



HEARTLAND INDEPENDENT LIVING CENTER

Because home is where the heart is.

**January -
March
2018**

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The Director's View

Many times over the past eight and a half years, my article in this newsletter has dealt with legislation, mostly of the financial nature, that would negatively impact Centers for Independent Living and as a result, reduce or eliminate the programs and services that we provide to individuals with disabilities. So far, the 2018 Missouri legislative session has not targeted funding that Centers depend on to keep our doors open. The final House budget bill actually calls for the restoration of some of the horrific cuts made to our funding during last year's session. The budget bills have now moved on to the Missouri Senate.

Because it has been a "quieter" session (I hope that comment does not come back to bite me) I have had a chance to monitor more legislation. A lot of what I am seeing raises serious concerns.

After an almost 12 year court battle, the State of Missouri has been ordered to pay a multi-million dollar settlement from a lawsuit over the Blind Pension Program. The reaction of some lawmakers has been an attempt to remove the settlement amount from the Blind Pension line item in the budget for FY2019! That issue is still being debated. A bill designed to improve the credibility of the Consumer Directed Services (CDS) program through steps that would eliminate fraud, waste and abuse of the program has not even been able to get a committee hearing! This legislation came out of work done by a task force made up of respected providers who want to improve the integrity of the CDS program. What started out as a straight forward, nine page bill has now seen a number of other bills attached, making it a now 61 page piece of legislation.

One final note, I had no idea of the amount of fraud that exists with accessible parking placards. Did you know they sell for big bucks on the black market? I had no idea. There two bills, now combined into one, which hopefully will get a hearing in the Senate Transportation Committee that will tighten rules and at the same time protect those individuals who really need and use the placards.

The late Paul Harvey coined the famous phrase "and now you know the rest of the story." These are just a few examples of the rest of the story with legislation that goes on, not only in Missouri, but in all states and on the national level.

Pat Chambers,
Executive Director

Consumer stories



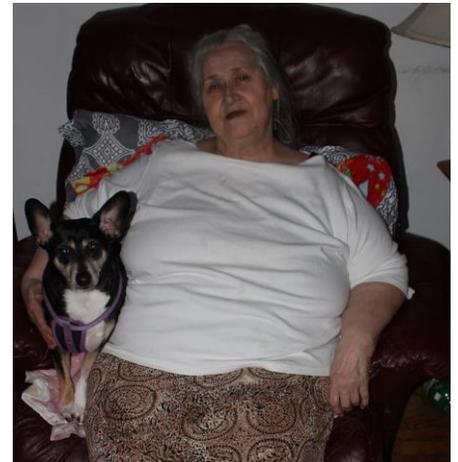
Cindy B. grew up in Union, and she enjoyed a productive career working in a factory for a well-know scholastic publication. Over the years, the hard work and lifting heavy boxes over her head took a toll, and in 2000, Cindy underwent major back surgery for ruptured discs in her back. In 2011, she had surgery for a cyst in her heart. Despite these challenges and an ongoing skin sensitivity to detergents and common chemicals found in many cleaning products, Cindy continues to claim her independence in her own home, her church and in her own community of New Heaven with services provided by Heartland Independent Living Center (HILC).

Cindy heard about Heartland during the time she lived in Owensville. She has been a client of HILC In-Home Care since January of 2017. Cindy stated that since coming to Heartland, her life has definitely changed for the better. Telling her story, Cindy noted that she is able to spend more quality time with her family without feeling like she has to rely on them for help. Due to chronic

back pain, Cindy is not able to stand for too long, but with her aide there to help, she doesn't have to. Instead, Cindy said she is able to have "peace of mind" to enjoy her life and the special times with loved ones and her faithful four-legged family, Max. With effects that go far beyond just helping with laundry, dishes and the daily chores that come with living independently, Cindy said that she especially enjoys the companionship that comes with having an aide in her home that she has come to consider a friend.

With a smile on her face and a special light in her eyes, Cindy commented that "Without Heartland and the companionship of having someone to talk to, (she) would be so much more depressed," and through the compassion and care offered, the staff at Heartland has allowed Cindy to create new "life memories" that she will carry with her forever.

Carol S. is 71 years old, living alone with her dog in Hermann. Carol suffers from spinal stenosis, which puts pressure on her spinal cord. This causes a lot of pain in her back and legs and restricts her ability to stand for long periods of time. Carol has lived with her disability for over 15 years. Over time her disability has made it difficult to do everyday activities such as cleaning, washing dishes, going grocery shopping and tasks that require her to stand. A friend referred her to Heartland Independent Living Center eight years ago. Carol chose the Consumer Directed Services (CDS) Program that allows her to hire her own attendant. Her attendant does house chores, runs errands and sometimes helps her to get dressed. She has been thankful for the assistance from Heartland. Without the help she wouldn't be able to continue living independently in her own home. In addition to the CDS program, Carol has also benefitted from the Care Closet, which provides personal care and household items to our consumers. She has received multiple pieces of equipment including a cane, bedside commode, shower chair and grab bars. Carol stated Heartland has gone above and beyond for her, and she can't thank us enough for our kindness and support.



Would you like to be featured in our "Consumer Stories" and share your unique experience with others? If so, please let us know! We'd love to hear from you and share your success story as you live independently in your own home and in your own community.

Heartland welcomes new staff & board members.

Heartland has welcomed two new members, Sue Blesi and James Kendall, to our Board of Directors, and new full time staff member Shelley Conaway, since the first of the year.



Sue Blesi born and raised on a dairy farm in southern Missouri before attending attending St. Louis Community College and Lincoln University. Sue is very active in the history circles of Franklin County. She has written several books and hundreds of newspaper columns. For the past 15 years Sue has put together the annual local history class at East Central College in Union.

