

# **WRILC's Independent Living Newsletter**

Issue 22-05, May 2022

Western Reserve Independent Living Center – Opening Doors to Independence

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## **Section 1: Questions, questions and more questions**

The Information and Referral Department at your local Center for Independent Living (CIL) is a great place to get answers.

We can provide I&R on a wide variety of disability related issues: Community services and organizations, Disability Laws, Disability Benefits, Independent Living Issues, Counseling and other supports, Accessible Housing, Transportation, information on different types of disabilities, removing architectural barriers, assistive technology and more.

Each CIL's Information and Referral (I&R) Department has current data on available programs and services and on how to navigate systems that can sometimes be complex when obtaining resources. Department specialists also provide a great listening ear in helping someone consider their options.

The department's resources are not available exclusively for people with disabilities. Family members, service providers, the medical community and the general public can also contact the department, as it serves a universal function.

## Core Service Spotlight

Q: What does it mean?

A: Information and Referral or I&R for short, is one of the core services provided by Centers for Independent Living. Our specialist takes requests from consumers and service providers in the community and in turn provides information, knowledge, and tangible resources for disability related needs, and for basic needs.

Q: : How does Information and Referral fit into independent living?

A: Appropriate referrals empower the consumer to take action on their own behalf, and promote independent living in many ways. For example, with the help of a specific referral, a consumer could access assistive technology and home care allowing them to live in their homes longer.

Q: How can someone access our I&R service?

A: People can call, email, or walk in and we will talk about their situation and what resources are available to potentially help them.

Q: Do you prefer to talk directly to the potential consumer, or can a caregiver handle it for them?

A: We always try to talk directly to the person with the disability, whenever possible. It's not always about giving out information that you can just Google. It's figuring out what else they need to live independently.

## **Section 2 - WRILC's Services update**

Still have questions about COVID19 ?

Call us!

We Can Help

330-372-3325 If you need help with

Finding a vaccine site?

Finding Vaccine information and facts

Finding transportation to get your vaccine or booster shot?

Finding an accessible vaccination site?

Appointment reminders

Call us!

We Can Help

330-372-3325

### **Section 3 – Use these secrets to fight inflation at the grocery store**

Simple ways to keep the weekly grocery bill down

Inflation is hitting just about everyone's wallet in the supermarket.

Dr. Shelley Kirk, a nutritionist, says she has been stunned by the rising prices of groceries.

"I think there's sticker shock for many families," she said.

Kirk says people can lower their bills by shopping with a strategy.

#### **Shop Your Pantry**

Before you go grocery shopping, make a habit of checking the shelves of your pantry first. Canned goods, pasta and other pantry staples have a tendency to get forgotten in dark corners.

By taking inventory of what you already have at home, you'll avoid mistakenly buying multiples of the same item. You might be able to shorten your grocery list (and spend less). You'll also reduce the chance of food going bad before you remember to eat it.

Try a pantry challenge to use up what you've already got at home instead of going out and buying overpriced groceries. Don't just limit your challenge to pantry items. Check what you've got in the freezer and what toiletries you already have before buying more of the same stuff.

#### **Make a list, check it twice**

"You want to make a list before you go," she said. "You want to figure out your meals in advance."

"And don't go to the grocery store with an empty stomach because that's going to open the door to a lot more impulse buying," she said.

#### **Avoid pre-cut fruits and vegetables**

Kirk suggests skipping pre-sliced fruits and vegetables, which are often three times the price

of whole apples or melons.

"With pre-cut fruits and veggies, you think this is a time-saver, but look at the cost," she said

### **Buy meat that you can extend for days**

Kirk says unless it is a special occasion, skip expensive steak dinners. Many cuts of steak are now \$15 to \$20 a pound.

"When people think of a meal and its center is steak, that is where you go off your budget," she said.

Instead, she says, buy less expensive cuts of beef that can be used in multiple meals

"Stretch the meat that you do have," she said. "So whether it's in a chili or stew or soup, it can be used in multiple meals."

