



## January 2025 NEWSLETTER

39 North Prairie Street  
Galesburg, IL. 61401



**“Winter reminds us to slow down  
and appreciate the stillness of the world.” – Unknown**



## **Benefit Access Application Renewal**

**Do you need help applying for a new or renew a Benefits Access Application to receive the reduced fee for a license plate sticker or the ride-free bus pass?**

If so, Stone-Hayes CIL can help you complete a new or renewal application by making an appointment at Stone-Hayes CIL. The Benefit Access Program provides eligible people with disabilities with a discount on license plate fees or a ride-free transit card for fixed route public transportation (Galesburg Transit Bus Services). Stone-Hayes also helps with filling out applications for the Handivan Paratransit System for Galesburg, IL.

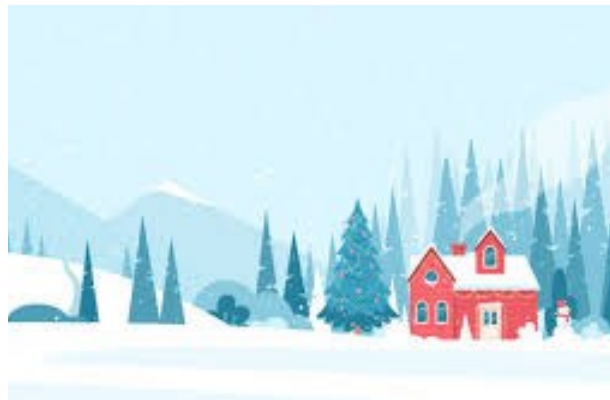
For more information or to make an appointment to complete a Benefits Access Application or a Handivan application, call Stone-Hayes CIL 8:30 a.m.-4:30 p.m. Monday-Thursday or Friday 8 a.m-3:30 p.m. Phone 309-344-1306

Stone-Hayes Center for Independent Living is a nonresidential 501 © 3 non profit agency that assists persons with disabilities to locate resources and support mechanisms they need to live independently in the community . The staff and board of directors is made up of at least 51% individuals with disabilities. Our services are consumer driven. Our consumers are in control of the personal outcomes they wish to achieve.

Stone-Hayes is funded in part through ACL (Administration for Community Living) and the Illinois Department of Human Services.

Please consider making a donation to Stone-Hayes to help us further our mission. Checks can be made out to Stone-Hayes or donations can be made through Pay Pal via our website: [Stone-Hayes.org](http://Stone-Hayes.org).

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## Disability & Health Information for Family Caregivers

These general caregiving tips provide families with information on how to stay healthy and positive. Keep in mind that these tips can be used to address many family issues. Information, support, advocacy, empowerment, care, and balance can be the foundation for a healthy family and are appropriate no matter what the challenge.

### **Be Informed**

- Gather information about your family member's condition, and discuss issues with others involved in the care of your family member. Being informed will help you make more knowledgeable health decisions and improve your understanding about any challenges your family might face.

Notice how others care for the person with special needs. Be aware of signs of mental or physical abuse.

### **Get Support**

- Family members and friends can provide support in a variety of ways and oftentimes want to help. Determine if there are big or small things they can do to assist you and your family.
- Join a local or online support group. A support group can give you the chance to share information and connect with people who are going through similar experiences. A support group may help combat the isolation and fear you may experience as a caregiver.
- Don't limit your involvement to support groups and associations that focus on a particular need or disability. There are also local and national groups that provide services, recreation, and information for people with disabilities.

Friends, family, health care providers, support groups, community services, and counselors are just a few of the people available to help you and your family.

# Disability & Health Information for Family Caregivers Cont...

## **Be an Advocate**

- Be an advocate for your family member with a disability. Caregivers who are effective advocates may be more successful at getting better service.
- Ask questions. For example, if your family member with a disability uses a wheelchair and you want to plan a beach vacation, find out if the beaches are accessible via a car, ramp, portable walkway mat, or other equipment.
- Inform other caregivers of any special conditions or circumstances. For example, if your family member with a disability has a latex allergy, remind dental or medical staff each time you visit them.
- Document the medical history of your family member with a disability, and keep this information current.

