

WRILC's Independent Living Newsletter

Issue 22-09, September 2022

Western Reserve Independent Living Center – Opening Doors to Independence

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Section 1 National Preparedness Month Are you Prepared?

The keys to effective disaster preparedness—be informed, make a plan and take action—apply to all of us, but people with access and functional needs or disabilities, should approach preparedness planning with additional considerations.

Additional considerations could include:

- Creating a support network. Check with those who can assist you, if needed. Keep a contact list in a watertight container in your emergency kit. Learn more at [ready.gov/kit](https://www.ready.gov/kit).
- Planning ahead for accessible transportation for evacuation or getting to a medical clinic. Work with local services, public transportation or paratransit to identify local or private accessible transportation options.
- Informing a support network where your emergency supplies are; you may want to give one member a key to your house or apartment.
- Knowing location and availability of more than one facility for dialysis, if dialysis is part of a health maintenance plan or routine or other life-sustaining treatment.
- Preparing to use medical equipment if a power outage occurs.

- Wearing medical alert tags or bracelets.
- Making note of the best way to communicate with you in an emergency if you have a communications disability.
- Planning how to evacuate with assistive devices or how to replace equipment if lost or destroyed. Keep model information and note where the equipment came from such as Medicaid, Medicare, or private insurance.

Build a Kit

In addition to having basic survival supplies, an emergency kit should contain items to meet individual needs in various emergencies. Consider items used daily and those needed to add to a kit.

Tips for People who are deaf or hard of hearing

Include:

- A weather radio with text display and a flashing alert
- Extra hearing-aid batteries
- A TTY
- Pen and paper in case you have to communicate with someone who does not know sign language

Tips for People who are blind or have low vision

Include:

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies on a portable flash drive, or make an audio file that is kept in a safe place where you can access it
- Keep a Braille, or Deaf-Blind communications device in an emergency supply kit.

Tips for People with a mobility disability

Include:

- If you use a power wheelchair, have a lightweight manual chair available as a backup. Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, and if it is collapsible for transportation.
- Keep an extra mobility device such as a cane or walker if you use one.
- If you use a seat cushion to protect your skin or maintain your balance, and you must evacuate without your wheelchair, take your cushion with you.

JOIN US FOR OUR
FREE Emergency Preparedness Workshop

Online or in person for seniors and people with disabilities.

Tuesday September 27th

From 11 am –12:30PM

REGISTRATION IS REQUIRED.

Call 330-372-3325 by September 23rd for info to join online or reserve your in person seat

Seating is limited

**FREE STAY/GO Kits for first 10 individuals
registered**

Section 2 - WRILC's Services update

Covid Cases are currently on the rise in Trumbull, Mahoning, and Ashtabula
Counties

Recommendations:

- Wear a mask indoors
- Stay up to date with COVID-19 vaccines
- Get tested if you have symptoms

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 – National Guide Dog Awareness Month

September is National Guide Dog Month. Dogs help us in so many ways. Some of those ways are unarguably more prevalent than others, such as the service that guide dogs give to their humans every month. Service dogs help people with everything, such as anxiety and seizures. They provide emotional and physical support and also serve to warn their humans when symptoms are imminent. They also serve as guide dogs for those with sensory issues like blindness. This provides added mobility and independence for those who might not have otherwise had such freedoms.

History of National Guide Dog Month

National Guide Dog Month was inspired by 'Eight Is Enough' Dad Dick Van Patten), who admired the ability of guide dogs to provide assistance and mobility to those living with visual impairments. After he realized how much it cost to raise and train a guide dog, and how long it could take, he was determined to raise awareness and monetary support for guide dog schools.

His pet food company underwrites all costs for the promotion of National Guide Dog Month to ensure that all the money raised would benefit non-profit, accredited guide dog schools in the US.

Now, National Guide Dog Month is celebrated every September.

Guide Dog Etiquette Tips

There are 4 main behavioral tips for when encountering guide dog pairs, in order to ensure appropriate social behaviors for the dogs and reduce risk of dangerous situations.

