

# January & February



## January



First off, we want to wish every one a happy new year and hope everyone had a wonderful holiday season. Sorry that the newsletter is coming out late, we have been re-organizing the offices.

This month we will be having our usual game day, where we will be

playing BINGO. It will be held January the 14th from 12:30pm to 2:30 pm in room A. Please call if you plan to come. If you need a ride scheduled please call and talk with Marty to set up rides.

Also, the food distribu-

tion days this month are January the 5th from 11:00 to 1:00 in room B and also the 19th from 11:00 to 1:00 in room B. If you would like to be added to the list please call and let us know. We will be doing this twice a month on Tuesdays.

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## Health tips for the winter months



- \*Wash hands
- \*Get plenty of sleep
- \*Don't share eating or drinking utensils,

- food or drink.
- \*Keep a good level of hydration, your water intake should include 5 glasses daily.

- \*Maintain a nutritious diet with minimal sweets.
- \*Wear appropriate footwear in snow.

## Some winter tips that could be of help



- Set back your thermostat when you're away from home, it really makes a difference. A 10 degree setback for an 8 hour period of time can reduce your heating expense 5% to 15%.
- Keep the drapes and blinds open for your southern windows. The sun will help warm your home. Close them in the evening to help reduce heat loss.
- Test all smoke detectors and carbon monoxide detectors, replace batteries as needed.
- Insulate your outlets and switches, save money and prevent drafts in the winter months. A lot of heat is lost from homes through the outlets located on the exterior walls.
- Use kitty litter or sand for traction

## Independent Living Classes



We are starting up our first class for the independent living skills which will be Thursday, March 4th at 10:30

to 11:30 in room B. We will be doing something with microwave cooking. If you are interested in this

class please contact us, if you need a ride please let us know as soon as possible.

## Artistic Expression Classes



We will be starting our artistic classes Thursday the 8th of April at 10:30 to 12:30. We are not sure yet of what we will be doing, but please keep

the date in mind if you are planning to attend. We will also need to know if a ride is needed. We just wanted to give you time to think about this class.

## February



This February there will be our usual game day of BINGO, which will be on Thursday the 11th at 12:30 to 2:30 in room A. If you are interested in having a day of fun with us, please let us know. And if you need a ride, please give us enough no-

tice to book your rides. Also, this month we have our food distribution days. The first one is on Tuesday the 2nd from 11:00 to 1:00 in room B. The second pick up day is on Tuesday the 16th from 11:00 to 1:00 in room B. If you are interested in receiv-

ing food, please let us know.

The offices will be closed for Presidents day which is Monday the 15th, so Marty will be calling those who participate in our food distribution the Friday before for a reminder.

## Emergency Preparedness Class

WRILC has a series of Emergency Preparedness classes scheduled for this year. Our first class will start in March, which is on the 11th from 10:00 to 11:30 in rooms A & B. We have hired Ed Brannon to be our new EMP coordinator, he will be instructing the classes. If you need rides please let us know.



## Transportation issues

As the new year starts, we are still carrying over our policy, if a consumer has a ride scheduled by WRILC and needs to cancel

he/she **MUST** do this **24 HOURS PRIOR** to the scheduled time of the ride. If he/she does not do this and it happens 3 times, they are re-

sponsible for your own ride and payments. If you have the 3 strikes, it will be taken off the following year.



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*Disability is Not Inability!*



## WRILC Director News

This year we were able to hire Ed Brannon as our EMP coordinator and also Rachelle Bailey as our Transition coordinator/Secretary. We have scheduled monthly EMP classes, Artistic Expressions, and Independent Living Skills. This spring another Health Fair with different agencies as well as an Employment Fair at the mall in the later part of the year. We are planning to open a branch office in Mahoning County. If you come up with anything that would be of help, please let us know.

## Ohio Benefits Bank!

The staff at WRILC is certified to use the Ohio Benefits Bank. The Ohio Benefit Bank (OBB) is a web-based computer program to connect low and moderate-income Ohioans with access to work supports such as tax credits and public benefits. Since beginning operations, the Benefit Bank has

helped more than 70,000 Ohioans access more than \$120 million in tax credits and other work supports.

We are able to use this



service for **YOU!** Call to make an appointment with us. Its free and easy, the application takes about 1 hour or so to go through. If you have any questions feel free to give us a call. We would love to see if there is any other help you could be getting.