

SOYLAND ACCESS TO INDEPENDENT LIVING



SAIL The Anchor



SPRING 2023

SAIL – A New Location **Jeri Wooters, Executive Director**

SAIL is excited to announce we have moved the Decatur office to a new location. The SAIL office is now at 1670 S. Taylorville Road. After more than twenty-five years serving Macon County from the Park 101 area, SAIL is now providing services from a single office building. The facilities and parking lot are for the exclusive use of the people SAIL serves, it's staff and volunteers.

The new office building is on the corner of Route 48 and W. Sesom Drive. This location allows people to find the SAIL office quickly because it is on a main road and the signage can be seen easily from the roadway. The new site increases the opportunity for individuals driving to and from Decatur on Route 48 to become familiar SAIL and possibly pique interest in the services SAIL has available for people with disabilities.

The SAIL Board of Directors and staff are looking forward to hosting an Open House later this year. This event will welcome the general public to visit the new office space, meet those providing services to the community and learn more about the programs and services SAIL offers. Keep a lookout for an upcoming announcement of the date of the Open House.



Mark your calendars for the upcoming “SHELBY COUNTY HEALTH FAIR” on Thursday, May 4, 2023 from 9:00. to 11:30 a.m. The health fair will be held at the Shelby Christian Church, 200 North Hickory Street, Shelbyville. The event will include representatives from over 30 different agencies and many door prizes For information:

Betty Watkins, SAIL Rural Outreach Coordinator, at 217-774-4322

2023 Disability Services Expo

Emily Dobson, Program Manager

The Macon-Piatt Transition Planning Committee is hosting a Disability Services Expo on Thursday, April 20, 2023 from 12:00 to 5:00 p.m. at the Macon Resources Inc Gym, 2121 Hubbard Avenue in Decatur. Local agencies will be at the Expo to discuss disability services available for area residents ages 14 to 22, including those currently in school and those who no longer attend. Decatur high school students with disabilities will be bussed to the Expo. Students will model appropriate work clothing in a style show at 1:00 p.m. Parents and people no longer in school are welcome to come to the Expo at any time to gather information or speak with transition and adult service agencies.

Benefits Access

Brenda Ingle, Independent Living Advocate

The State of Illinois serves people with disabilities and seniors 65 years and older who are in the income guidelines for their family size in acquiring a license sticker discount. Those who qualify receive a certification letter to take to the Division of Motor Vehicles, DMV. and acquire the discount. For more information see www.ilsos.gov.

Are You IEP Ready?

Emily Dobson, Program Manager

In spring, parents begin to think about the “annual review” of their child’s Individualized Education Program, IEP.) A little preparation will make the meeting less stressful and more productive. Here are some tips to consider when preparing for the IEP:

- Review your child’s grades, progress reports and any testing that has been done, including benchmark testing. Make a list of concerns.
- Note any social, executive functioning or processing problems the student is having.
- Identify any homework struggles, including daily time commitment for parents.
- Research on-line resources that may provide more information about your student’s disability and possible goals and accommodations that may provide some ideas.
- Make an agenda or “Top 10 List” of topics to discuss in the meeting and be sure your concerns are discussed before the meeting is over. Check off the items as they are addressed in the meeting so nothing is forgotten.

These tips will organize topics to be discussed, less the likelihood of important matters being forgotten and prepare you to work as part of the team ensuring your child a quality education.

Severe Weather Preparedness

Lori Smith, Executive Administrative Coordinator

In Illinois nearly 80% of all tornadoes occur from April 1st through June 30th. These weather events have proven that Illinoisans need to be ready at all times.

Terms used to describe tornado threats:

- Tornado Watch: means tornadoes are possible. Stay alert
- Tornado Warning: means a tornado has been sighted.

Actions to follow in the event of a tornado:

- If possible, get inside a substantial building on the lowest floor, away from windows and doors.
- As a last resort, lie in a ditch or culvert. Use your arms to protect your head and neck.

Sources: nprillinois.org and weather.gov

INDEPENDENT LIVING SELF-CARE TIPS

Rich Adams, Visual Services Advocate

Distinguishing Shoes

The soles of shoes and boots are curved to fit the feet. The inside curve next the big toe is the larger curve. So a way to quickly match your shoes with the proper foot, is to turn each shoe sole up. Then put the shoes together side by side. If the hole between the shoes, close to the heel, is small the shoes need to be swapped because the outsides are together. When the hole between them is bigger, the shoes are right because the insides are together. Then turn those shoes right side up and they will fit your feet correctly.

ALTERNATIVE FORMATS & LANGUAGE ACCOMMODATIONS

In an effort to ensure clear and accurate communication, SAIL provides written materials, policies and Independent Living services and programs in alternative formats when requested. SAIL also provides Language Assistance services upon request.

SAIL IS A FRAGRANCE-FREE FACILITY

Not all disabilities can be easily observed. 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 wearing cologne, perfume, scented soaps or lotions TO LEAVE. This policy serves to protect SAIL consumers, visitors, guests and staff.

THANK YOU FOR YOUR COOPERATION!!

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 March 2023 through June 2023, all SAIL offices will be closed on the following dates:

- **Monday, May 29, 2023 – Memorial Day**
- **Monday, June 19, 2023 - Juneteenth**

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.

SAIL OFFICE HOURS 8:30 a.m. – 4:30 p.m. SAIL WEBSITE www.decatursail.com

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



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NOTICE FOR NOMINEES TO THE SAIL BOARD OF DIRECTORS

The SAIL Board of Directors, vested with the management and administration of Soyland Access to Independent Living, SAIL, are responsible to determine and monitor the organization's administrative, personnel and financial policies. They serve as guardians of the SAIL Mission.

"Promoting Independent Living For All People With Disabilities"

Presently there is a need for individuals interested in representing the deaf or hard-of-hearing population or with fundraising and/or financial skills, but all interested candidates will be considered. Consumers and other interested individuals should submit an application form to the Nominating Committee chair. Please call (217) 876-8888 or 1-800-358-8080.



Funding is provided through the U.S. Department of Health and Human Services, HHS, the Illinois Department of Human Services, IDHS, Division of Rehabilitation Services, DRS, Illinois Network of Centers for Independent Living – Personal Assistant Recruitment & Training Project and local fundraising projects.