

**INSIDE**  
Photos from the  
2008 ADA Celebration

# Revolutions

NEWSLETTER FOR CENTER FOR INDEPENDENT LIVING SOUTHWEST KANSAS

## Don't miss the DMD celebration!

### DMD CELEBRATION - GARDEN CITY

Wed, Oct. 15, 2008 10:00 AM

#### DMD CELEBRATION - GARDEN CITY

Wednesday, October 15, 2008, 10:00am - 5:00pm

Annual DMD Celebration 1802 Spruce Garden City, KS

Center For Independent Living Southwest Kansas will be celebrating the anniversary of the DMD. The celebration will take place in Garden City, Kansas on Oct. 15, 2008. Celebration details to come.

Disability Mentoring Day (DMD) is a national program that promotes career development for students and job-seekers with disabilities through job shadowing and hands-on career exploration.



**MOTIVATIONAL QUOTE**  
- William James  
"The art of being wise is knowing what to overlook."

**NEWSLETTER**

Nonprofit  
Postage Paid  
Garden City, KS  
Permit No. 104  
CILSWSKS

1802 East Spruce Street  
Garden City, KS 67846  
Phone: 620 276-1900  
Fax: 620-271-0200  
Web: www.cilswks.org



## IN THIS, ISSUE

Issue 4 July/August | 2008

- 1 **Prairie Land Food**  
2008 Michael Lechner Award.
- 2 **Staying in Touch**
- 3 **2008 ADA Celebration**
- 4 **Celebrating a movement of change**
- 5 **News and Events**
- 6 **CONGRATS TO THE LUCKY WINNER!**

### Bus Routes

The following table highlights the Red Route - South City to CILSWKS.

RED ROUTE - SOUTH CITY Every Hour (8:00 a.m. - 4:00 p.m.)	
Senior Center (Transfer) :00	Community Support Services :21
Plaza Medical :02	Wal-Mart (Transfer) :27
Hospital South Side :05	East Fulton Terrace :34
Pershing Manor (Transfer) :08	Asian Plaza :37
Dillons East :10	Post Office/Recreation Center :40
Harold Long Park :13	Salvation Army on Fulton :43
Garden Valley Retirement :16	Mexican American Ministries :47
GC Community College :18	Senior Center (Transfer) :51

Exact Fares must be paid in cash, FIT token(s) or a punch card. FIT tokens and punch cards may be purchased at the FIT Office or by mailing a check or money order to Finney County Transit, 907 N. Tenth, Garden City, KS 67846. To receive the Half Fare Senior or Disabled Fare, a completed Half Fare Discount Application must be completed. Present discount card and picture ID upon boarding to receive discount. Punch Cards are non-refundable and non-replacement.

Presents:



**FREE Popcorn!!**

**"FLICKS ON THE RINK"**  
Free Family Movies at The Center for Independent Living




Second Friday of the each Month!  
Starting September 12, 2008  
4:00 p.m. to 8:00 p.m.



Free and open to the public.  
All children must be accompanied by an adult.  
Free Popcorn.  
Bring your own concessions  
Sponsored by:  
The Center for Independent Living  
R.S.V.P 620-276-1900 by noon 9/12

## Revolutions

Revolutions, is published bimonthly by The Center For Independent Living Southwest Kansas.

For further information about the CILSWKS newsletter contact:

The Center For Independent Living Southwest Kansas:

1802 East Spruce Street  
P. O. Box 2090  
Garden City, KS 67846  
Toll Free: (800) 736-9443  
Fax: 620-271-0200  
revolutions@cilswks.org  
www.cilswks.org

or

**J.T. Kent, Marketing Coordinator**  
1802 East Spruce Street  
Garden City, KS 67846  
Phone (620) 271-1900 Ext. 121  
Fax: 620-271-0200  
jtkent@cilswks.org

### How do I contact CILSWKS?

-  Over the telephone - call  
Toll Free: 1-800-736-9443
-  Over the internet - visit our website at [www.cilswks.org](http://www.cilswks.org)
-  By email - available at [revolutions@cilswks.org](mailto:revolutions@cilswks.org).
-  By mail - Center For Independent Living Southwest Kansas, 1802 E. Spruce St., P.O. Box 2090 Garden City, KS 67846.
-  In person - visit one of our three offices located in Garden City, KS, Dodge City, KS and Liberal, KS. Find the nearest office to you at [www.cilswks.org](http://www.cilswks.org).