Kirk says chili, made with ground beef, beans, tomato sauce, and onions, costs less than \$10 for a large portion. "You can actually make a Sloppy Joe on a bun with it," she said. "You can have it as a taco, you can use chili in a variety of ways."

### **Say no to sugary snacks**

Kirk believes it's best to avoid shopping with children. She claims sugary snacks are displayed to tempt them.

"They see things at eye level and these are often not nutritious for you, and overpriced as well," she said.

Kirk also suggests that parents give their kids water instead of sugary juice boxes.

"You can bypass the juice boxes and save a bundle," she said.

### **Look for rice and pasta recipes**

Want 1980s prices? Kirk says to look for recipes that use rice or pasta, which still cost pennies per serving. "Pasta is a staple and it's affordable, and what you put on the pasta is what's going to make it healthy," she said.

Use old fashioned money-saving tricks

Finally, she says shoppers should:

Use coupons, both old-fashioned paper and digital

Buy store brands, when it is essentially the same thing

Stock up when things are on sale That way, you can counter those inflationary price hikes, and you don't waste your money.

## **Section 4 - Monthly Book Recommendation, Tech Corner and Recipe**

### **Book of the Month Recommendation**

***On Edge: A Journey Through Anxiety by Andrea Petersen.***

***A celebrated science and health reporter offers a wry, bracingly honest account of living with anxiety.***

A racing heart. Difficulty breathing. Overwhelming dread. Andrea Petersen was first diagnosed with an anxiety disorder at the age of twenty, but she later realized that she had been experiencing panic attacks since childhood. With time her symptoms multiplied. She agonized over every odd physical sensation. She developed fears of driving on highways, going to movie theaters, even licking envelopes. Although having a name for her condition was an enormous relief, it was only the beginning of a journey to understand and master it—one that took her from psychiatrists' offices to yoga retreats to the Appalachian Trail. Brave and empowering, this is essential reading for anyone who knows what it means to live on edge.

### ***MOODFIT***

Available on GooglePlay and the Apple App Store, Moodfit is a free mental health app with tools and insight meant to “shape up” your mood. Similar to how you might decide to get into physical shape, this app is meant to help you get into mental shape.

Whether you're looking to better understand your feelings or experiencing anxiety, depression, or high levels of stress, Moodfit is designed to help you feel better. There's a questionnaire that will help you determine the severity of the symptoms, as well as many articles and audio files that can help you better understand what you're experiencing. Moodfit also allows you to track your moods. Over time, you'll better understand what types of things affect your feelings—like sleep, medication, and exercise. The app offers actionable insights into what affects your mood and provides strategies for feeling better.

### **Recipe:**

This banana bread is moist and delicious with loads of banana flavor! Friends and family love this recipe and say it's by far the best!

It's wonderful with walnuts or chocolate chips!!! Enjoy!

## **Ingredients:**

2 cups all-purpose flour

1 teaspoon baking soda

¼ teaspoon salt

½ cup butter

¾ cup brown sugar

2 eggs, beaten

2 ⅓ cups mashed overripe bananas

## **Directions**

### Step 1

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.

### Step 2

In a large bowl, combine flour, baking soda and salt. In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

### Step 3

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

## **Nutrition Facts**

Per Serving: 229 calories; protein 3.8g; carbohydrates 34.8g; fat 8.8g; cholesterol 51.3mg; sodium 222.9mg

## **DID YOU KNOW?**

May

- The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.

- The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter color. Emeralds are symbols of fertility

and rebirth.

## **Section 5 – Transportation News**

### Face Masks No Longer Required

In accordance with TSA WRTA is no longer enforcing the federal face mask mandate — effective immediately, face masks/coverings are no longer required on WRTA buses. Riders may continue to wear face masks if they choose to do so.

\*The CDC continues to recommend that people wear masks in indoor public transportation

### Fares & Passes

(UPDATE!) Rides on all WRTA buses are FREE until further notice.

