911 for assistance.