17th ANNUAL TUMBLEWEED FESTIVAL &  
4th ANNUAL HOT AIR BALLOON CLASSIC

Aug. 23-24, 2008

Lee Richardson Zoo &  
3i Exhibition Grounds  
Garden City, KS

Children's Stage

Saturday, Aug. 23, 2008

- 10:00-10:30 Eric West
- 10:30-11:00 Ho Jo
- 11:00-11:30 Laughing Matters
- 11:30-12:00 Dallas Chief Eagle
- 12:00-12:30 Eric Vaughn
- 2:30-1:00 Wayne Francis
- 1:00-1:30 Brigitta Depree
- 1:30-2:00 Scott McCray
- 2:00-2:30 Jim Jackson
- 2:30-3:00 Eric West
- 3:00-3:30 Ho Jo
- 3:30-4:00 Laughing Matters
- 4:00-4:30 Dallas Chief Eagle
- 4:30-5:00 Eric Vaughn
- 5:00-5:30 Wayne Francis
- 5:30-6:00 Brigitta Depree

Sunday, Aug. 24, 2008

- 12:00-12:30 Scott McCray
- 12:30-1:00 Jim Jackson
- 1:00-1:30 Brigitta Depree
- 1:30-2:00 Dallas Chief Eagle
- 2:00-2:30 Eric Vaughn
- 2:30-3:00 Wayne Francis
- 3:00-3:30 Laughing Matters
- 3:30-4:00 Scott McCray
- 4:00-4:30 Jim Jackson
- 4:30-5:00 Eric West
- 5:00-5:30 Ho Jo

Tumbleweed 17 Stage Schedule

South Stage

- Saturday, August 23
- 10-11 Terry Quiett Band
- 11-12 Mark Bowling Band
- 12-1 Hot Club of Cowtown
- 1-2 Don Edwards
- 2-3 Harvey Reid
- 3-4 Billy Ebeling w/LFD Band
- 4-5 Bryan Bowers
- 5-6 Tom Paxton
- 6-7 Terry Quiett Band
- 7-8 Billy Ebeling w/LFD Band

East Stage

- Saturday, August 23
- 11-12 Bryan Bowers
- 12-1 Tia McGraff
- 1-2 Tom Paxton
- 2-3 Mark Bowling Band
- 5-6 Don Edwards
- 6-7 Harvey Reid

Tumbleweed 17 Stage Schedule

South Stage

- Sunday, August 24
- 12-1 Billy Ebeling w/LFD Band
- 1-2 Mark Bowling Band
- 2-3 Harvey Reid
- 3-4 Tom Paxton
- 4-5 Hot Club of Cowtown
- 5-6 Terry Quiett Band

East Stage

- Sunday, August 24
- 12-1 Bryan Bowers
- 2-3 Tia McGraff

Saturday, August 23 Audience Guide

- (A time guide to catch all of the acts on Saturday)
- 10-11 Terry Quiett Band South Stage
- 11-12 Mark Bowling Band South Stage
- 12-1 Hot Club of Cowtown South Stage
- 1-2 Tom Paxton East Stage
- 2-3 Harvey Ried South Stage
- 3-4 Tia McGraff East Stage
- 4-5 Bryan Bowers South Stage
- 5-6 Don Edwards East Stage
- 6-7 Supper Break Concessions
- 7-8 Billy Ebeling w/LFD Band South Stage

## DODGE CITY DAYS WESTERN PARADE

Saturday, July 26th, 2008

Civic Center to Dodge City Roundup Arena

CILSWKS employees and consumers join in the Dodge City Days Parade with a Western-themed float and CILSWKS Cowboy T-shirts to give away.

It was a lot of fun and a huge success.



### "Disability Support Group,

Monday September 15th, 6:00 pm - 8:00 pm

Lakewood Senior Living, 1221 Larimer St., Pratt, KS

If you have ant questions contact 620-662-7711 ask for Shawn Johnson"

## BARBER COUNTY FAIR

Saturday, July 26th, 2008

Civic Center to Dodge City Roundup Arena

Their was a lot of interest from the community of Medicine Lodge, and CILSWKS was asked to come and speak to the senior center at their daily luncheon. The Health Department requested CILSWKS to send them more info on TBI as well as more info on CILSWKS services Also, the Hospital in Medicine Lodge asked for information on CILSWKS services to hand out to their patients and to the Hardtner Family Practice.



**CONGRATS  
TO THE LUCKY  
WINNER!  
EMIL KRUG**

of a 2007 Suzuki Boulevard C50T!

News And Events

# 18th Annual ADA Celebration

## 2008 ADA Celebration

### Center For Independent Living Southwest Kansas Hosts the 18th Annual ADA Celebration!

Center For Independent Living Southwest Kansas celebrated the 18th Annual signing of the Americans with Disabilities Act on Friday, July 25, 2008.

Approximately 200 people showed up for the ADA Celebration hosted by the CILSWKS Friday in it's Garden City office. Food, prizes, and a DJ were available at no charge in a celebration held to observe the 18th anniversary of signing the Americans with Disabilities Act. CILSWKS consumers, family members, friends and employees enjoyed a delicious Taco Bar, refreshments, and entertainment. Several T-shirts were given away to dance contestant winners. Center For Independent Living Southwest Kansas has been providing support services to Southwest Kansas since 1997 and offers three convenient locations in Garden City, Dodge City, and Liberal.

