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Check out our
new logo! →



NEWSLETTER

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2nd
Quarter
2016

THIS EDITION'S HIGHLIGHTED CONSUMER

Rocky Briscoe is our highlighted consumer for our 2016 2nd Quarter newsletter!

Rocky has been on our Consumer-Directed Services since 1998! He has Cerebral Palsey and is never left alone due to needing 24 hour care.

Rocky's mother, Pam Briscoe, is his caretaker.

"If it wasn't for the CDS program, I would have to be having someone come in my home that I don't even know... strangers, to take care of my son who is nonverbal.

I'd have to work; it takes 2 incomes anymore. I'd have to go to work and expect them to come in and do everything that they're supposed to. Rocky can direct his own care, but are they going to do it? That's what worries me. Then there's my home being opened up for them to do what they want within my home, which I don't like.

I love this program; it's the best thing that's ever happened to this family."

Pictured is Rocky and Pam Briscoe with their CDS Coordinator, Stella Dorsey. He is truly a joy and bright light to be around. The smiles shown in these photos are a great testament to that.

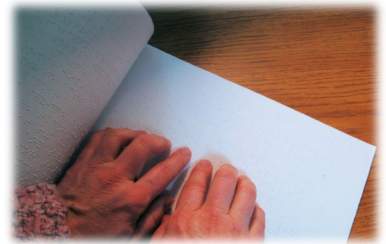


Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-Leo Buscaglia

NEWS & UPDATES

- We are continuing to provide assistive technology to anyone in the community in need! We have a large selection of assistive technology at our office, as well as access to an even larger variety of devices. The technology offered ranges from computer adaptations, telephones, hearing aids, and keyboards to vehicle modifications, aids for daily living, and much more. If you would like to set up an appointment or learn more information, feel free to call the office and ask for Ben.
- We are still providing recreation opportunities at the Mark Twain Hotel Apartments as well as starting in other housing divisions. We offer activities such as bingo, cards, arts & crafts, low-impact exercises, and other fun forms of entertainment for the tenants. We will also be there to answer any questions and give information about the resources available in the community. If you or someone you know is interested in starting up recreational activities in your area, please let us know.
- As you can see, we recently made some changes to our NEILS logo! Along with subtle color changes, we now have the tagline “Your DisABILITY Resource Center.” The goal of this change is for the general population to better understand what it is we do as an organization when they see & hear our name. We’re your one-stop-shop for anything and everything disability related and we want the public to know about it! We also think it’s awesome that we get to highlight ABILITY in “disability.”
- As many of you might have already seen, we have a couple of new commercials in circulation highlighting our home care services. The commercial features our consumer, Anita Lain, and her sister Allison Lain, who is her attendant. Anita receives Consumer-Directed Services (CDS) and also has nurse visits through our In-Home program so that she can remain living independently in her own home. Anita and Allison did a wonderful job and the new TV ads turned out amazing!
- Our website is also undergoing some changes in the upcoming weeks, so be on the lookout!



For more news & updates visit us online:

www.facebook.com/neilscenter and www.neils.org

THIS EDITION'S HIGHLIGHTED SERVICE:

NURSING HOME TRANSITION

NEILS Strongly believes in integrating persons with disabilities who are institutionalized back into community living. Our Transition Program is designed to assist persons with disabilities in achieving this goal. There are many steps that must be taken in order for de-institutionalization to occur. NEILS will assist in all stages of this process including the initial planning, finding a home, helping find financial assistance, along with the many other stages of the transitions program. We have resources available about the Olmstead Decision and your Constitutional Rights which play a large role in the de-institutionalization process.

Please call and contact Penny Snider if you know of anyone wanting to transition back into the community or simply want more information.



MEET THE STAFF



Penny Snider is our highlighted employee for this quarter!

“My name is Penny Snider. I am 61 years old. I am a mother of 4 grown children: 1 stepdaughter and 2 girls and a son of my own.

I have a total of 11 grandchildren and a Great Granddaughter! (Between my husband and myself)

I lost my husband last year in Oct to M.D.S. which turned into Leukemia.