1. Harness on means hands off. If a guide dog is in a harness, they do not want to be distracted as they are currently working.
2. Contain your excitement. It is not advisable to encourage excitable play, especially as guide dogs are given access to public places where other dogs are not permitted and they have to stay calm.
3. Don't feed them. Offering guide dogs food can result in antisocial behaviour such as begging and scavenging off the ground.
4. Say "hi" another time. If you're walking your pet dog and you see a guide dog pair coming towards you, take your dog away from the guide dog.

Little Known Facts about Guide Dogs

Guide dogs learn to be responsible for a space two times as wide and up to three times as tall as themselves to keep their owners safe.

The most popular guide dog breeds are labradors, golden retrievers, and German shepherds, who are chosen for their size, temperament, and intelligence.

Guide dogs will display “intelligent disobedience”, and disobey their owners’ commands if they see a hazard that their owner didn’t.

Not all dogs graduate from guide school, in fact, only about 75% complete the rigorous training.

Guide dog names are chosen carefully, by avoiding names that sound similar to a command (ex. “Neil” and “heel”), and are often one to two syllables to allow for faster communication.

When guide dogs are off-harness, they can play around just like any other dog.

Section 4 - Monthly Book Recommendation, Tech Corner and Recipe

Book of the Month Recommendation

Thunder Dog: By: Michael Hingson, and Susy Flory

When one of four hijacked planes flew into the World Trade Center's North Tower on September 11, 2001, Michael Hingson, a district sales manager for a data protection and network security systems company, was sitting down for a meeting. His guide dog, Roselle, was at his feet.

Blind from birth, Michael could hear the sounds of shattering glass, falling debris, and terrified people flooding all around him. But Roselle sat calmly beside him. In that moment, Michael chose to trust Roselle's judgment and not to panic. They were a team.

Praise for Thunder Dog:

"Chapter by chapter of this intriguing work will keep you spellbound. --Larry King

Tech Corner

Alexa Assistant Speaker According to an interesting new research study, Amazon’s Alexa is taking assistive technology to a whole new level by boosting disabled people’s emotional well-being and staving off loneliness, in addition to helping them accomplish important daily tasks.

Recently, A California based home healthcare provider programmed Alexa to help residents connect with caregivers, set medicine reminders, report vitals, and schedule appointments. Powered by Artificial Intelligence, Alexa can also track blood glucose levels, symptoms, prescription deliveries and appointments, and is even becoming HIPAA compliant to help

transmit patient data and records. To learn more about Alexa and other virtual assistants visit <https://www.ldrfa.org/virtual-assistant-technology-disabled-amazon-echo-v-google-home/>

Recipe:

Chicken Potpie Casserole

Ingredients

- 1/3 cup butter, cubed
- 1-1/2 cups sliced fresh mushrooms
- 2 medium carrots, sliced
- 1/2 medium onion, chopped
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1 cup 2% milk
- 4 cups cubed cooked chicken
- 1 cup frozen peas
- 1 jar (2 ounces) diced pimientos, drained
- 1/2 teaspoon salt

biscuit topping:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 teaspoon cream of tartar
- 1/2 cup cold butter, cubed,
- 2/3 cup 2% milk

Directions

1. Preheat oven to 400°. In a large saucepan, heat butter over medium heat. Add mushrooms, carrots and onion; cook and stir until tender.
2. Stir in flour until blended; gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Stir in chicken, peas, pimientos and salt; heat through. Transfer to a greased 11x7-in. baking dish.
3. For topping, in a large bowl, whisk flour, baking powder, sugar, salt and cream of tartar. Cut in butter until mixture resembles coarse crumbs. Add milk; stir just until moistened.

4. Turn onto a lightly floured surface; knead gently 8-10 times. Pat or roll dough to 1/2-in. thickness; cut with a floured 2-1/2-in. biscuit cutter. Place over chicken mixture. Bake, uncovered, 15-20 minutes or until biscuits are golden brown.

