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## Group Updates

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Please send us any group updates that you may have in the future.



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## Announcements and Events

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### Sign Language Interpreters

Members of the deaf community may request interpreter services as a reasonable accommodation under the Americans with Disabilities Act. Interpreter services will be provided for appointments with healthcare providers, during hospital stays, in the emergency room, in courtroom proceedings, interviews with police officers, employment interviews, trainings and evaluations, at appointments with lawyers, agencies and in business situations such as obtaining loans. The agency or service provider is responsible for payment. Illinois State Law requires interpreters to meet specific credentialing standards. If your organization does not have an interpreter on staff that meets the state requirements, please contact interpreters from the following list.

Interpreters are private contractors; policies and fees may vary. A two-hour minimum charge is standard business practice, as are additional charges for mileage/travel time (over 20 miles) for assignments outside the local area. Rates may be higher for short notice, nights and weekends. Please call PACE Inc. at (217) 344-5433 Voice, (217) 344-5024 TTY, or (866) 948-9670 Videophone for further information if you have questions about the law or the provision of interpreter services. Thanks!

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### Let's Connect: A Beyond Blue Support Group

Learn from other mothers and share your feelings in a confidential group setting.

Every Friday, February 3 – March 24

10:00 AM – 11:00 AM at the Crisis Nursery For question call 217-337-2730

1309 W Hill St, Urbana, Illinois, 61801

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### Share the Love Open House

February 9<sup>th</sup> from 4:00 to 6:00 PM

For caregivers with children from 0 – 3 years old. Join us for a variety of fun activities designed to help develop your kiddo's fine motor, perceptual, and problem solving skills. For questions, call 217-337-2730. To RSVP, text 217-636-4221. Crisis Nursery is located at 1309 W. Hill St, Urbana, Illinois, 61801

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# Learn & Play - A Paving Pathways Playgroup

Every Monday, February 6 – March 13. For caretakers with children from 0 – 3 years old. Join us for a variety of fun activities designed to help your child's fine motor, perceptual, and problems solving skills. Free to attend and there will be a giveaway at the last session. Text the Nursery at 217-636-4221 to RVSP. For question call Esther at 217-337-2730. The Crisis Nursery is located at 1309 W Hill St, Urbana, Illinois, 61801

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## Epilepsy Support Group

1<sup>st</sup> Tuesday of every month starting March 7, 2023, 5 to 6 pm at the Champaign public Library, 200 W Green St, Champaign, Illinois.

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## Epilepsy Zoom Support Group

The 1<sup>st</sup> Thursday of every month starting December 1, 2022 from 630 – 7:30 PM. It is open to people with epilepsy, caregivers, family, friends, and community members.

MEETING ID # 869 1544 1354 / PASSCODE 766395

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# Featured Self-Help Groups

## Disabilities

**Access UP! (2013 F,L)** This on-line group is part of the Uniting Pride (UP) Center of Champaign County. The group hopes for dialogue among individuals with disabilities and their allies. Topics of conversation are not limited. They can include accessibility, independence, community building, and sexuality (heterosexual, lesbian, gay, bisexual, asexual, and any other identity you choose). The group is open to all individuals over the age of 18. To stay connected with the group, join on Facebook at [facebook.com/groups/434291759998217/members](https://facebook.com/groups/434291759998217/members).

**Call:** UP Center- (217) 550-4248

**Email:** [info@unitingpride.org](mailto:info@unitingpride.org)

**Local Website:** [unitingpride.org](http://unitingpride.org)

**Advocates for Access (1991 F,L)** This advocacy group is a forum for people with disabilities, their family, and friends to work towards eliminating physical, attitudinal, and legal barriers in the community. Advocates for Access empowers people to work with their peers toward solutions to overcome access barriers. Meeting times

and days may change, but this is rare. Call to confirm a meeting before attending. PACE membership fee is \$15 per year. PACE provides a newsletter and has an equipment loan program. Meets 3rd Wed., 3:00-4:00 p.m., PACE, 1317 E. Florida Ave., Urbana on the north side of Sunnycrest Center.

**Call:** (217) 344-5433 (voice), (217) 689-0289 (video phone), (217) 344-2414 (fax), or (217) 344-5024 (TTY)

**Email:** [dylan@pacecil.org](mailto:dylan@pacecil.org)

**Local Website:** [pacecil.org](http://pacecil.org)

**Write:** PACE, 1317 E. Florida Ave., Urbana, IL 61801

**CU Able (2014, F, L)** This group is passionate about helping individuals with disabilities and those involved in their care by creating a safe and accepting support network within the local community. The group focuses not only on advocacy and awareness, but also on helping its members incorporate self-care into their routine and by hosting social events. There are group meetings and an on-line support and resource community on Facebook at CU Able. Meeting times and locations vary. Contact via e-mail below.

