



# Independent Life

The Center for Independent Living In Central Florida, Inc. July 2007

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## Partnership Benefits Consumers and Students

It was a win-win situation for both CIL and Winter Park Tech. The school and CIL recently partnered to provide refurbished personal computers for consumers. Students from Claude Fleurimond's Computer System Technology class at Winter Park Tech inspected, cleaned, and reinstalled the software on fifteen personal computers that had been donated to CIL.

Students received hands-on experience with computer repair and CIL received "like new" computers. The agency will provide these refurbished computers to students with disabili-

Giving away donated computers has been a part of CIL's service plan for a number of years. Many large Central Florida corporations donate used computers to CIL. The agency is most appreciative of those donations but one of the challenges has been keeping up with the refurbishment to provide computers to consumers in good working order.

The solution to the problem was literally right across the street. CIL contacted Winter Park Tech, whose offices are located diagonally across Webster Avenue, and asked if they had a class in computer repair.



Claude Fleurimond and Mario Romero

ties and others who may need a computer for homework, job searching or skills training.

Winter Park Tech is one of four Orange Technical Education Centers operated by Orange County Public Schools. Technical training programs focus around the career clusters of Business, Information Technology, Arts and Design, and Health Science. Currently, 26 career certificate programs are offered to adults and high school students. There is also a continuous schedule of academic courses for adult high school credit, GED preparation, academic remediation, adult basic education, and Adult English Literacy/ESOL.

Students in Mr. Fleurimond's class

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## Be Prepared During Hurricane Season

Hurricane season started June 1 and reminds us that being prepared for emergencies and natural disasters is necessary for all Central Floridians. It's even more important that people with disabilities be ready with an emergency preparedness plan.

There are thousands of Central Floridians with physical, sensory, or cognitive disabilities. Emergencies like fires, floods, or hurricanes present a real challenge for people with disabilities and the elderly. Plan ahead to protect yourself when disaster strikes. If you don't have an emergency plan, now is the time to prepare one. If you already have a plan, take time to review and update it if necessary. Talk to your friends, family and caregivers about your plan. Involve them in the planning process and make sure they all have an updated copy of your plan. Now is the time to create your emergency plan, before an emergency strikes.

Start the planning process by creating a personal assessment. You are the best person to decide what you will need in an emergency. Make a list of your personal needs and your resources for meeting them in a disaster environment.

Almost every Florida County has its own emergency management plan for people with special needs. It's important to contact emergency management officials in your county to learn more about the details of their program. The requirements vary from county to county. Many counties require advanced registration for individuals with special needs.

Most emergency management officials would agree that special needs shelters should be your shelter of last resort. Plan ahead to stay with friends or relatives if at all possible. Friends and relatives are better prepared to help with any special needs you may have.

As part of your emergency preparedness plan, meet with your family, your personal care attendant, your building manager and your physician. Talk about any new information you may have learned and review any existing plan you may have.

Put together a communication plan. Your plan should include contact information for family members, members of your support network, caregivers, your workplace or school. Make sure all family members have a copy of these important numbers and methods of contact. Be sure to include the phone numbers of local emergency services.

Your plan should include ways and routes for evacuation of your home or office. Be sure every family member knows the best escape routes and safe places for each type of disaster.

Be aware that pets (other than service animals) are not allowed in most public emergency shelters. Prepare a list of friends, family, boarding facilities, and "pet-friendly" hotels that could shelter your pets in an emergency.

An emergency public shelter is a lifeboat, not a cruise ship and should be used only as a last resort. If you have

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# Golf Tournament to Benefit CIL

CIL will be presenting the *Rampage! 2007 Golf Tournament* September 21 at the Grand Cypress Golf Club in Orlando. Proceeds go to support CIL's signature special event *Rampage* (see page 5 for more information). Don't pass up this opportunity to play one of the most prestigious courses in Central Florida.

**Business owners!** You can gain valuable exposure for your business when your company helps sponsor the Rampage! 2007 Golf Tournament. The Winter Park branch of Spherion has already signed on as tournament co-sponsor.

