



# HEARTLAND INDEPENDENT LIVING CENTER

*Because home is where the heart is.*

**October-  
December  
2016**

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## **The Director's View**

A new year has brought a new, more accessible and user-friendly website for Heartland Independent Living Center (HILC)! Our vastly improved website, [www.heartlandilc.org](http://www.heartlandilc.org), went "live" in mid-January.

The new site addresses a number of accessibility issues that the old site created for visitors. Now, a simple click on the icon at the top of our home page allows visitors to change font size, enable accessible software, and several other features. The color scheme is much more user friendly. The biggest improvement is the increased amount of content and the ease of navigating the website.

We reviewed a number of non-profit organization websites, including several Centers for Independent Living (CIL's), for design elements we wanted to incorporate in our renovated site. Thanks to the cooperation of several of the CIL's, we "borrowed" some of their narrative language to blend in with our information. We also were referred to a very good website designer that listened to what we wanted to site to accomplish. I'll be happy to share his contact information if you would like it.

The new Heartland website tells you who we are, what we do, and how we do it. It will also serve as the landing platform for a new marketing campaign that has begun, designed to create awareness of our programs and services to not only consumers we already serve, but to family members, partners, and the general public in our primary service area.

One other feature of the new website is our ability to update, add, or delete information when we need or want to. We are happy to link to our partners. I will always appreciate your comment and suggestions for making the site a better resource for everyone. You can contact me via email at [pchambers@heartlandilc.org](mailto:pchambers@heartlandilc.org)

*Pat Chambers*  
Executive Director

# **Giving up the Car Keys; A life changing decision**

(Taken from the Disability Association Resource newsletter)

One of the key signs of growing up is getting your first set of car keys. Those keys gave you a large dose of independence, remember? One of the keys that you can no longer be as independent is the decision seniors and individuals with disabilities must make, when to give up those keys.

Every year the National Aging and Disability Transportation Center (NADTC) joins with the American Occupational therapy Association (AOTA) to celebrate Older Driver Safety Awareness Week. This event promotes an understanding of the importance of mobility and transportation to older adults.

According to NADTC: “At some point it may become necessary for you or a loved one to give up the keys. As we age, certain changes can make driving, a complex skill, increasingly difficult. Giving up the keys can have a negative impact on older adults’ lives, resulting in fewer trips to the doctor, the grocery store, social outings and increased isolation in their homes. Last year, NADTC staff worked with Eldercare Locator to develop a helpful guide called Before You Give up the Keys. If you or a loved one is concerned about the ability to continue to drive safely, see information in the link- <http://www.nadtc.org/news/blog/older-driver-safety-awareness-week/>. That can help ease the transition from driving.

Rules for driving vary from state to state. To see Missouri’s regulations regarding older drivers, visit: <https://www.dmv.com/mo/missouri/senior-drivers>.

## **Stay Safe in Cold Weather! The Warning Signs of Hypothermia** (From “Health and Aging”)

Sometimes it is hard to tell if a person has hypothermia. Look for clues. Is the house very cold? Is the person not dressed for cold weather? Is the person speaking slower than normal and having trouble keeping his or her balance?

Watch for the signs of hypothermia in yourself too. You might become confused if your body temperature gets very low. Talk to your family and friends about warning signs so they can look out for you.

### **Early signs of hypothermia:**

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering (in some cases the person with hypothermia does not shiver)
- Slower than normal speech or slurring words
- Acting sleepy
- Being angry or confused

### **Later signs of hypothermia**

- Moving slowly, trouble walking, or being clumsy
- Stiff and jerky arm or leg movements
- Slow heartbeat
- Slow, shallow breathing
- Blacking out or losing consciousness

**Call 911 right away if you think someone has warning signs of hypothermia**

## Staff News & Notes



Molly Steinbeck joined HILC late last fall to fill the newly created Finance Coordinator's position. Since then, we have added outreach responsibilities which allows us to benefit from her marketing background.

Molly graduated from the University of Missouri with a degree in Business Administration in 2009. She worked in the banking industry before taking an Income Development position with the American Cancer Society.

Last year Molly and her family moved from Jefferson City back to the Owensville area. She and her husband, Tyler, and their four children recently remodeled and moved into an old farmhouse on Tyler's family farm in Bland.

After staying home with her kids for a short time, Molly says she is excited to be back in the work force, working for another great non-profit.

Barbara Grannemann joined Heartland last October as a part time Administrative Assistant in our front office. Barb and her husband, Eddie, have been married for 50 years! They have two sons and five grandchildren.

Barb previously worked for 19 years in local doctors' offices. Three years ago she retired from a 24 year career at the RR Donnelly plant in Owensville, where she worked in the traffic office. Barb said she missed working with the public, and her position here at Heartland has allowed her return to that type of work.

In her spare time Barb enjoys reading, cooking, and card-making.



**HEARTLAND WILL BE CLOSED ON MONDAY,  
FEBRUARY 20<sup>TH</sup> IN OBSERVANCE OF  
PRESIDENT'S DAY**



# Heartland Independent Living Center is looking for potential board members.



If you;

- ✓ Want to work on behalf of individuals with disabilities.
- ✓ Have a disability and successfully function in everyday life.
- ✓ Live in Franklin, Gasconade or Maries County.

## What HILC asks for our board members:

- Attend monthly board meetings on the third Monday of the month in Owensville.
- Advocate on behalf of individuals with disabilities.
- Share your strategic thinking skills at meetings.

If you are interested, please contact Heartland Independent Living Center Executive Director Pat Chambers: [pchambers@heartlandilc.org](mailto:pchambers@heartlandilc.org) or by phone at (573) 437-5100, extension 105.

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