**Call:**

**Email:** [info@cuable.org](mailto:info@cuable.org)

**Local Website:** [cuable.org](http://cuable.org)

**Illinois Early Intervention (EI) Clearinghouse** This clearinghouse identifies and collects research-based early-intervention best-practice information to share with families. It provides a free lending library of parenting and special needs DVDs, books, and journals related to the development of young children with special needs, including autism, Down syndrome, and speech disorders. The staff can help families and service providers find resources. The website has links to other resources in the state and nation.

**Call:** Sarah Isaacs (217) 333-1386 or toll free (877) 275-3227

**Email:** [Illinois-eic@illinois.edu](mailto:Illinois-eic@illinois.edu)

**Email:** [isaacs@illinois.edu](mailto:isaacs@illinois.edu)

**Local Website:** [eicclearinghouse.org](http://eicclearinghouse.org)

**Write:** Illinois Early Intervention Clearinghouse, Early Childhood and Parenting Collaborative, University of Illinois at Urbana-Champaign, Children's Research Center, Rm. 20, 51 Gerty Dr., Champaign, IL 61820

**Independent Living Skills Training (2015 F,P)** This group is open to all people with disabilities and is designed to teach and improve independence. Topics will include independent living skills, healthy living, the history of disability, disability rights, advocacy, and more. Members who are interested can create goals and an independent living plan. Meets 6:00 to 7:30 p.m. on the 3rd Mon. of each month at the PACE office 1317 E. Florida Ave., Urbana.

**Call:** (217) 344-5433

**Email:** [dylan@pacecil.org](mailto:dylan@pacecil.org)

**Local Website:** [pacecil.org](http://pacecil.org)

**Write:** PACE, Inc., 1317 E. Florida Ave., Urbana, IL 61801

**Speak Out! (2008 F,P/L)** This group is for teens and young adults with disabilities. The group helps youth to speak up for their rights, socialize, and have a good time. It meets at the same time as the Parents of Adults with Disabilities support group. The group is sponsored by Community Choices, Inc. Bring snacks and drinks to share. Meets 2nd Thurs., 7:00-8:30 p.m., Sept.-May, St. Matthew Lutheran Church, 2200 Philo Rd., Urbana.

**Call:** Ryan Thompson at Community Choices (217) 621-1090

**Email:** [jen.advocacy@gmail.com](mailto:jen.advocacy@gmail.com)

**Email:** [ryan.communitychoices@gmail.com](mailto:ryan.communitychoices@gmail.com)

**Local Website:** [communitychoicesinc.org](http://communitychoicesinc.org)

**Write:** Community Choices, Inc., P.O. Box 17551, Urbana, IL 61803

**Adults with High Functioning Autism or Asperger's (2014 F,L)** This group provides adults with high functioning autism or Asperger's syndrome support, friendship, and encouragement. Meets 2nd Sat. 10:00 -

11:30 a.m. at the U of I Family Resiliency Center, Doris Kelley Christopher Hall, 904 W. Nevada St., Urbana.

**Call:** 1-217-244-1395

**Email:** [theautismprogram@illinois.edu](mailto:theautismprogram@illinois.edu)

**Write:** The Autism Program (TAP) at the University of Illinois 904 W. Nevada Ave. Urbana, IL 61801

**C-U Autism Network (1995 F,P/L)** This is a support group for anyone living with or working with someone on the autism spectrum. Anyone with autism is also welcome. Phone support, education, and networking opportunities for individuals living with or supporting those with autism spectrum disorders are provided. The group sponsors meetings, workshops, and family/caregiver events, offers opportunities to exchange information on resources, trainings, interventions, legislation, advocacy, and more via e-mail, website, and listserv. Check the website for information on meetings, family events, and workshops.

**Call:**

**Email:** [info@cuautismnetwork.org](mailto:info@cuautismnetwork.org)

**Local Website:** [cuautismnetwork.org](http://cuautismnetwork.org)

**Write:** C-U Autism Network, P.O. Box 107, Savoy, IL 61874

**Parent Support Group for Parents Raising Children on the Autism Spectrum (2003 F,P)** This support group, sponsored by the Autism Society of Central Illinois, is for parents and caregivers of children with autism spectrum disorders. Group is co-facilitated by Dr. Karen Kirkendall, PhD, a developmental psychologist with a specialty in developmental disabilities, and Catherine Wells, LCPC, a licensed professional counselor specializing in children and families. Meets on the 1st Thurs. of the month, 6:00 to 9:00 p.m., Noll Medical Pavilion, 5220 S. 6th St. Rd., Rm. 1800, Springfield.