Sue has had an interest in disability issues since childhood. She has had several family members who have dealt with disabilities over the years. Sue herself is a stage four cancer survivor. Her children are now grown and with families of their own. Sue now lives in Pacific with her oversized dog Bosco.



James is a Counselor with the Missouri Department of Vocational Rehabilitation in Jefferson City. James is originally from St. Louis. He and his wife moved to Jefferson City two years ago. James previously worked as an outpatient therapist at Great Circle in Columbia and before then worked for a number of years in the social services field. James is joining the Heartland board due to his work as a DVR Counselor in the Owensville area. James said he is excited to begin this new journey and become a part of a team that is very passionate about working with people and making a positive impact in their lives.

Welcome!

Shelley Conaway has been promoted to the new full time In-Home Services Trainer position with HILC In-Home Care. Shelley joined Heartland last November as an Aide providing direct care to HILC In-Home Care clients. In her new full time position Shelley will be responsible for training all of Heartland's direct care staff in First Aid, CPR and CPI (Crisis Prevention Intervention). The CPI training will be required for all staff working in Heartland's Individual Support Services program through the Missouri Department of Mental Health. Heartland is awaiting final approval from DMH on our application for the program that provides in-home services to Individuals with developmental disabilities.

Shelley has been a Certified Nursing Assistant since 2014.



Heartland's Care Closet program

Heartland's fastest growing consumer assistance program is our Care Closet. The Care Closet's purpose is to provide temporary, necessary household cleaning and personal care items to persons with disabilities whose financial situation often makes them choose between purchasing these items or paying for medications, rent, or utilities. Consumers must meet HILC's financial guidelines and be a consumer of the HILC Consumer Directed Services or In-Home Care program to be eligible. Eligible consumers can access the Care Closet once every three months.



Consumers can select up to six items every quarter. Thanks to funding from the Franklin County Area United Way and product donations from Unilever in Jefferson City, the Care Closet offers both men's and women's personal hygiene items, denture cleaner, peroxide, triple antibiotic cream, and even wet wipes. Cleaning supplies include all-purpose cleaner, disinfecting wipes, window cleaner, dish soap, and laundry detergent. New items recently added include trash cans, brooms and dust pans and blankets.

For more information call HILC at (573) 437-5100, or (866) 322-3224.

Everyone Loves a Parade!

And so does Heartland! We're gearing up for our ninth summer of coming to your town, or a town near you so we can join in your community parade and summer celebration! Here is our 2018 parade schedule:

- ❖ Hermann's Maifest parade Sunday afternoon, May 20
- ❖ Franklin County Fair parade in Union Thursday evening, June 7
- ❖ Sullivan Fair parade Tuesday evening June 19
- ❖ Belle Fair parade Wednesday, July 18
- ❖ Owensville Fair parade Thursday evening, July 26
- ❖ Maries County Fair parade in Vienna Saturday morning, September 1
- ❖ New Heaven Balloon Festival parade. The date has not yet been announced.

We'll be handing out the ever-popular Pixie Stix, so bring the kids, grandkids and the neighbor kids and join us! We look forward to seeing you this summer!



The Importance of Self-Care When You Are a Caregiver

With permission from Kelly Hoover Greenway

I will likely never forget the moment I kissed my husband goodbye before his operation. I smiled and made sure not to cry. Making my way to the waiting room afterward and surrounded by friends, I lost it. Tears I could not stop- my body was releasing all of the fear, worry anxiety and stress that I had endured leading up to my husband's brain surgery.

In the time between learning of the massive tumor in my husband's brain and the surgery to remove it, I had taken care of many things to prepare for what we were about to endure. But what I hadn't taken very good care of were my own emotions, and my body was sending me a loud message because of it. Self-care when you are a caretaker for others is not optional. It is necessary if you are to have a shot of maintaining the stamina, patience, and positivity required to care for another human being who is seriously ill, be it your parent, spouse, child or friend. Here's how you do it.

Step 1: Identify Your Needs. For me, that consists of three things, spin class, manicures and seeing my friends. If I set aside time each week for at least one of these, I feel renewed. They are an investment in my sanity. Whatever they are, when you are in the caregiver role, these things move from the "I want" category to the "I need" category. You need to do them, so don't apologize for it.

Step 2: Ask for Help When Needed, And Accept Help When Offered. In other words, don't be a martyr. You cannot do this alone. Let me rephrase that:" You can do this alone, but you will be a shell of your former self once it's over. Part of self-care is realizing that you need others in order to do it.

Step 3: Just (Don't) Do it. I am a master multi-tasker. The more I have on my plate, the more productive I am. I hate saying no. I have learned this past year though that you cannot give what you do not have. When you are a caregiver your plate is full. It's necessary to say no sometimes.

Step 4: Fall Apart. I have come to realize that self-care doesn't always involve self-control. By allowing myself to fall apart in the waiting room, I was then able to move forward during the most terrifying day of my life. Sometimes you must give yourself permission to cry, scream, pace the floor or punch your pillow. It's the release your body needs.

Many hours later, when I was told the surgery was successful, and I heard my husband speak, part of me knew that my journey as a caregiver had only just begun. It's a long and very winding road., but I know for sure that if I weren't taking time for myself, there's no way we'd still be on course.

A recent visitor to Heartland was Adonis Brown.

Adonis came to Missouri in January to become the first Executive Director of MOSILC, the Missouri Statewide Independent Living Council. In addition to getting settled in his Jefferson City office, Adonis is making time to visit each of the state's 22 Centers for Independent Living. He dropped by Heartland in late March to learn

Pictured to the right are Adonis T. Brown, the Executive Director of the Missouri Statewide Independent Living Council, and HILC Executive Director Pat Chambers



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 or by phone at (573) 437-5100, extension 105.

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