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Mission: To promote a barrier-free environment for all individuals with disabilities through public education and advocacy for social change, and to provide a full range of independent living services, which will assist each in meeting his or her goals for independence.



Curtis Jones

You Gave Freedom to Over 100 People with Disabilities

"I knew we had to become involved when I learned about the growing need for ramps. Some couldn't get out of their own homes; one lady hadn't gone outside in nine months! Can you imagine that?" said Dwight Ingalsbe, 2011 Gift of Time Award Recipient.

Ingalsbe has built and coordinated volunteers to build over 100 wheelchair ramps over the past few years. "The joy on their faces touched my heart. Now they can safely access the world."

Having the freedom to access the world safely means that people with a mobility disability can venture outside their homes and into the community for medical appointments, shopping, and socialization. Without them, they would have remained isolated in their own homes. All of the people who receive ramps have limited financial resources and could not afford to build on their own or to move to a more accessible home.

"I was not going out at all—only to church. Getting up and down the steps was hard work and now it is easier to get in and out," said Jean about how life was before

► **MORE Pg. 7**



Dwight Ingalsbe helped build over 100 ramps.

Label Jars, Not People: Your Words Matter

You may think that the days of discrimination are gone, but for many individuals with disabilities the world has been slow to change.

"I challenge you to remove four words from your vocabulary: handicap, disabled, cripple and retarded," says Patty Goss, SCIL Board member and person with a disability.

"It's important to honor the worth and dignity of each and every person. Before I had my stroke, I didn't think about the impact that these words can have."

Just as you'd avoid racial

slurs or say women instead of gals, there are preferred words for people with disabilities. Take a look at the origins of these negative words:

- **Handicap** evolved from the great depression when people with disabilities could not work and many resorted to begging holding their hand and cap out.
- **Disabled** implies that someone is "not able," but we know that all individuals have worth and capabilities.
- **Cripple** and **retarded** suggest negative and demeaning descriptions and label the individual as less of a person.

► **MORE Pg. 6**



Gary Maddox,
Executive Director

Celebrating 25 Years A New Director



After starting another Center for Independent Living in Gallatin, Missouri in 1996 called Access II, I met Ann Morris, founding director of SCIL. For several years we worked together at the state and federal levels for the rights of people with disabilities.

I remember hearing of Ann's retirement in 2006 and asking her, "Do you think I have a shot at this?" And her reply, "what took you so long?" Following a founding director with 20 years history is always a challenge. Fortunately, I knew that Ann would be leaving me a firm foundation and the only place to go was up.

Now, almost six years later, we continue to stay true to the heart of the independent living philosophy of consumer control. As always, SCIL continues to grow, with additional and expanded programs and services and staffing increases.

Successes that I am proud of include that we have now paid for our "new building" note, purchased the three acre site across the street for future growth, have added an additional 6,700 square feet to

our "new building," and added a branch office in Branson. The SCIL Board of Directors is engaged with vision; we have an active Consumer Advisory Council and some really great staff. All of these successes result from and help facilitate our continued growth in open cases and the number of consumers with disabilities that we can help.

Amazingly, our annual budget has reached over \$6 million, a far cry from the \$40,000 that started the Center in 1986. However large or small, our mission is still about the consumers we serve, empowering them to reach their potential, preparing youth for life and advocating for change, fighting discrimination against people with disabilities in the work place, our communities, etc.

We have come a long way in 25 years, but the next 25 years will undoubtedly present its own challenges. We will face them united in purpose, just as we did at the beginning.

Gary E. Maddox
Executive Director



Communicating successfully with customers is an essential part of doing business.

The ADA requires businesses to take steps necessary to communicate effectively with customers with vision, hearing, and speech disabilities.

For more info on how to make sure you are an inclusive business, go to:

*<http://www.ada.gov/regs2010/smallbusiness/smallbusprimer2010.htm>
Or call SCIL at 417.886.1188*

Community Needs Assessment

SCIL will be conducting a survey soon. Please watch the mail and our website for more details and take a few minutes to complete and return. You can help determine the needs in your community for us to better serve people with disabilities.

SCIL is currently seeking new members for our Board of Directors.

Persons with disabilities are encouraged to apply.