**Call:** Karen Kirkendall, PhD (217) 206-7246 or Catherine Wells, LCPC (217) 561-1159

**Email:** [info@autismcil.org](mailto:info@autismcil.org)

**Local Website:** [autismcil.org](http://autismcil.org)

**Autumn Fields Low Vision Group** This group provides education and support to people with low vision or vision loss. Open to all with guest sign-in at the front desk. Newsletter and resource information are available. Veterans and all are welcome. Free parking. For a private appointment call PACE, Inc. Meets 1st Friday, 1:30 - 3:30 p.m., Autumn Fields Savoy, Activities Room, 65 E. Airport Rd., Savoy.

**Call:** PACE (217) 344-5433, X18 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)

**Email:** [tammy@pacecil.org](mailto:tammy@pacecil.org) or [jami@pacecil.org](mailto:jami@pacecil.org)

**Local Website:** [pacecil.org](http://pacecil.org)

**Write:** Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044 Facebook: [www.facebook.com/PACE-Inc-Center-for-Independent-Living](http://www.facebook.com/PACE-Inc-Center-for-Independent-Living)

**Eagle's View Vision Loss Support Group (Rantoul) (2000 F,P)** This group provides education and support to people with vision loss who are residents of Eagle's View or who live in the Rantoul area. For a private appointment call PACE, Inc. Newsletter and resource information are available. Free parking; walking required. Veterans and all are welcome. Please call ahead of time to confirm meeting time/dates. Usually meets 3rd Fri. on even-numbered months, 1:00 p.m. - 3:00 p.m., Eagle's View, 200 W. International Dr., Rantoul.

**Call:** PACE (217) 344-5433, X18 (voice), (217) 689-0289 (video phone) or (217) 344-5024 (TTY)

**Email:** [tammy@pacecil.org](mailto:tammy@pacecil.org) or [jami@pacecil.org](mailto:jami@pacecil.org)

**Local Website:** [pacecil.org](http://pacecil.org)

**Write:** EV-Low Vision Support Group, PACE, 1317 E. Florida Ave., Urbana, IL 61801-6044 Facebook: [www.facebook.com/PACE-Inc-Center-for-Independent-Living](http://www.facebook.com/PACE-Inc-Center-for-Independent-Living)

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# Good News!

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February 10, 2023  
8:00 AM to 12:00 PM  
Restoration Urban Ministries  
1213 Parkland Ct, Champaign, Illinois, 61821  
3 CEUs (\$20.00 - Free if you do not want CEUs)  
Presented by Family Service of Champaign County



This workshop is geared for Self-Help group leaders and members, Counselors, Nurses, Social Workers, Clergy, Teachers, Social Agency and Health care workers, and any community members interested in understanding the problems low-income persons face in Champaign/Urbana.

## Agenda

8:00 AM to 8:30 AM - Check in and light breakfast  
8:30 AM to 9:00 AM – Introduction  
9:00 AM – 9:30 AM - Observations of Homelessness - Dr. Peter Patton  
9:30 AM to 10:30 AM - Helping the Homeless in Champaign/Urbana – Pastor Ervin Williams  
10:30 AM to 11:30 AM - Housing the low-income population in Champaign County – Temeka Couch  
11:30 AM to 12:00 PM - Closing comments and Discussion

Contact Dr. Peter Patton at [ppatton@familyservicecc.org](mailto:ppatton@familyservicecc.org) for registration details.

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## Self-Help Center *Presents:*

### Healthy Aging in America

Friday, May 5, 2023  
8:00 a.m. – 3:30 p.m.\*  
Featuring:  
Dr. Steven Neucks, MD

Dr. Steven Neucks went to college at DePauw University in Greencastle, Indiana and to St. Louis University in Missouri for Medical School. He completed both an Internal Medicine residency and a Rheumatology fellowship at St. Louis University as well. He then moved to Indianapolis for his private practice of Rheumatology. Chronic pain has been a special interest of Dr. Neucks and he is board certified in pain management. He participates with the Good News Mission as a volunteer physician and is a volunteer faculty for St. Vincent's Internal Medicine Residency Program and Community Hospital Family Practice Training Program. He currently is in private practice with Rehabilitation Associates of Indiana in Indianapolis. Dr. Neucks is married with four children and eight grandchildren.

Topics will include advance care planning, whole person health and wellness, home safety, senior isolation, navigating health care coverage, and treatments in medicine for seniors.