I started working at NEILS in July of 2002. 14 years ago this July..

I love people, so working here is just the place for me. I can enjoy people and have fun doing what I love best! Helping people.

With NH Transitioning, I do an Option Counsel session with them, then decide if they are a good candidate to go live in the community. If they get approved then we work together for a year. We work on finding housing, furniture, and I visit with them 2 times a month the first 3 months then monthly after that until their year is up.”



Pictured is one of our CDS Consumers, Gena Clark, with her cat, Jenna. Also pictured is her NEILS CDS Coordinator, Suzie Barbee. Consumer-Directed Services (CDS) allows her to direct her own home healthcare!



There's No Place Like Home

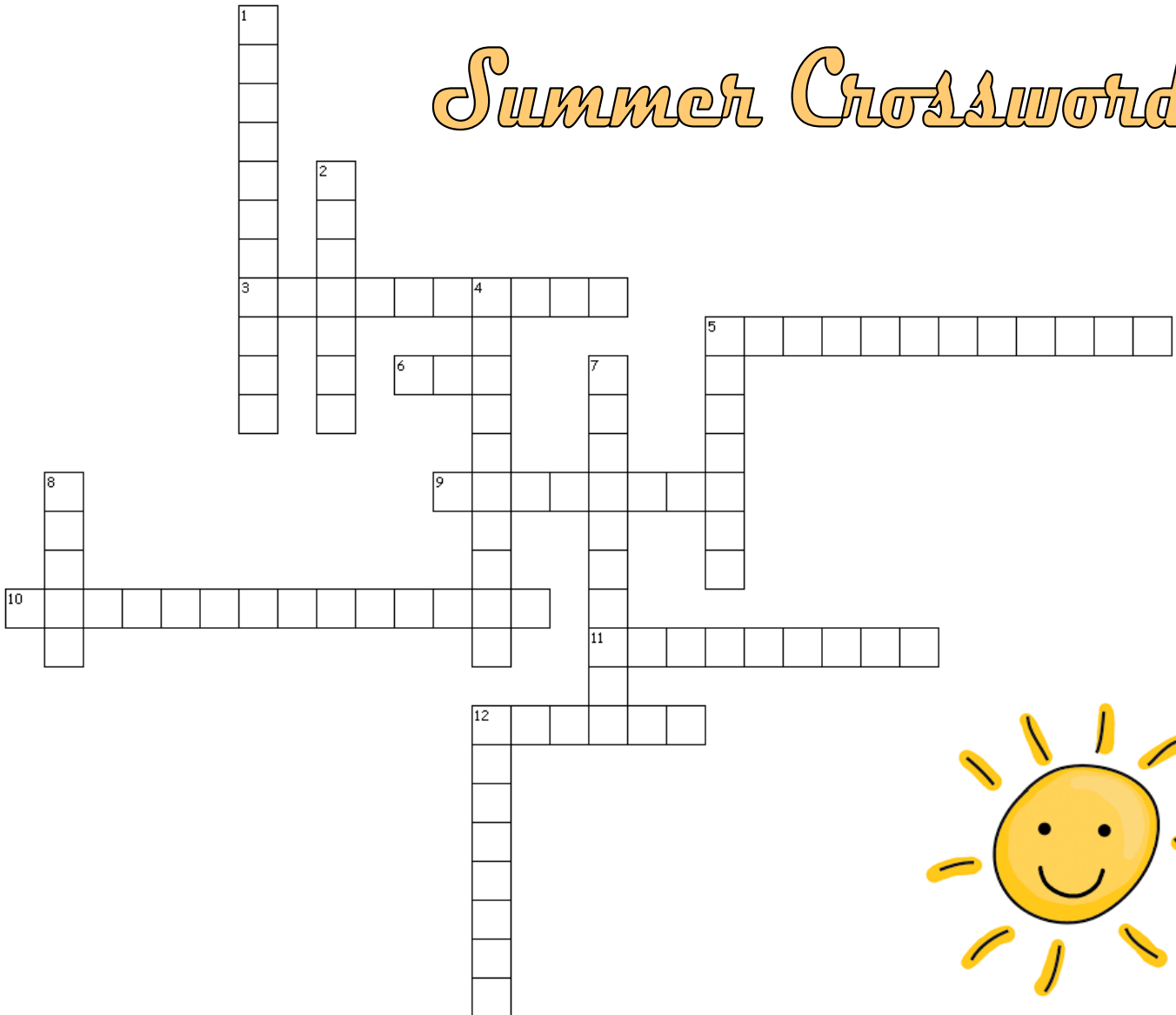
UPCOMING EVENTS

Project Community Connect—Thursday, **October 20th 10 AM- 4 PM** at the Hannibal Admiral Coontz Recreation Center. This event is a day of access to quality of life services for anyone needing a physical exam to a haircut. Anyone is welcome to attend! We are also currently recruiting sponsors, volunteers, and service providers. Call NEILS and ask for Kallie if you have any questions regarding this event.

ADA 26th Anniversary—**July 26th, 2016**. The Americans with Disabilities Act (ADA) was signed in 1990. The Americans with Disabilities Act (ADA) gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, sex, national origin, and religion. It guarantees equal opportunity in employment, public accommodations, transportation, State and local government services, and telecommunications.

Pike County Back to School Fair— Saturday, **August 13th** at the Pike County Fairgrounds from 9 AM- Noon. The Pike Community Care Partnership is coming together once again to host its annual "Back 2 School Fair." Pike County students are invited to the event for free gifts and necessary information before the start of the school year. NEILS will have a booth at this event, so stop by and see us!

Summer Crossword



Across

3. what you can make at the beach
5. independence day
6. a machine that makes you cool
9. to cook outdoors on a grill
10. place to go get fresh, locally grown produce
11. someone who keeps you safe at a pool
12. eating outside

Down

1. what you wear to swim or go to the beach
2. what appears after rain
4. protective eyewear
5. April showers bring May _____
7. big fruit you can eat in the summer
8. kick back and _____
12. icy summer snack



SUMMER SAFETY TIPS