Sales of Adult Day Passes, Multi-Ride Tickets and Adult 31-Day Passes have been suspended.

Do not attempt to buy passes from WRTA drivers or via the EZfare smartphone app.

### Columbiana County

CARTS News: Fleet is now 100% wheelchair accessible.

Make the connection shuttle is available in East Liverpool. Make the connection offers riders the ability to travel to 13 stops in the shuttle's regular route throughout East Liverpool and Calcutta. The route can deviate up to 3/4 mile off the route to pick up or drop off riders along the route.

Have you tried out the WRTA bus system or want more information about our CAT 41 team? Please share any feedback, questions or concerns with WRILC's Transportation Advocate Carl Clemens at

330-372-3325 ext. 108

## **Section 6 Wrilc News and Events**

Independent Living Skills Workshop  
Friday's 1:00-2:30

This month's topics

May 6<sup>th</sup> – Time Use

May 13th—Housing (Make up Session)

Call for information or use the link

below to Join

<https://us02web.zoom.us/j/88391571881...>

Meeting ID: 883 9157 1881

Passcode: 979606

or call United States +1 646 558 8656

Monthly Online Peer Support

### **Monthly Online/hybrid Peer Support group**

#### **Stress & Anxiety Peer Support Group**

**Wednesday May 18th**

From 11:00 AM-12:00PM

Hybrid meeting in person & virtually

This month: Join Us and create a vision board in person or online as we express ourselves through cut out images, glue, markers on a vision board.

Come prepared to share some of your experience and creativity with peers.

For In-person participants We will provide poster board scissors, markers, glue, and some magazines (you are welcome to bring your own printed pictures and magazines). Online participants will need to provide their own supplies

You must RSVP by May 16th so we have enough supplies!

[cindie@wrilc.org](mailto:cindie@wrilc.org) or 330-372-3325

#### **Virtual meeting info**

<https://us02web.zoom.us/j/9313429948>

Meeting ID: 931 342 9948

Phone: +16465588656

#### **In-Person Meeting Info**

Western Reserve Independent Living Center

4076 Youngstown Rd. SE, Suite 203, Warren, Ohio 44484.

Board Room

#### **Blind and Visually Impaired Peer Support group**

Friday, April 29th · 10:00 – 11:00am

Google Meet joining info

Video call link: <https://meet.google.com/btc-kodi-gov>

Or dial: (US) +1 617-675-4444 PIN: 838 352 299 6894#



Feel free to share this information and zoom links with anyone you think will benefit from these programs. For more information or if you have any questions call the WRILC office at 330-372-3325. Or visit our website [www.wriloc.org](http://www.wriloc.org) to find staff member's emails if you wish to reach them that way or use [info@wriloc.org](mailto:info@wriloc.org)

## **Section 7. Calendar items for May**

### May is Mental Health Awareness Month

- My 1<sup>st</sup> – World Laughter Day
- May 4<sup>th</sup> : Star Wars Day
- May 5<sup>th</sup>: Cinco De Mayo
- My 6<sup>th</sup>: Community Living Skills workshop- 1-2:30 pm
- My 13<sup>th</sup>: Community Living Skills workshop- 1-2:30 pm
- May 18<sup>th</sup>: Stress & Anxiety peer support group. Vision Boards - 11:00 AM
- April 15<sup>th</sup>: Good Friday- Office Closed
- April 23<sup>rd</sup>- Red Nose Day -
- May 27<sup>th</sup>: Blind and Visually Impaired Support Group 10:30am – 12pm
- May 30<sup>th</sup> – Memorial day Office Closed

Thank you for taking the time out for our newsletter!

Western Reserve ILC is a local 501-C-3 non-profit agency servicing the needs of persons with disabilities in Ashtabula, Columbiana, Mahoning, and Trumbull Counties. We are a community based, non-residential agency whose core services are free.

If you would like to receive a braille, email, or audio copy of this newsletter each month, please contact us to find out more about becoming a WRILC consumer. You can contact us at 330-372-3325