More details will be announced in the next few weeks.

I Hotel and conference Center  
1900 S, First Street  
Champaign, IL 61820

\*Times may be subject to slight changes

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## Send us your news!

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We would love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming event or anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us at [ppatton@familyservicecc.org](mailto:ppatton@familyservicecc.org).

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## Education

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### *Why Join a Support Group For People With Disabilities?*

If you've been living with a disability for a long time, you know how emotionally challenging it can be. Performing simple everyday tasks becomes difficult, and you often feel dependent on your loved ones or caretakers to assist you with so many aspects of your life.

.Having a community of people who are going through the same thing you are can be an invaluable experience. When you're in a support group, you can share your story and listen to the stories of others. This can be truly inspirational and make you feel like you're a part of a bigger community. Being able to share your experience with others who will understand your situation can give you the strength to live a happier and more productive life. It can help you realize that you're not alone.

Because disability support groups consist of people who have similar circumstances, you can lean on group members to help you overcome the emotional stresses and challenges that come with having a disability. Whether you need a shoulder to cry on or just someone to listen to what you're going through, you will be sure to encounter a positive environment that can help you find some relief when you're having a bad day.

#### **Types of Disability Support Groups**

When considering which type of support group you should join, you have a variety of options available to you. Whether you're interested in a general group for a wide range of disabilities or a group based on your specific disability, there is no shortage of options.

If you decide to go to a general group that includes a wide range of disabilities, you could benefit from hearing about others' struggles that might be different from your situation. This can allow you to gain a

better perspective on your disability and allow you to compare yourself to people who might have it even harder than you. This could greatly help you feel better about your circumstances and give you that extra push to be grateful for what you do have, even if your life is far from perfect.

Having access to a wider range of people with different disabilities can broaden your horizons as to what the disabled community goes through as a whole. It is a collaborative environment where people from all different backgrounds can share their struggles and triumphs. It is also a beneficial environment in that it allows you to express your own individual story, which can help other people feel better about living with their disability, even if it is different than yours.

### **Specific Disability Support Groups**

Having underscored the benefits of joining a general disability support group, we would also like to share the advantages of joining a group that is specific to your disability. Joining a group that is focused on your disability can give you greater insight into your own life and the lives of others who are going through similar challenges that you encounter daily.

Joining a support group that focuses on your specific disability can be seen as slightly more advantageous in that you're interacting with others who deal with the same obstacles and similar life experiences. Drawing on these same experiences can create a very cohesive group environment where each individual has a certain level of expertise about their disability. This can make the support group more relatable and conducive to growth. Through collaboration and mutual understanding, groups focused on your specific disability can allow you to flourish and overcome even the hardest struggles.

## **Everything You Need to Know About Disability Support Groups**

Disability support groups provide a place for people to talk about their experiences with others who have the same or similar conditions. Some support groups exist solely for individuals who have a particular condition, while others invite family, friends, and caregivers to meetings. Finding a group where you feel safe and supported with people you can trust can take some time, but the valuable relationships that are formed as a result make it completely worth it.

If you have never been part of a support group and are interested in joining one, here are a few things you should know.

### *Why Join a Support Group?*

Choosing to belong to a support group can help alleviate stress and give you a better sense of well-being. If you've been feeling like no one understands the emotional or physical pain that you may be going through, a support group can help. In addition, encouraging a spouse, friend or caregiver to attend meetings with you may give them a better sense of what living with your particular disability is really like.

### *Support Group Basics*

There are different types of support groups for people with [disabilities](#). Some groups provide support for a specific disease or condition (e.g. traumatic brain injury, [cancer](#), autism, etc.), while others invite members of the community with any disability to join.

**Online support groups connect people who live in rural areas or can't travel, and host chat or video meetings. Virtual support group meetings allow members to interact face-to-face over the Internet. All you need is an Internet connection and a webcam.**

**Support groups generally have an open-door policy for those who wish to join. Most people who join a support group hear about it through a physician, caregiver, or an advocacy group. Groups may meet once a week, once a month or at any other time that works for the members and the person who organizes the group.**

### *Where to Find a Support Group*

**Talk to your physician to find out where support groups are meeting near you. Many support groups for various disabilities are held at local hospitals. Other good places to look for support groups include organizations that advocate for a specific disability, local newspapers and bulletin boards at churches, libraries or the post office.**

### *Who Runs a Support Group*

**Support groups are run by individuals who either have a specific disease or condition or have experience as a counselor who has worked with these individuals. The person who heads up the support group helps to guide discussions and can offer advice and guidance if a member needs additional support services.**