As with any hazardous weather safety plan, the first step is staying informed. Pay attention to forecasts and statements from your local National Weather Service Forecast Office, and information from local agencies.

Source: <http://www.srh.noaa.gov/oun/?n=safety-summer-summersafety>

Thinking About Yourself

- **Avoid the Heat.** Stay out of the heat and indoors as much as possible.
- **Dress for the heat.** Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature.
- **Drink FOR the Heat.** Drink plenty of water. However, if you have epilepsy or heart, kidney, or liver disease; are on fluid-restrictive diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- **Do not drink IN the Heat.** Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea, and cola. Alcohol and caffeine **constrict blood vessels** near the skin reducing the amount of heat the body can release. Although beer and alcohol beverages appear to satisfy thirst, they actually cause further body dehydration.
- **Eat for the Heat.** Eat small meals more often. Avoid foods that are high in protein because they increase metabolic heat. Avoid using salt tablets, unless directed to do so by a physician.
- **Living in the Heat.** Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and lawn care work when it heats up. The best times for such activities are during early morning and late evening hours. Take cool baths or showers and use cool, wet towels.
- **Learn the symptoms** of heat disorders and know how to give first aid.

Thinking About Others

- **Do not leave children in a closed vehicle**, even for a few minutes.
- When outdoors, **protect small children** from the sun, their skin is sensitive.
- **Help your pets keep their cool.** It will "feel" as hot for them as it will for you. As with children, do not leave your pets in a closed vehicle. Be sure your animals have access to shade and a water bowl full of cold, clean water.
- **Learn the symptoms** of heat disorders and know how to give first aid.

Thinking About Your Environment

- **Protect windows.** Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80%.
- **Conserve electricity.** During periods of extreme heat, people tend to use a lot more power for air conditioning which can lead to a power shortage or outage. Vacuum air conditioner filters weekly during periods of high use.
- **Keep lights turned down** or turned off.
- **Avoid using the oven.**

If you would like to receive this newsletter in another format, require any accommodations, or would like to give feedback please contact Kallie at NEILS by calling (573) 221-8282.