Contact Gary for more information at 417.886.1188 or gmaddox@swcil.org

Southwest Center for Independent Living

Board of Directors

- President – Ray Sonnier
- Vice President – David Thiessen
- Secretary - Francis "Joe" Trebbe III
- Treasurer – Kim Conrad
- Mike Cook
- Becky Crocker
- Doris Ewing
- Patty Goss
- Susan M. Jones
- Pat Killingsworth
- Reba Sims

Legislative LOOP

Community Voices

By Sarah Overstreet

One of the most powerful men I've ever known lived most of his life in a wheelchair.

But put him in the arena of disability rights, and he could knock out Sugar Ray Leonard. Clay Henshaw, who had paraplegia since he was 19, served on state and local committees that changed life for us all. In 1975 he helped enact Springfield's building codes for accessibility. There were few curb cuts then, no accessible parking spaces, no legally assured entrance for assistance animals, and no telephone service for people with hearing impairments. Yet as much as Clay and others tried to whack down barriers, they couldn't make a dent without laws to enforce these changes.

So the Americans with Disabilities Act (ADA) was a mighty explosion of sunlight through pitch-black clouds. The ADA, passed in 1990, guarantees equal opportunity for people with disabilities in public accommodations, employment, transportation, government services and telecommunications.



Henshaw with the first accessible van from City Utilities 1977.



Clay died in 1991 before he could see the ADA implemented. Throughout my years as a reporter, I knew Clay had helped put the gears in motion for this revolution.

Yet I didn't know then that I would someday need the ADA. It has become progressively difficult for me to even walk short distances or stand.

In 2008, I bought front-row season tickets to the Missouri State University Lady Bears basketball games in the JQH Arena.

My seats are three floors down from the front lobby. Then I discovered that administrators wouldn't allow me on the lower elevator – which is accessible – and wanted me to walk up a considerable flight of steep stairs to get to the second-floor elevator. I explained my problem to a JQH supervisor, and he said they complied with ADA requirements because they had a handicapped seating area on the second level.

They hadn't asked me if I had a disability when I bought my expensive tickets. I filed an ADA complaint. It was easy, helped by a Southwest Center for Independent Living staff member. Within two weeks, federal attorneys contacted me and said they would pursue the case. After receiving a letter from a U.S. attorney, MSU administrators called me and asked that if they let all people on the lower elevator, would I withdraw my complaint?

Certainly. I simply wanted all people with disabilities to have access to accommodations they

Register to vote!

Individuals with disabilities can register to vote from home on the Permanently Disabled Absentee Voting List. For more information visit: www.movoteathome.org

The Governor's Council on Disability Legislative Priorities Poll

Legislators and advocates will use results to prioritize issues for people with disabilities.

Deadline: Thur, Sep 15, 2011, by 5 pm

Website: <http://mo.gov/disability/priorities>

Contact SCIL for a hard copy.



SCIL's RAMPS program was created from the Clay Henshaw Memorial Fund in 1993.

needed. When the elevators were opened to us, we came out of the woodwork: some using walkers, some in wheelchairs, and some with oxygen tanks. I wondered why no one else had filed an ADA complaint. My guess is that many of us have acquired a disability with age, and haven't learned about the ADA or knew it applied to us. I hope through my story others will realize how easy it is to protect our rights. And as Clay Henshaw showed us, any step we take is one that lays the groundwork for those who come behind us.

Sarah Overstreet is a former Springfield newspaper and television reporter, local columnist and nationally syndicated columnist. ☺



Southwest Center For
Independent Living
Choices and Empowerment
for People with Disabilities

Support Groups

Please RSVP & call ahead during inclement weather.

Check www.swcil.org for more!

Women Inventing Tomorrow (WIT)

Bimonthly - 1st Thursday
1:30 - 3:30 pm at SCIL
Contact Jen

Circle of Friends Craft Group

Monthly - 3rd Thursday
1:30 - 3:30 pm at SCIL
Contact Stacie A.

Post-Polio

Bimonthly - 3rd Monday
1:30 - 3:30 pm at SCIL
Contact Marion

Branson Social Club

Monthly - 4th Thursday
1-3 pm at various locations
Contact Brooke

Legislative Organizing Opportunities Project (LOOP)

Monthly - 2nd Friday
11:30 am - 1:30 pm, at SCIL
Contact Shelby

Social Club

Weekly - Wednesday
1-3 pm at various locations
Contact Stacie A.