<p><b>Corporate Sponsor - \$2000</b> Includes Corporate Team, publicity and exposure on promotional materials and more.</p>	<p><b>Beverage Cart Sponsor - \$1000</b> Your company representative may ride in the beverage cart to network and promote your company. Company signage and more.</p>	<p><b>Display Hole Sponsor - \$350</b> Display table with your company representatives at the tee of a hole. Company name and logo displayed and much more.</p>
<p><b>Practice Tee/Green Sponsor - \$250</b> Prominently displayed corporate banner at the practice tee or green.</p>	<p><b>Event Staging Area - \$250</b> Prominently displayed corporate banner at the registration area.</p>	<p><b>Pin Hole Sponsor - \$150</b> Company name/logo will be displayed on the pin flag of a hole. Limit 18.</p>

Get in on the action for as little as \$150 per individual player or \$500 per corporate foursome.  
*What a deal!*

Register and pay through our secure server [www.cilorlando.org/golf](http://www.cilorlando.org/golf).

For more information contact Oceana Sanchez at 407-623-1070 or [osanchez@cilorlando.org](mailto:osanchez@cilorlando.org)



## BAC Helps with Changing World Of HR

The Business Advisory Council is proving to be an important tool in managing change in the constantly shifting sands of the human resources arena. This sums up the consensus of members attending the June 5 BAC meeting at CIL..

The next meeting is scheduled for August 28 from 9:30 to 11:30 AM. There will be further discussion on mission statement and specific council projects.

Guest Speakers will include: Sylvia Allen Pouncy, Enforcement Supervisor for the U.S. Equal Employment Opportunity Commission and Peter Schoemann, Esq. Chairman of the Chamber of Commerce for Persons with Disabilities.

Call 407-623-1070 or email Rogue Gallart at [rgallart@cilorlando.org](mailto:rgallart@cilorlando.org) to learn more about the Business Advisory Council.

## CIL Volunteers are a True Gift

The Center for Independent Living in Central Florida celebrated the generous contribution of its volunteers on April 27. The party theme for 2007 was *Hawaiian Luau!*

About 30 volunteers gathered to enjoy a lunch of rotisserie chicken, pulled pork, white rice, black beans, green salad, fruit salad, and macaroni salad. There was a delicious coconut cake and a refreshing Hawaiian fruit punch to drink containing pineapple sherbet.

CIL Community Relations Manager, Oceana Sanchez said, "It's our pleasure to honor the hard work and dedication of the CIL volunteers. So much of the work our agency does for people with disabilities would not be possible without the generous contributions of our volunteers."

Fifteen volunteers received certificates of appreciation for giving more than 100 hours of service during the last year.

A raffle was held and every volunteer received a gift. Five lucky volunteers took home a beautiful arrangement of tropical flowers donated by 1-800-Flowers.

# Lakeland Ramp Team Success

CIL - Lakeland, the United Way/DeSoto Chapter, and volunteers from the Arcadia Fire department came together to build a wheelchair ramp for an Arcadia resident with disabilities.

This DeSoto County Resident was a high school senior when he was involved in a head on automobile collision. He was evacuated by helicopter to Tampa General Hospital. When he arrived, medical personnel noted that he had no movement in his upper or lower extremities. The young man was placed in the surgical intensive care unit and diagnosed with a spinal cord injury. As a result of the accident he is now using a wheelchair.

As a senior in high school, this teenage accident victim could not enjoy all the things most young people can. Depression set in. He longed to simply go out to his backyard and play with his dogs. There was no wheelchair ramp, making it impossible for him to go outside without assistance.

His mother called CIL and asked if the agency could somehow provide a wheelchair ramp for her son. It was explained that funding was available but the agency had no volunteers at the time, but would continue to seek help with this project.

The husband of a CIL consumer, who also happens to be a fireman for Polk County, was visiting the office. The need for volunteers was explained and he said his department assists with community projects. Through a referral, the Arcadia Fire Chief was contacted. Coincidentally, the Chief happened to be on the scene of the teenager's automobile accident.