Nutrition Facts

1 serving: 489 calories, 26g fat (14g saturated fat), 118mg cholesterol, 885mg sodium, 36g carbohydrate (6g sugars, 3g fiber), 27g protein.

DID YOU KNOW?

Emergency Preparedness Facts:

- As recently as 30 years ago, many people were under the assumption that animals knew how to take care of themselves in a disaster so little to no effort was made to evacuate them
- 48% of Americans lack emergency supplies in the event of a disaster.
- More than half of parents don't have a meeting place designated with their kids in times of emergency.

Section 5 – Transportation News

Interested in Learning how to use the WRTA bus System

Whether it's learning new routes, how to board the bus or learning bus etiquette, we've got you covered. Our Travel Training Program is a self-paced process where an individual, regardless of ability or age, can learn how to use WRTA Bus services. Our ILS Specialist will assist you in overcoming fears and building confidence in riding independently. If you are interested in learning more about Wrlc's Travel Training, please email our IL Specialist: Meka@Wrlc.org or by calling 330-372-3325

Fixed Route Changes Coming September 11

WRTA has made improvements to a number of its Fixed Routes to better serve the community.

These routes include:

Route number 12 – Albert St

Route number 15 – Struthers

Route number 16 – Buckeye

Route number 24 – Midlothian Loop

Route number 28 – Warren Express

The changes to these routes will take effect on September 11, 2022.

These schedule changes will be reflected in the [Maps & Schedules](#) section of the WRTA website and on the Mystop Mobile app.

Section 6 Wrilc News and Events

Join US

Independent Living Skills Workshop

Living Well in the Community

Virtually or in person

Friday's 1:00-2:30

This series is open to anyone of any age, who is looking to develop healthy living habits and live the most satisfying life possible.

This is the last class of this series

September 9th- maintenance

Call for information or use the link

below to Join

To Join the Zoom Meeting

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

Meeting ID: 883 9157 1881

Passcode: 979606

or call United States +1 646 558 8656

Coming October 21st

Living Well in the Community - join us virtually for this health and wellbeing workshop

Topics include

- Goal setting
- Building support
- Healthy reactions
- Healthy communication
- Eating well
- Physical activity

*Ask us how you can earn

\$40 for participating in this workshop

Need Technology?

We have tablets to lend you for this program

Call us today

330-372-3325

Monthly Online Peer Support

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Stress & Anxiety Peer

Support Group

Wednesday September 21st

From 11:00 AM-12:00PM

This month's topic: How to De-Stress With Bullet Journaling and other accessible journaling tools

Virtual meeting info

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

Meeting ID: 883 9157 1881

Passcode: 979606

Phone: 646 558 8656

In-Person Meeting Info

Western Reserve Independent Living Center

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

Blind and Visually

Impaired Peer Support group

Blind and Visually

Impaired Peer Support group will meet on September 30th

From 10:30AM—11:30PM

Information to Join

Virtual meeting info

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

Meeting ID: 883 9157 1881

Passcode: 979606

Phone: 646 558 8656

Call the office if you need more information about this or any of our workshops 330-372-3325

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For more information or if you have any questions call the WRILC office at 330-372-3325. Or visit our website www.wriloc.org to find staff member's emails if you wish to reach them that way or use info@wriloc.org

*Keep informed of future events and workshops by checking our news and events page, website, or Facebook!

Section 7. Calendar items for September

September is National Preparedness Month, National Guide Dog Awareness Month & Self Care Month

- September 5th: Labor Day- Office Closed
- September 9th: Community Living Skills workshop- 1-2:30 pm
- September 10th: Suicide Prevention Day
- September 11th: Grandparent's Day
- September 20st: National Pepperoni Pizza Day
- September 21st: Stress & Anxiety peer support group. 11:00 AM
- September 27th: Emergency Preparedness Training Workshop – 11am-12:30pm
- September 30th: Blind and Visually Impaired Support Group 10:30am – 11:30am

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