Youth - Your Life

Weekly - Monday
4-6 pm at various locations
Contact Nathan

Missouri Housing Summit

A conference to facilitate the planning, development and management of special needs and supportive housing in Missouri.

Who should attend: developers, disability and mental health service providers, community development corporations, community housing development organizations, and non-profits interested in developing housing.

Day: Wed. & Thur.
Sep. 7 & 8, 2011

Time: 7-9 pm

Location: Capitol Plaza Hotel
Jefferson City, MO

Cost: Free to attend, accommodations not included
Register: <http://dmh.mo.gov/housing/missourihousingsummit.htm>
Info: DMH Housing Unit
573-751-9206 or 1-800-364-9687

Senior Scam Jam

Sponsored by BBB

Learn how to protect yourself and loved ones from frauds and scams.

Day: Fri. Sep. 16, 2011

Time: 8am - 4pm

Location: Southside Senior Ctr
2215 S Fremont
Springfield, MO

Cost: Free

Springfield Area Chamber of Commerce Business & Technology Expo 2011

SCIL will have a booth on Universal Design and Accessibility

Day: Thu., Oct. 6, 2011 Time: 9 am - 6 pm

Location: Springfield Expo Ctr Info: www.springfieldchamber.com

Upcoming Events:

Wii Bowling Tournament

Limited transportation & accommodations available upon request.

Day: Fri. Sep. 16, 2011

Time: 7-9 pm

Location: SCIL
2864 S Nettleton Ave
Springfield, MO

Cost: 50¢ or a snack

Register: Call 886-1188

Contact: Amber

Missouri Mission of Mercy (MOMOM)

The Missouri Mission of Mercy (MOMOM) is a large scale dental clinic to provide free oral healthcare to patients of all ages who cannot otherwise afford care.

Day: Fri. & Sat.

Sep. 23-24, 2011

Time: Arrive Early, doors open at 5 am and expect to wait in line

Location: Ozark Empire
Fairground (E-Plex)
Springfield, MO

Cost: Free

Info: <http://www.modental.org/mx/hm.asp?id=momom#patient>

How to Be a Good Community Volunteer

Limited transportation available.
Seating is limited, please RSVP.

Day: Fri. Sep. 23, 2011

Time: 11 am - 3 pm

Lunch provided

Location: SCIL

2864 S Nettleton Ave

Springfield, MO

Register: Call 886-1188

Contact: Jess

Halloween Dance

Limited transportation & accommodations available upon request.

Day: Fri. Oct. 28, 2011

Time: 7-9 pm

Location: SCIL

2864 S Nettleton Ave

Springfield, MO

Cost: 50¢ or a snack

Register: Call 886-1188

Contact: Amber



Staff Directory

► Administrative

Gary Maddox, Executive Director
Jessica Heeren, Exec Administrative Asst.
Patty Hayne, Full-Charge Bookkeeper
Stephanie Clark, Mkt & Develop. Dir.
Amanda McElwain, Secretary/Recept.
Bonnie Wopp, Secretary/Receptionist

► Consumer Directed Services

Paula Green, CDS Coordinator
Tony Miller, Assistant CDS Coordinator
Paula Knight, CDS Lead Payroll Specialist
Stacey Murphy, CDS Intake Specialist
Sarina Lane, CDS Payroll Specialist
Leslie Clary, CDS Specialist
Janice Clements, CDS Specialist
Kristi Dieleman, CDS Specialist
Phil Gerhardt, CDS Specialist
Shelley Glenn, CDS Specialist
Curtis Jones, CDS Specialist

► In-Home Services

Regina Bohannon, In-Home Coor. RN
Maxine Polete, In-Home LPN

► Independent Living

Cari Wright, Program Manager
Shelby Butler, Access Coordinator
Stacy Hill, Access Advocate
Jen Reese, Assistive Tech. Coordinator
Shannon Powell, Assist. Tech. Spec.
Stacie Amschler, Disability Advocate
Amber Audrain, Disability Advocate
Krista Forck, Disability Advocate
Brooke Lewis, Disability Advocate
Marion Trimble, Ed. & Out. Coor.
Nathan Zoromski, Youth Advocate
Garlin Lansdale, Van Driver
John Wyatt, Van Driver



Brooke Lewis

Branson Beat

This summer Social Club members saw Leroy New, "Mr. Guitar," perform

a retrospective of Marty Robbin's music in July and watched The Cat's Pajamas, a male vocal group with a distinctive "beat-box" sound in August. Wow – time spent in

air-conditioned comfort, listening to fabulous music. We appreciate Branson theatres for supporting us!