## **Be Empowering**

- Focus on what you and your family member with a disability *can* do.
- Find appropriate milestones and celebrate them.
- If someone asks you questions about the family member with a disability, let him or her answer when possible. Doing so may help empower the individual to engage with others.

When appropriate, teach your family member with a disability to be as independent and self-assured as possible. Always keep health and safety issues in mind.

## **Take Care of Yourself**

- Take care of yourself. Caring for a family member with a disability can wear out even the strongest caregiver. Stay healthy for yourself and those you care for.
- Work hard to maintain your personal interests, hobbies, and friendships. Don't let caregiving consume your entire life. This is not healthy for you or those you care for. Balance is key.
- Allow yourself not to be the perfect caregiver. Set reasonable expectations to lower stress and make you a more effective caregiver.
- Delegate some caregiving tasks to other reliable people.
- Take a break. Short breaks, like an evening walk or relaxing bath, are essential. Long breaks are nurturing. Arrange a retreat with friends or get away with a significant other when appropriate. (Source CDC [cdc.gov](http://cdc.gov))



## **Transition Planning for Students with 504 Plans**

Whether choosing a career or planning to attend college or technical school, Every student with a disability needs a Transition Plan. Students with a 504 Plan are entitled to transition services including financial assistance from the Office of Rehabilitation Services. Due to the fact that there is not a prescribed set of activities these students must do before graduation, students and their families do not always give enough thought to how the transition to a successful and fulfilling adult life will be accomplished. Since transition planning is not required in the 504 process, most families do not know to ask for the same assistance and support from schools as that given to students with an IEP.

There are many changes facing a student in transition. Here are some questions for students to consider:

- What resources are available for exploring my career and training interests?
- Am I taking the right classes in high school to reach my future goals?
- What if I want to go to college? Will I be able to get the same support and services I get in high school?
- Will my parents still be able to advocate for me at work or at school?
- What are resources to help me pay for college or career training?
- Who can help me find a job?

Stone-Hayes CIL can assist Students with 504 Plans and their Families with the answers to these and other questions they may have about transition planning. Learn more about planning for the future by contacting Cassidy at Stone-Hayes CIL.



# Stone-Hayes Groups

## **HOPE OF TOMORROW**

**Peer Support Group**

**Tuesdays 2:30-3:30 PM**

We discuss current topics, socialize with peers and work on projects.

Contact Lynn for more information

## **INDEPENDENT LIVING SKILLZ**

**Peer Support Group**

**Second and Fourth Thursday of each month**

**1:30-2:30 PM**

Contact Carey for more information

## **ADVOCACY GROUP**

**Meetings are held**

**at Stone-Hayes CIL.**

**1st and 3rd Mondays of the month**

**at 2:00PM**

Come join the Stone-Hayes CIL Advocacy Group! The meetings are on the same days as the Galesburg, Knoxville, and Monmouth City Council Meetings. We discuss the upcoming meetings, personal, and systematic advocacy.

Learn about what is going on in your community. Learn about advocacy, advocate for causes that are important to you, share knowledge, and be part of a team. Make your voice heard!



**THE GOOD GANG**  
**Peer Support Group**  
**Thursdays 2:15-3:15 PM**

We work on Volunteer Projects, Book Club, and occasionally have speakers.

Crafts, Socialization, Movies, Crafts Games, Bingo, and Trivia!

The Good Gang Group meets at the Strom Center located at  
211 South A Street in Monmouth, IL 61462

Contact Sarah for more information

The Good Gang Group is volunteering at the Jamison Center in Monmouth, IL and completing  
crafting projects January 2025-March 2025.

