

## West-Central Independent Living Solutions

# The WILS Way



## Independent Living Awareness Day—April 16

### The WILS Way

News from West-Central Independent Living Solutions Main Office  
610 N. Ridgeview Dr. Suite B  
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### Inside this issue:

|                    |   |
|--------------------|---|
| Kathy Kay's Desk   | 2 |
| Staff Spotlight    | 2 |
| Recipe             | 3 |
| The Blind Club     | 3 |
| Craft Group        | 4 |
| Arts & Crafts      | 4 |
| Spring Health Tips | 5 |
| Reverse Inclusion  | 6 |
| Transportation     | 6 |
| Find-A-Word        | 7 |

### Are you interested in serving on the WILS Board of Directors?

If so, please provide a letter of interest to:

WILS Board of Directors  
610 N. Ridgeview, Suite B  
Warrensburg, MO 64093



Independent Living (IL) is based on the concept that people with disabilities have the right to make the decisions that affect their own lives; that disabilities are a natural part of life and handicaps arise from barriers based on the environment or prevailing attitudes in society. Under the IL Philosophy, actions need to be taken to overcome those barriers.

Before the 1960s, many people with disabilities were placed in nursing homes and other restrictive environments, simply because they were disabled. Other civil rights movements of that decade inspired a group of disability activists in California to press for their right to independence, as well.

Working together, they formed the Berkley Center for Independent Living in California. They left their nursing homes to become successful at managing their own lives and inspiring others to become independent, as well—the first momentous step toward today's Independent Living movement.

“The Philosophy of Independent Living

includes consumer control, peer support, self-help, self-determination, equal access, and individual and system advocacy to maximize the leadership, empowerment, independence and productivity of individuals with significant disabilities, and the integration and full inclusion of individuals with significant disabilities into the mainstream of American society”, *29 USC S 796, for the creation and funding of Centers for Independent Living.*

Three tenets of the IL philosophy are choice, control and change. When people with disabilities are aware of all the options open to them, they can choose to make decisions about the goals they wish to pursue and control their own lives. In this way they can change their lives and move away from unnecessary dependency.

Join us on April 16th as we recognize the achievements of those early IL pioneers and celebrate the philosophy that having a disability should not prevent people from controlling their own lives.

## WILS and the IL Philosophy

West-Central Independent Living Solutions (WILS) is a community-based, non-profit, non-residential organization committed to serving the needs of people with all disabilities, regardless of race, color, national origin, sex, age or religion. WILS is one of nearly 500 Centers for Independent Living nationwide and one of 22 in Missouri. The WILS service area is

predominantly rural and includes Johnson, Pettis, Lafayette, Henry, Benton and Saline counties.

In support of the IL philosophy, WILS' goal is to foster an open, barrier-free society for all people regardless of their disability by providing Information and Referral, Advocacy, Peer Support and Independent Living Skills Training.

## From the Desk of Kathy Kay



Kathy Kay, Executive Director

In keeping with Independent Living philosophy, we at WILS believe in working with individuals to help them have a choice in making the move from unnecessary dependency toward full inclusion in community life.

As a natural part of life, disabilities can affect not only humans, but the animal world as well. Walter is a tortoise at the Kansas City Zoo. He had a broken tail that incorrectly healed and was dragging on the ground, keeping him from being able to eliminate waste or effectively travel. Zoo staff came up with a creative solution to help Walter by attaching four wheels to the bottom of his shell. These wheels helped raise him off the ground and eliminated his tail irritation and other issues. Walter doesn't know he is any different and really zips around. Walter just needed a solution to his mobility problem. Like the Kansas City Zoo Staff, that is what we do at WILS. We look at situations and come up with solutions to increase independence and quality of life for our consumers.

At WILS we will be starting the "Walter Award" for service to increase the independence of another. Anytime you assist in such way that it helps someone gain greater independence and keep a higher quality of life you are deserving of the "Walter Award". I am nominating all the staff at WILS for this month's Walter Award!

Come to our Carnival on April 30th and meet Walter, the Wheeled Tortoise. He will be at a booth accompanied by other animals of the Kansas City Zoo who have been helped to overcome their disabilities.



Walter and his wheels



## Staff Spotlight!

Dan Conner has been an Independent Living Specialist in the Warrensburg office since 2009. In December 2013, Dan will graduate with his Master's Degree in Counselor Education from the University of Central Missouri.