The Chief was deeply moved to see a vibrant young man unable to care for himself as a result of this tragic automobile accident. He

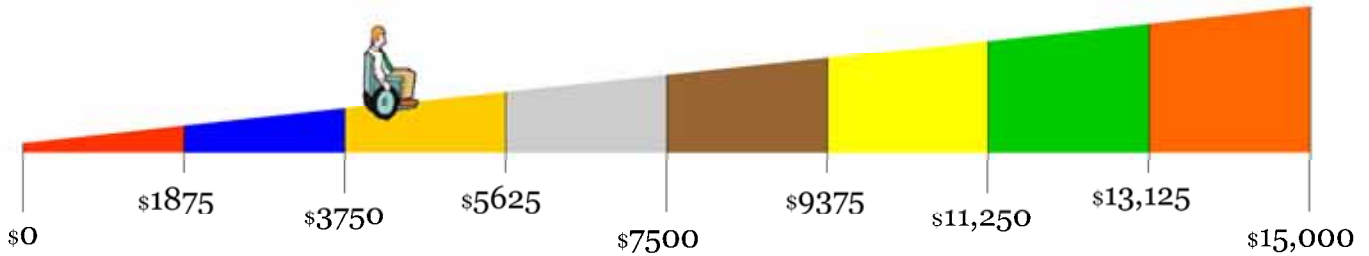
was eager to help build the ramp when he learned of the young man's motivation to become independent. The Chief and 12 of his colleagues built the ramp. Red Cross volunteers helped feed the workers and the Desoto Sun Herald newspaper was there to write the story. United Way/DeSoto Chapter funds paid for the building materials for the wheelchair ramp.

The young man was so excited to see how the community came together to assist him. He said he will never forget the help he received. He hopes that someday he'll be able to help someone, in the same way that others so generously helped him.

# Rampage! 2007 Funding Goal

Help CIL Build Ramps to Independence

Amount Raised to Date: \$4,563



As of June 20, CIL has raised **\$4,563** toward our goal of \$15,000 for Rampage! 2007. In November we'll be building five ramps for recipients across Central Florida which means the clock is ticking.

With only four months to go CIL needs YOUR donation to help build wheelchair ramps for those who are unable to get into and out of their homes. If you've already donated to CIL, we sincerely thank you.

If you haven't yet donated please ACT TODAY. You may use the donation form below or use our secure website at: [www.cilorlando.org/donate](http://www.cilorlando.org/donate) You can also call our office and donate via phone with your credit card.

For more information call 407-623-1070 and thanks!

## I Would Like to Support CIL with a Gift of Financial Support

Mr.  Mrs.  Ms.  Mr. and Mrs.  \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Email Address \_\_\_\_\_

Enclosed is my tax deductible gift of  \$50  \$100  \$250  \$500  \$1000  \_\_\_\_\_

I enclose my check made payable to the Center for Independent Living in Central Florida.

I want my gift to help CIL build more ramps for **Rampage! 2007**

Please charge my  VISA  MasterCard

Card Number \_\_\_\_\_ Exp Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send your gift to:

Center for Independent Living  
720 N. Denning Drive  
Winter Park, Florida 32789

**THANK YOU FOR YOUR SUPPORT OF CIL**

## Grant award to help provide sign language classes

At a ceremony on May 15<sup>th</sup> at Lake Eola Park in Orlando, CIL received \$5000 as part of Disney's Helping Kids Shine grants program. The money will go to help provide sign language classes to parents, siblings and caretakers of deaf children.

CIL will provide American Sign Language (ASL) instruction to 10 to 15 participants in the upcoming 2007-2008 school year. Along with ASL training, other topics such as deaf culture, education and technology assistance will be covered.

To learn more or to sign up for these classes please contact Ybon Romero at 407-623-1070 or email to yromero@cilorlando.org.

## Be Prepared...

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no other alternatives, you must bring a minimal number of supplies for your stay at the shelter.

Be sure to bring:

- Specific medical identification like Medicare, Medicaid or other insurance cards and a current medical history.
- Have a two week supply of daily prescription medicines and any non-prescription medications.
- Bring along three days worth of non-perishable food and water.
- Bring a blanket, a chair or a folding cot.
- Bring changes of clothing.

And don't forget to bring other special items like eyeglasses, hearing aids, inhalers, oxygen, important medical documents and special dietary foods.

When a hurricane approaches many people begin voluntary evacuation well in advance which means that roads become congested and emergency shelters can become filled quickly. Make your emergency preparedness plans now and make your decision to evacuate early. Preparation is your best defense when an emergency or other natural disaster strikes.