**Henderson County**  
**Henderson County Health Department**  
**1st and 3rd Wednesday's**  
**Each Month 1:00—3:00 PM**

Bingo with prizes, socialization, and goodies provided including Door Prizes.

**Galesburg Towers Peer Group**  
**COMING SOON!!!**

Socialization, Discuss current events, Learn about cooking and nutrition, Games,  
and Trivia!

Come have fun and enjoy the light hearted atmosphere, all the smiles, and  
encouragement!



## **Personal Assistant Training**

The Personal Assistant (PA) Training program is intended to help you prepare to provide assistance to persons with disabilities. The program is sponsored by the Illinois Department of Human Services-Division of Rehabilitation Services.

Why Attend PA Training:

- Learn required Paperwork.
- Learn proper procedures so your pay is not delayed.
- Learn what you are allowed to do as a PA and what you are not allowed to do.
- Learn how to handle difficult situations.
- Your name will be added to the state-wide registry to allow for additional employment opportunities and much more.

Training Dates:

Monday, January 13, 2025

Thursday, February 13th, 2025

Thursday , March 13th, 2025

All trainings are 9am to noon at the Stone-Hayes office. Want to become a PA, but are unable to attend one of these trainings? Contact Lynn at 309-344-1306 or [LynnV@stone-hayes.org](mailto:LynnV@stone-hayes.org) and ask about alternative training options.

## **Youth & Family Services**

Cassidy Klein, Youth & Family Services Coordinator

All school related matters including IEP/504

Early Intervention Assistance (children under 5)

Fast Track Transition Services (students aged 14-21)

Group Meetings/Information/Training

Independent Living Skills Training

One on One Training Activities

Parental & Student Peer Counseling

**All Disability Related Issues & Concerns**





## **Stone Hayes Important Dates to Remember**

**Stone- Hayes will be closed the following dates:**

**Monday January 20th, 2025 (Martin Luther King Day)**

**Monday February 17th, 2025 (President's Day)**

## **IL Secretary of State's Emergency Contact Database**

The Emergency Contact Database is a free driver's service that allows you to voluntarily enter one or two individuals to serve as your emergency contacts. This service is useful in the event you are involved in a traffic crash or have a medical emergency where you cannot communicate directly with law enforcement or emergency responders. To participate you must have an Illinois driver's license, ID card, TVDL, CDL or instruction permit. Some of the features of this service are:

- You can add basic medical information (disabilities, medical conditions or special needs).
- You can add, change or delete your contacts anytime.
- Only law enforcement can access this information.
- Your emergency contacts do not have to be Illinois residents.

Enrolling in the Emergency Contact Database may only be done online. The person who enrolls is responsible for maintaining the accuracy of the information. You may register at:

<https://www.ilsos.gov/departments/drivers/ECD/home.html>

Source: Office of the Secretary of State at [ilsos.gov](http://ilsos.gov)



## **COMING SOON !!!**

**Do you want to learn how to coupon and save money using the new digital way of couponing and don't know how?**

**We want to hear from you to see how many people would like to attend and learn how to save money and coupon, as couponing has changed with the new digital age all can be done with a smart phone!**

**Want to learn how to use the receipt scanning apps such as Ibotta, Receipt Hog, Fetch and more to get gift cards and cash back while stretching your SNAP benefits by just scanning a receipt you otherwise would throw away it can be done!!!**



SNOWED IN! Complete a Word Search!!



# WINTER

## WORD SEARCH



### WORD LIST

BOOTS  
CHILLY  
COAT  
COLD  
FEBRUARY  
FIREPLACE  
FLURRIES  
FREEZE  
FROST  
FROSTBITE  
HIBERNATE  
HOLIDAY  
HOT CHOCOLATE  
ICE SKATING  
ICICLE  
IGLOO  
JACKET  
MITTENS  
NEW YEAR  
PENGUIN  
SCARF  
SKIING  
SLEIGH  
SNOW  
SNOWFLAKE  
SNOWMAN  
SOLSTICE  
WINTER

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