Dan Conner

**Birthday:** December 10

**Favorite Drink:** It used to be Culligan water, but since that is no longer available, Aquafina will have to do.

**Favorite TV Show:** Seinfeld

**How Do You Like Your Eggs?** Sunny Side Up

**Favorite Food:** Spaghetti with Garlic Bread

**Favorite Day of the Week:** Saturday

**Favorite Activity:** My favorite activity is spending time with my friends and family. Whether it's in Kansas City with my college friends, Warrensburg with those I've met since graduating college, or spending time with my family, this is what I enjoy most.

**Hobbies:** I used to enjoy running, playing softball, basketball and golf, but work and school have put a little damper on that. I also like watching the Chiefs, Royals and Jayhawks (sorry Dennis, Chad and Megan!). I would really love to start running again. This used to be one of my favorite hobbies and I miss it.

**If you could have any superpower, what would it be?** Not trying to sound cliché, but I would love the ability to fly. I would join the birds that fly south during the winter and enjoy myself some rest and relaxation on the beach!

*If I could create my favorite Saturday, it would be sunny, 75 degrees with a small, cool breeze. I would find myself on the golf course shooting the round of my life. Once this was complete, a relaxing dinner and a movie with my beautiful wife would wrap up a great day.*

## Recipe

### Alma's Famous Deviled Eggs

With spring finally here and egg production increasing, it's an excellent time for deviled eggs!

#### INGREDIENTS

1 dozen eggs, hard cooked

2 tbsp. yellow mustard

2 tbsp. mayonnaise

2 tbsp. sweet pickle relish

1/4 tsp. apple cider vinegar

Salt and pepper to taste

paprika



#### DIRECTIONS

Slice eggs in half, long ways  
Gently remove yolks from whites,  
placing yolks in small bowl.

Add mustard, mayonnaise, relish,  
vinegar, salt and pepper. Stir with a  
fork, mashing yolks and blending all  
ingredients well. If mixture seems too  
dry, add a little more mayonnaise.

Spoon yolk mixture into egg whites,  
rounding top of mixture. Place on  
serving dish.

Sprinkle lightly with paprika for color.



#### PERFECT HARD COOKED EGGS

Using eggs that are at least  
3—5 days old, place in one  
layer in a large pan and  
cover with 1 inch of cold  
water.

Bring just to a boil on high,  
cover pan and remove from  
heat.

After 17 (large eggs) to 20  
(jumbo eggs) minutes,  
drain hot water and place  
eggs in a bowl of cold  
water. Let cool at least 10  
minutes before peeling.

## The Blind Club of Central Missouri

The Blind Club of Central Missouri welcomes people who are totally or legally blind, their family and friends and serves several counties including Johnson, Pettis, Saline, Lafayette and Henry. The by-laws require that 51% of the membership must be blind while the other 49% may be sighted. At present, the club has 46 members.

The Blind Club of Central Missouri is one of 23 state-wide clubs affiliated with the Missouri Council of the Blind, whose council offices are located in St. Louis, MO. The Club's mission is both social and political in nature. The regular meetings often include food as well as an enjoyable time to get together. On the political side, club members have recently been calling and e-mailing area legislators concerning HB700 and SB350. Both these bills will impact the welfare of all persons with disabilities in our state.

The club provides information about adaptive equipment, provides scholarships for those wanting to go to college, and helps pay for a week of summer camp at Camp Cobblestone near Steelville, MO.

For more information or if you know of someone who is legally or totally blind and might be interested in joining, please contact club president, Linda Gerken at (660) 826 1690.

"Thank heaven we can have sighted friends like your own Kevin (*Alderson*) as members to get us to and from our functions."

*Marilyn Harding*

## WILS Craft Group

WILS has a craft group in Sedalia!



The group meets at the Boonslick Library at 219 West 3rd Street in the basement meeting room the 2nd and 3rd Tuesday of each month from 12:30–3:00 pm.



Accessible transportation is available. Call Lyle at the Warrensburg office to make arrangements—(660) 422-7883.

For more information contact Laura at our Sedalia office at 829-1980.



### Creative Activities

“Creative activities are important for human beings and for the communities we live in. Whether we are talking about pottery, painting, writing, singing or the host of other things that can be grouped under ‘arts and crafts’, it is clear that participation in such activities increases the health and well-being of those involved.”

*Professor John Benyon,  
Institute of Lifelong Learning  
University of Leicester,  
England*

## Arts & Crafts for everyone!

Do you have a favorite activity or craft? If not—check out some of these!

### PAINTING

Painting is a craft that doesn’t necessarily need to be learned. As soon as a person masters the use of a paintbrush, they are free to paint anything they want using a variety of materials. In fact, painting literally gives a blank canvas for people to express themselves.



provide stress relief and relaxation. Artists can create any variety of objects including masks, figurines, and small pinch pots, as well as larger vases, jugs and bowls.