Come visit us at these events:

- Sep. 22: Project Homeless Connect, Taney County - volunteering to help set up this one-day one-stop event to assist persons who need access to housing and other services
- Oct. 27: Halloween Celebration - costumes anyone? ☺



Did you know?

Are you a music lover? Many festivals and venues provide an experience accessible to all, including: ASL interpretation, wheelchair accessible spots, and accessible camping grounds. Most will make your accommodation their priority.

Rock on!

Photo of Barbie Parker at Lollapalooza 2011.



"Working toward a just and barrier-free society." Justin Dart, Jr.



"Everyone is capable of doing something,"
Patty Goss

Label Jars, Not People

▶ CONTINUED Pg. 1

Who are people with disabilities? They are – first and foremost, people – who have individual abilities, interests and needs. For the most part, they are ordinary individuals seeking to live ordinary lives. People with disabilities are moms, dads, sons, daughters, sisters, brothers, friends, neighbors, coworkers, students and teachers. About 54 million Americans – one out of every five individuals – have a disability. (US Census) Their

contributions enrich our communities and society as they live, work and share their lives.

You can help make social change happen by changing the way you speak to and about people with disabilities. By incorporating People First Language into your everyday conversations, your example can make a

People First Language Guidelines

- ▶ People with disabilities are ordinary people
- ▶ Tell what a person HAS, not what a person IS
- ▶ Emphasize abilities rather than limitations
- ▶ Avoid negative words that imply tragedy or pity
- ▶ Only use the word handicap to refer to a barrier created by people or the environment. While the word disability refers to functional limitations that interferes with a person's mental, physical, cognitive or sensory abilities. For example, people with disabilities who use wheelchairs are handicapped by stairs.
- ▶ Do not refer to a person as bound to or confined to a wheelchair. Wheelchairs are liberating to people with disabilities because they provide mobility and access to the community.
- ▶ Do not use special to mean segregated, such as separate schools or buses for people with disabilities, or to suggest a disability itself makes someone special.
- ▶ Avoid cute euphemisms such as physically challenged, inconvenienced and differently abled.
- ▶ Promote understanding, respect, dignity and positive outlooks.

Examples of what to say and not to say:

People with disabilities.....	Handicapped, disabled
Individuals without disabilities.....	Normal
People with intellectual and developmental disabilities.....	Retarded, mongoloid, mentally
Individuals with mental illness.....	Crazy, disturbed
Person who is deaf, hard of hearing.....	The deaf
Individual who is deaf & cannot speak.....	Deaf and dumb, mute
Person who is blind, visual impairment....	The blind
Individual with epilepsy, has a seizure disorder	Epileptic, victim of epilepsy
People who use a wheelchair, have a mobility impairment.....	Cripple, wheelchair bound
Person with quadriplegia, paraplegia	A paraplegic, a quad
Individual of small stature.....	Dwarf, midget
People with congenital disability.....	Birth defect
Accessible bus, entry, reserved parking for people with disabilities.....	Handicapped bus, building



difference in the community and the world.

As the term implies, People First Language refers to the individual first and the disability second. It's the difference in saying "the autistic" and "a child with autism." By choosing to focus on the person, you avoid defining or labeling them as their disability. In other words, label jars, not people. While some people may not use preferred terminology, it's important that you don't repeat negative terms that stereotype, devalue or discriminate.

Join the fight for social change by learning People First Language, becoming a SCIL member, volunteering, visiting www.swcil.org or sharing this with your connections. ☺

The Beacon is published six times a year by the Southwest Center for Independent Living (SCIL), a private, non-profit 501(c)(3) organization which provides services, resources and advocacy for people with disabilities without regard to race, color, creed, age, sex, national origin, sexual orientation or disability. Copies of newsletter may be requested on cassette tape for those with print disabilities. Articles and other written contributions concerning disability issues are welcome. The opinions expressed in The Beacon are not necessarily those of SCIL. The editors reserve the right to edit for clarity and print according to space allowances. Information may be used with permission and citation. Please contact SCIL for advertising information for display and classified advertisement rates.