### Special Needs Resources

Orange County Special Needs Program – 407-650-4047

Web Site: <http://www.orangecountyfl.net/cms/DEPT/hfs/healthservices/secondary/specialneeds.htm>

Seminole County Special Needs Program – 407-665-5102

Web Site: [http://www.seminolecountyfl.gov/dps/em/emprep\\_specialneeds.asp](http://www.seminolecountyfl.gov/dps/em/emprep_specialneeds.asp)

Osceola County Special Needs Program – 407-343-2ASK

Web Site: [http://www.osceola.org/index.cfm?lsFuses=department/Hurricane/SC\\_SpecialNeeds](http://www.osceola.org/index.cfm?lsFuses=department/Hurricane/SC_SpecialNeeds)

Polk County Special Needs Program – 863- 534-5600

Web Site: [http://www.polk-county.net/county\\_offices/emergency\\_mgmt/emergency\\_mgmt\\_special.aspx](http://www.polk-county.net/county_offices/emergency_mgmt/emergency_mgmt_special.aspx)

Highlands County Special Needs Program – 863-382-7251

Web Site: <http://www.doh.state.fl.us/chdHighlands/NeedsShelter.html>

DeSoto County Special Needs Program - 863-993-4831

Web Site: <http://www.co.desoto.fl.us/emr/SpecialNeeds.htm>

Hardee County Special Needs Program – 863-773-6373

Web Site: <http://www.hardeecounty.net/eoc/index.cfm>

## CIL Celebrates Landmark Legislation

July 26, 2007 marks the seventeenth anniversary of the signing of the Americans with Disability Act (ADA). The ADA prohibits discrimination on the basis of disability in employment, State and local government, public accommodations, commercial facilities, transportation, and telecommunications. CIL is celebrating by hosting a number of special events.



### *Equipment Giveaway*

CIL's third annual *Equipment Giveaway* is July 26, 2007 from 10:00 AM to 12:00 noon at the CIL offices in both Winter Park and Lakeland. The agency will be giving away disability-related equipment that has been recently donated. Equipment availability is first come, first served. A variety of equipment may be available like electric scooters, wheelchairs, walkers, crutches, and much more. CIL is also looking for donations of good new or used disability related equipment to be given to those who need it.

A new wheelchair, walker or vehicle lift means freedom. This equipment gives people with disabilities the independence to visit friends, go shopping, and do all the things that make life enjoyable.

### *Public Forums*

There will also be a Public Forum held on July 26 at CIL's Lakeland and Winter Park locations. Session one runs from 3:00pm to 4:30 pm. The Winter Park office will hold a second session from 7:00pm to 8:30pm.

CIL wants to know what people with disabilities think about a variety of issues that affect their daily life. The information from the forums will be used to identify needs for new programs and possible service gaps in existing programs with the goal of increasing service to people with disabilities. Topics up for discussion include transportation, housing, employment, healthcare, communication, education, and more. Caregivers and family members of people with disabilities are welcome to participate.

The Americans with Disabilities Act of 1990 is a wide-ranging civil rights law that prohibits, under certain circumstances, discrimination based on disability. For more information visit [www.ada.gov](http://www.ada.gov).



All people with disabilities and their families are encouraged to attend *Equipment Giveaway* and the *Public Forums*. For more information on these events please contact the Winter Park office at 407-623-1070 or the Lakeland office at 863-413-2722.

**Center for Independent Living  
in Central Florida, Inc.**

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## Partnership Benefits...

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are juniors and seniors drawn from a number of Orange County high schools. The course work helps prepare them for work as computer network administrators and hardware repair technicians. Students who successfully complete the course are fully prepared to take certification tests that include the A+ and Network +.

Fleurimond said he and his supervisors support this collaboration between CIL and Winter Park Tech, "My Senior Director and Assistant Director are 100% behind this project. They can see the positive outcome in grades and other student progress reports".

To learn more about the programs available at Winter Park Tech please visit:  
[www.wpt.ocps.net/winter\\_park\\_tech\\_home.html](http://www.wpt.ocps.net/winter_park_tech_home.html) or call 407-622-2900.