### BEADED JEWELRY



Most adults—even those with disabilities—are able to string beads on thread, cord or other types of string. Try using various kinds and sizes of beads and string to see how

many different types of jewelry you can make!

### POTTERY

Working with clay improves flexibility and strength in the hands and also can



### SEWING AND KNITTING

Many people with arthritis say that sewing or knitting helps improve the mobility in their hands. There are so many patterns and kits available, craftsmen can choose from a wide range of projects, from a small cross-stitching kit to large projects like quilts, afghans or clothing.



### SCRAPBOOKING

Whether elaborate or simple, scrapbooks are an activity enjoyed by many. With a variety of albums, papers, and ideas available, almost anyone can save their memories in a manner that pleases them.



## Health Tips for Spring

### Gardening

Getting out into your backyard – whether it’s mowing the lawn, weeding the beds, planting vegetable starts, sowing seed, or whatever – is a great way to get some free and fun exercise. You can burn between 250 – 350 calories per hour – an hour a day can help you lose around a pound per week, if you want to lose weight. Plus, it’s relaxing and helps lower blood pressure and cortisol. And it’s fun!



### Get Your Hands Dirty

In this clean obsessed world, the idea of getting dirty seems, well, dirty. But getting dirty is actually good for you, as it exposes you to certain common bacteria which help produce vitamins and proteins in our bodies, and helps our immune system and digestion. Go make some mud pies!

### Find a Farmer’s Market or Co-op

Community supported agriculture, or CSA, is a great way to get in-season fruits, vegetables, herbs, dairy, eggs, flowers and more. There are weekly delivery services that bring farm-fresh produce right to your door, so you know you’re always getting what’s fresh, local, and delicious!



### Cosmetics

Just like milk and eggs, make-up has an expiration date. Usually make-up can last around six months to a year, after which you should discard the remainder. Bacteria and debris can build up in make-up, which can lead to eye infections and skin breakouts.

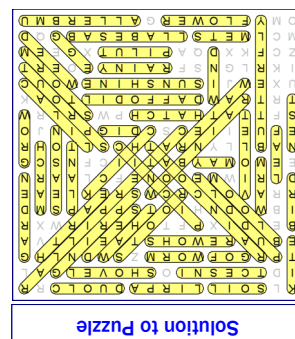
### Change Your Pillows

Some experts estimate that, after five years, up to 10 percent of a pillow's weight is made up of allergy or asthma-provoking bacteria, pollen, fungi, mold, and dust mites. Disgusting, yes, so take steps to allergy proof pillows with protective covers that seal out allergens, and wash pillowcases with hot water weekly. Can't remember when you actually bought your pillows? Experts like Philip Tierno of NYU Medical Center recommend tossing them out every three to five years.



### Take More Walks!

Springtime is the perfect time to enjoy the outdoors! So take the time to enjoy them! Instead of a drive to the local store, why not walk to the local store. If you are able to, consider taking a walk with friends or co-workers during your lunchtime. Not only are you burning calories but you are able to enjoy the day, bask in wonderful sunshine and chase away those office blues!



## Reverse Inclusion

excerpts from an article by Andy Attina, Sun News

A unique approach at one Ohio school has typically developing teens entering the world of special education for an eye-opening experience.

Through a semester-long elective at Kenston High School in Bainbridge, Ohio, high school juniors and seniors work side-by-side in a special education classroom with their peers who have special needs.

An outgrowth of the Creating Exceptional Character club, a local chapter of the Council for Exceptional Children, the course focuses on the history and experiences of individuals with disabilities. Typically developing students act as role models and are asked to do a series of creative, independent projects like organizing a dance or a talent show.

The club garnered a lot of attention from typical students, who wanted to learn more about students with special needs. That led her to create an elective course offering for juniors and seniors that would follow a goal

related to the club, which is to introduce the history and interaction of individuals with disabilities.

The benefits of the course are extending beyond the classroom, according to Amanda Englehart, a special education teacher who says she was inspired to develop the curriculum after seeing great students who simply didn't know how to interact with students with disabilities.

"It's reverse inclusion," Englehart said. "The common philosophy is for special education students to go into general education classes. This approach brings typical peers into my classroom setting."

The class, the club and the interaction is what Englehart describes as contagious, and she said it's spread beyond the classroom. "My kids aren't sitting by themselves anymore during lunch, and they're going over to each other's houses on the weekend. It's more than I ever thought it would be," Englehart told the Sun News.