You Gave Freedom to Over 100 People with Disabilities

► CONTINUED Pg. 1

Ingalsbe's team built her ramp. "There was a lot of 'em here! They were putting in the ramp, washing windows, cleaning the floors, and they got it all done in one afternoon! They did a marvelous job! It was a big blessing!"

Each wheelchair ramp typically requires at least one full day and sometimes two full days of work. Without the help of volunteers, building a ramp can cost 40-60% more for labor. In the past year, Dwight volunteered over 150 hours to complete 15 ramp projects. While his volunteer groups totaled over 4,500 man-hours since 2008. Dwight's volunteer workforce has reduced the waiting list for

ramps from 4-5 years to only a few months.

"SCIL seems to be the most organized in getting something done to help people with disabilities," said Dwight.

When an individual requests a ramp, the Southwest Center for Independent Living (SCIL) will survey the location, provide ADA compliant sketches and coordinate materials, volunteers or contractors.

"A team of volunteers built my ramp and I use it constantly with my power chair. Thank you, I couldn't have bought the materials on my own and I don't know anything about designing or building a ramp," Mekelle, consumer who received a SCIL ramp built by Ingalsbe and Wesley United Methodist Church volunteers. "I don't know what I'd do without the ramp to get in and out of my home."

This past June, the Council of Churches recognized ten individuals from the community including Dwight Ingalsbe for utilizing his skills and technical expertise to provide wheelchair ramps and other home modifications and coordinating



"Thank you, I couldn't have bought the materials on my own and I don't know anything about designing or building a ramp," Mekelle

volunteer groups from Wesley Methodist Church for SCIL consumers.

"I didn't feel deserving, but appreciate the honor they gave me," said Dwight. He continues to go above and beyond in serving people who would remain isolated in the community without his help and motivates others to give of themselves to make our community a better place. Through his service and expertise in home modifications and volunteer coordination, he has provided countless volunteer hours to assist people with disabilities, making him worthy of a Gift of Time award.

If you are interested in volunteering with SCIL's RAMPS program, give us a call at 417-886-1188 or visit www.swcil.org.



"I was not going out at all—only to church," Jean.

Holiday Art Contest

Please submit YOUR ORIGINAL holiday drawings, photos or artwork for the SCIL 2011 Holiday Cards!

The winner will be rewarded with a prize of \$25 gas card and your art will appear on the SCIL Holiday Post Cards.

Name _____ Date _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

To enter, please include this completed contact form and mail with your artwork to:

SCIL Holiday Art Contest

2864 S Nettleton Ave, Springfield, MO 65807

or visit www.swcil.org to submit online.

Deadline Mon., Oct. 3, 2011. Submissions will be display at the Springfield office November - December.



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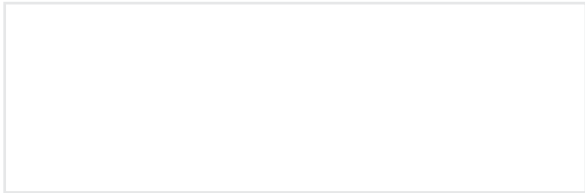
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Toll Free: 800.676.7245

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www.swcil.org

**Hours: Mon. - Fri. 8 am - 5 pm
Closed for the lunch hour**



**SCIL is a non-profit
501(c)(3) organization.
All proceeds benefit
persons with disabilities.**

**To keep up with
recent news and events,
be sure to follow us:**



Help Make Change Possible - Become a member today, donate to the center or volunteer through day-to-day activities, events or fund raising. Your support can better the quality of life for yourself or someone you love with a disability. Thank you for making a difference!

Please provide your contact information:

Name _____ Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Add me to the newsletter mailing: Mail Email

I would like more information about:

- Assistive Technology
- Home Modifications
- Support Groups
- Personal Care Services
- Board Member Position
- Consumer Advisory Board
- Volunteering
- Estate Planning & Sponsorships

Yes, I would like the opportunity to be a member, enclosed is my check:
Please use my contribution for the _____ program.

- \$10 Membership
- \$50 Friend
- \$100 Supporter
- \$250 Access
- \$500 Opportunity
- Other \$ _____

Yearly membership includes a subscription to the SCIL newsletter and voting privileges for the SCIL board of directors, October - September.

**Please make checks payable to: Southwest Center for Independent Living
Mail to: SCIL, 2864 S. Nettleton Ave., Springfield, MO 65807**