



**Independent Living Resource Center, Inc.**  
*Independence and Empowerment for All*

# ONE VOICE

October 2013  
Volume 3, Issue 3

## **October is National Disability Employment Awareness Month** "Because We Are EQUAL to the Task"

Independent Living Resource Center, Inc. is proud to support National Disability Employment Awareness Month (NDEAM). Held each October, NDEAM aims to educate about disability employment issues and celebrate the many and varied contributions of America's workers with disabilities. Throughout the month, we'll be engaging in a variety of activities to educate the public on disability employment issues and the role they play in fostering a disability-friendly work culture. Events include a Networking Coffee for providers and stakeholders, workshops for youth with disabilities and their families and a Disability Resource Fair. Learn more about NDEAM at [www.dol.gov/odep/](http://www.dol.gov/odep/) and all of ILRC's events at [www.ilrcjcmo.org](http://www.ilrcjcmo.org).

### **Disability History Month**

October is also Disability History Month in Missouri. Did you know one in every five Americans is a person with a disability? As one of the largest minority groups in the country it is important to know our history. From Ed Roberts, the father of Independent Living, to Missouri's own Max Starkloff there have been many influential people with disabilities who have fought for equality and independence. For more information please visit <http://disability.mo.gov/> and <http://everybody.si.edu/>.

## **ILRC Board of Directors**

**Are you interested in volunteering for the ILRC Board of Directors? We are looking for board members from Camden, Morgan, and Miller counties. If you need more information, please contact ILRC at 573-556-0400 or 877-627-0400.**

# **SUPPORT GROUPS**

For Support Groups in your area visit: [www.ilrcjcmo.org](http://www.ilrcjcmo.org)  
Know of a Support Group in your area you would like to share?  
Contact Jan Walker at 573-556-0400, 877.627.0400 or [Jan@ilrcjcmo.org](mailto:Jan@ilrcjcmo.org)

### **HIGHLIGHTS THIS ISSUE:**

- Staff Listing
- Resource Fair
- JeffTran Passes
- Holiday Meal
- Youth Group and Women's Group

### **GOING GREEN?**

Consumers of ILRC's services may also sign up at [www.ilrcjcmo.org](http://www.ilrcjcmo.org) for News and Updates direct to your e-mail inbox. Be among the first to get updates.

# ILRC STAFF LISTING

Name	Title	Email Address
*Stephanie Cooper	Executive Director	Stephanie@ilrcjcmo.org
*Melinda Cardone	Program Manager	Melinda@ilrcjcmo.org
Mike Nilges	Intake Specialist/Assistive Technology	mike@ilrcjcmo.org
Jenny Cowart	Independent Living Specialist/ Youth Services	Jennifer@ilrcjcmo.org
Alisha Rehagen	Independent Living Specialist / Care Closet	Alisha@ilrcjcmo.org
Kimberly (KC) Boone-Sparks	Independent Living Specialist	Kimberly@ilrcjcmo.org
*Kelly Sedgwick	Consumer Directed Services Coordinator	Kelly@ilrcjcmo.org
Rita Robertson	Consumer Directed Services Specialist	rita@ilrcjcmo.org
Jen Martin	Consumer Directed Services Specialist	jenniferm@ilrcjcmo.org
Karen Chambers	Consumer Directed Services Specialist	Karen@ilrcjcmo.org
Gini Heckman	Office Assistant	Gini@ilrcjcmo.org
*Jeremy Murray	ADA Coordinator	Jeremy@ilrcjcmo.org
*Jan Walker	Outreach Specialist	jan@ilrcjcmo.org
Rose Buechter	Receptionist	rose@ilrcjcmo.org

\*Denotes Management Staff

Phone: 573-556-0400

Toll Free: 877-627-0400

Fax: 573-556-0402

Visit ILRC on the Web at [www.ilrcjcmo.org](http://www.ilrcjcmo.org)

or

Facebook at <https://www.facebook.com/IndependentLivingResourceCenterInc>

## Fragrance Free

*While visiting ILRC or attending any of ILRC's programs, we ask that you use fragrance-free personal care products (no perfumes and/or colognes) and fragrance-free laundry preparations.*

## Disability Resource Fair

In honor of National Disability Employment Awareness Month and Disability History Month ILRC is partnering with Missouri Rehabilitation and Employment Group and Capital Mall, Jefferson City to host a Disability Resource Fair for Persons with Disabilities and their Caregivers.

Wednesday, October 23, 2013  
Capital Mall  
3600 Country Club Drive  
Jefferson City, MO 65109  
2 pm – 6 pm

Providers of programs and services will be on hand with information on employment, housing, health care, and much more! Visit our Events on ILRC's Facebook page at <https://www.facebook.com/IndependentLivingResourceCenterInc/events> for a complete listing of vendors as they register.

Attendees will have an opportunity to register for door prizes by picking up a card at the ILRC or MORE Group booths located in the JC Penney or Sears wings.

### ILRC AND CITY OF JEFFERSON PROVIDE JEFFTRAN PASSES TO ELIGIBLE INDIVIDUALS



ILRC has been awarded a contract as a sub-grantee through the City of Jefferson to provide JeffTran Passes to eligible individuals who meet income guidelines, provide required income verification, and complete a Pass Program Request Form. Passes will be issued to individuals meeting program requirements in amounts of \$20 and will be based upon availability. The program will run through December 31, 2013. Contact ILRC at 573-556-0400 or in person at 1760 Southridge Dr, Jefferson City MO 65109 during normal business hours regarding the passes.

### Holiday Meal

Consumers and attendants of ILRC are invited for a Holiday Meal. All consumers may bring one guest. Additional guests are asked to bring a donation of ten items to ILRC's Care Closet. Donation items include: basic cleaning supplies, shampoo, conditioner, soap, toothpaste, toothbrushes, deodorant, razors, etc.