Kenston, Ohio high school special education teacher Amanda Englehart, shown with one of her students, McKenzie Oder.

Photo by KATY MCGRATH / KENSTON SCHOOLS

## Transportation

The WILS Transportation program offers transportation to eligible individuals in an accessible rear ramp van, side ramp van or standard 8 passenger van. Eligible participants will have a significant disability and reside in the WILS service area of Benton, Henry, Johnson, Lafayette, Pettis or Saline County.

### Policies

Reservations are scheduled on a first-come, first-served basis.

Repeated or often used recreational scheduling may be bumped for a medical appointment, up to the time of pick up.

There is a fee for using WILS transportation and the participant is informed of the fee when they schedule transportation. All transportation must be scheduled through the Warrensburg office, NOT with the driver.

WILS transportation hours of operation are any time within reason. Vehicles are not generally available on evenings, weekends or holidays or during inclement weather, although exceptions can be made with advance scheduling.

WILS reserves the right to refuse transportation or cancel a ride at any time.

### Transportation Fee Schedule

|              | One Way | Round Trip |
|--------------|---------|------------|
| 0—10 Miles   | \$8.00  | \$12.00    |
| 11—25 Miles  | \$11.00 | \$18.00    |
| 26—50 Miles  | \$14.00 | \$24.00    |
| 51—75 Miles  | \$39.00 | \$39.00    |
| 76—100 Miles | \$54.00 | \$54.00    |



## Find-A-Word

# SPRING

Find and circle all of the Spring related words that are hidden in the grid.

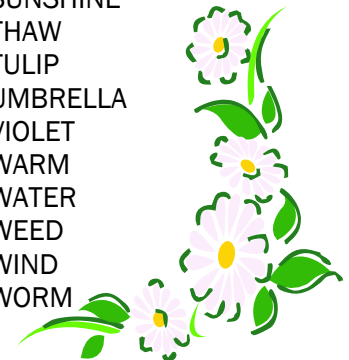
K L S O I L L I R P A D U O L C R R  
I D T C E S N I O S H O V E L G A L  
T P R G O F W O R M Z S W D N L H G  
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B E L D I X P F T O H E R I R W X R  
I B W O D N H I O T S P P A P S M D  
R R A V O L C R C W S R E K L E A E  
D L R I W M E O O N E F C L A A R N  
E E M O M A Y B A T I I C F N S C G  
N A B L L Y N R A T H C S L T O H R  
E F U E I I E C S C D I G P I N J O  
S F T T A T H A T C H P W S R L R W  
T R T R A W D A F F O D I L T O A K  
U X E W J I S U N S H I N E W O U C  
I K R L G N S F R A I N Y E O E R T  
Z C F K X D Q A P I L U T X G E E M  
M C L M E T S L L A B E S A B G Q D  
O M Y F L O W E R G A L L E R B M U

APRIL  
BASEBALL  
BIRD  
BLOOM  
BUTTERFLY  
CATERPILLAR  
CHICK  
DAFFODIL  
DIG  
EARTH  
EGG  
FLOWER  
FOG

GARDEN  
GROW  
HATCH  
INSECT  
KITE  
LEAF  
LILAC  
MARCH  
MAY  
NEST  
PICNIC  
PLANT  
PUDDLE

RAINBOW  
RAINCOAT  
RAINY  
ROOTS  
SEASON  
SEED  
SHOVEL  
SHOWER  
SOIL  
SPRING  
SPROUT  
STEM

STORM  
SUNSHINE  
THAW  
TULIP  
UMBRELLA  
VIOLET  
WARM  
WATER  
WEED  
WIND  
WORM



Contact Us!

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*West-Central Independent Living Solutions is a not-for-profit organization that works to help people with disabilities by offering services and programs to help them achieve and maintain their independence.*

*WILS' four core services are information and referral, independent living skills training, advocacy and peer support.*

*For individuals, WILS offers supportive programs including accessible ramp construction, low cost accessible transportation, Consumer Directed Services, assistive technology, and help to transition from an institution to independent community living. We can also assist eligible participants to obtain adaptive telephone and computer equipment through Missouri's Telecommunications Access Program.*

*In addition, WILS staff can guide businesses and organizations through the process of performing accessibility surveys and implementing transition plans to comply with the Americans with Disabilities Act of 1990.*

**Where there's a WILS, there's a WAY!**

[www.wilshelps.org](http://www.wilshelps.org)



West-Central Independent Living Solutions  
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Warrensburg, MO 64093

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*Empowering people with disabilities to achieve and maintain their independence.*