Door Prizes!

RSVP to Rose at 573-556-0400 with number attending by Monday, December 2.



Thursday, December 12  
Providence Bank Meeting Room  
300 Ellis Blvd  
Jefferson City, MO 65109  
11:30 a.m. – 1:30 p.m.



# Youth Group

WHO: Youth, ages 12-22, with disabilities

WHAT: Snacks and bowling,

WHEN: November 9, 2013, 12:00 pm—2:00 pm

WHERE: Westgate Lanes, 2017 Christy Dr., Jefferson City, MO

Please RSVP to Jenny at 573-556-0400 or [jennifer@ilrcjcmo.org](mailto:jennifer@ilrcjcmo.org) by November 4.

\$5 for each person attending including parents.

# Women's Group

WHO: Ladies with disabilities.

WHAT: Holiday Shopping!

WHEN: November 25, 2013, 2:30 pm—4:00 pm

WHERE: Capital Mall, 3600 Countryclub Dr., Jefferson City, MO

Please RSVP to ILRC at 573-556-0400 or [rose@ilrcjcmo.org](mailto:rose@ilrcjcmo.org) by November 19.

# October 2013



Independent Living Resource Center

1760 Southridge Dr  
 Jefferson City, MO 65109  
 Toll Free 877-627-0400  
 Phone 573-556-0400  
 Fax 573-556-0402  
 www.ilrcjcmo.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 CLAIM Counselor	3	4	5
6	7 CDS Timesheets Due	8	9 CLAIM Counselor	10	11	12
13	14	15	16 CLAIM Counselor/ ILRC Board Meeting	17 Employment Workshop for Youth	18	19
20	21 CDS Timesheets Due/Women's Group	22	23 CLAIM Counselor/ Disability Resource Fair	24	25	26
27	28	29	30 CLAIM Counselor	31		
CLAIM Counselors are available at ILRC every Wednesday 10 am—12 pm and 1 pm—3 pm to counsel individuals regarding Medicare Part D enrollment options.						

ILRC Board Meeting Where: ILRC When: 2:30—5 pm
Employment Workshop for Youth Where: Camden County Library, 89 Rodeo Rd, Camdenton, MO 65020 When: 4 pm—6 pm
Women's Group Where: McDonalds, 401 South Aurora St., Eldon, When: 2 pm—4 pm
Resource Fair: see page 3 for details.

# November 2013



1760 Southridge Dr  
 Jefferson City, MO 65109  
 Toll Free 877-627-0400  
 Phone 573-556-0400  
 Fax 573-556-0402  
 www.ilrcjcmo.org

First Aid/CPR Certification  
 Where: Eldon Fire Dept.,  
 111 N Oak St, Eldon, MO  
 When: 9 am—2 pm  
 Cost \$45, RSVP by October  
 25

Youth Group - see page 4

ILRC Board Meeting  
 Where: ILRC  
 When: 2:30 pm—5 pm

First Aid/CPR Certification  
 for DayCare Providers  
 Where: Eldon Fire Dept.,  
 111 N Oak St, Eldon, MO  
 When: 9 am—2 pm  
 Cost \$45, RSVP by  
 November 1

Women's Group  
 See page 4

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CPR/First Aid Classes CLAIM Counselors	2
3	4 CDS Timesheets Due	5	6 CLAIM Counselor	7	8	9 Youth Group
10	11 ILRC Closed Veteran's Day	12	13 CLAIM Counselor	14	15	16
17	18 CDS Timesheets Due	19	20 CLAIM Counselor/ILRC Board Meeting	21	22	23 CPR/First Aid Classes
24	25 Women's Group	26	27 CLAIM Counselor	28 ILRC Closed Happy Thanksgiving!	29 ILRC Closed	30
CLAIM Counselors are available at ILRC each Wednesday 10 am—12 pm and 1 pm—3 pm to counsel individuals regarding Medicare Part D enrollment options. Counselors will also be available November 1, 2013 from 9:30 am—3 pm at ILRC. Call 1-800-390-3330 for an appointment. Services are free. Walk-ins are welcome.						

# December 2013



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 CLAIM Counselor	5	6	7
8	9 CDS Timesheets Due	10	11 CLAIM Counselor	12 Consumer Holiday Meal	13	14
15	16	17	18 CLAIM Counselor/ ILRC Board Meeting	19	20 Youth Group / CPR/ First Aid Classes	21
22	23 CDS Timesheets Due	24 ILRC Closed Happy Holidays!	25 ILRC Closed	26	27	28
29	30	31 ILRC Closed Happy New Year!				
<p>Reminder: When Jefferson City Public Schools are closed due to inclement weather, ILRC will also be closed.</p>						

Claim Counselor, 10 am—12 pm and 1 pm—3 pm

Consumer Holiday Meal  
See page 3 for details.

ILRC Board Meeting  
Where: ILRC  
When: 2:30 pm—5 pm

Youth Group - youth with disabilities, ages 12-22,  
Cost \$3  
Where: ILRC  
When: 6 pm—8 pm

First Aid/CPR Certification  
Where: California United Church of Christ  
When: 9 am—2 pm  
Cost \$45, RSVP by December 13



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Fax 573-556-0402  
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**AVAILABLE FOR ORDER!**  
**ILRC's Cookbook**  
**w/BONUS Shopping Guide**  
**\$10 for over 175 recipes**



**To request this newsletter in Alternative Formats, please contact ILRC at 877-627-0400  
or [melinda@ilrcjcmo.org](mailto:melinda@ilrcjcmo.org).**

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INDEPENDENT LIVING RESOURCE CENTER, INC.  
1760 Southridge Drive  
JEFFERSON CITY, MO 65109