A special thanks also to those who donated items:

Ehresman Packing Co. E. Fulton St.  
Garden City, KS 67846  
(620) 276-3791

Mobile Master Music  
Tim Hendershot  
(620) 277-0861  
Holcomb, KS 67851



PHOTOS BY J.T. KENT

The Center for Independent Living Southwest Kansas would like to thank those employees that attended the ADA Celebration and worked so hard to make it such a success!

# Celebrating a movement of change

Published 7/26/2008  
Garden City Telegram

Eighteen years after it was signed by President George H. W. Bush, the Americans with Disabilities Act has done a lot of good, yet there's much more work to do, say several staff members at local organizations serving people with disabilities.

"Overall, it's had a huge impact, but it's still gaining momentum," said Troy Horton, executive director of the Center for Independent Living Southwest Kansas, during an event at the center Friday evening held to mark today's ADA anniversary. The center provides a variety of services for people with disabilities, such as teaching life or employability skills, connecting people with government programs, and advocating for ADA compliance.



Photo By Laurie Sisk - Garden City Telegram

The ADA is a civil rights law that prohibits discrimination on the basis of disability, with subsections that cover employment, access at government-funded buildings, accommodations at businesses open to the public and telecommunications.

Debbie Reynolds, executive director at Mosaic, said she thinks the ADA created public awareness for many different parties, like employers and public businesses, about the needs of people with disabilities. Mosaic is a faith-based organization with an agency in Garden City that serves people with disabilities.

"It forced the issue of making places accessible," Reynolds said.

Accessibility has come in the form of ramps, wider doorways, automatic doors, Braille signs, altered rest room stalls and other changes. Reynolds also mentioned access to employment, and to the technology that could allow, for instance, a blind person to use Web sites or a deaf person to use the phone.

Many businesses have improved accessibility since the signing of the ADA, and the city of Garden City has made a lot of progress with installing "curb cuts" to allow wheelchairs to roll easily from sidewalks across streets, Horton said. Still, he said, it's been 18 years, and a lot of barriers remain on both publicly and privately owned property.

Reynolds said she encourages people who don't need a wheelchair to spend an hour traveling around town in one, so they can experience some of the barriers for themselves.

Horton said he and others with the Center for Independent Living have worked with the city on improving access, and they plan to send letters soon to area businesses where access is a problem.

He said it especially bothers him when there are portions of a restaurant, store or other business that he can't reach in his wheelchair, even when he knows the place has recently remodeled. It's in businesses' best interest to comply with ADA requirements, or they'll limit access to potential customers, Horton said.

"If you don't want my dollar just because I'm in a wheelchair, that's not good business," he said.

Even when places try to comply with ADA requirements, the attempts aren't always safe, said Dan Nelson, an employee at the Center for Independent Living. He said he's noticed places in town where ramps lead straight into areas where people park, which he sees as unsafe.

And even though he thinks most employers try not to discriminate on the basis of disability, he said it can still happen.

Mark Hoffine, another Center for Independent Living employee, agreed. He said he's unable to use his right hand but attended a junior college and learned drafting skills that he can carry out with his left. However, it's been hard for him to get a job in drafting, and he said potential employers tend to raise an eyebrow when he presents his non-functional right hand for a handshake.

Besides meeting basic compliance with the employment and accessibility requirements of ADA, Horton said society simply needs to "treat people with disabilities like people" -- something that doesn't happen all the time.

"It's equal access," he said. "It's not always there, we still have a ways to go."

Americans with Disabilities Act

# Volunteer work results in bargain food prices

**T**he Prairie Land Food program provides a way to combine volunteer work with everyone's need to eat. In exchange for two hours of volunteer work a month, the volunteers are entitled to a special food package at a bargain price through the Prairie Land food program.

This month the Prairie Pak "Sneak Peek" includes a 1 LB of Bacon, 1 LB of Popcorn Chicken, 1.66 LBS / 1/3 LB. Ground Beef Patties, 1 LB. Lean Country Brats, 1 1/2 LBS. Breaded Chicken Breast Filets, and 1 LB. Breakfast Turkey Sausage PLUS a variety of 6 to 8 fresh fruits and veggies for \$24.00 and two hours of volunteer service. Participants can also add extra meats or fruit and veggies to their order by adding one or more Meat Only Paks, Fruit and Veggie Paks, or Specials that are available each month.

The August Specials include 10 LBS of Breaded Chicken Breast Tenders (back by popular demand) - ONLY \$16 Twenty Four / 4.5 oz Cheeseburger Stuffed Sandwiches (great for a quick after school snack) - ONLY \$16 or the COMBO which includes Four / 5 oz Beef Sirloin, Four / 5 oz boneless Pork Chops, Four / 4 OZ Beef Patties and 1 pound of boneless/skinless Chicken Breasts Filets - ONLY \$17. All of the special packages require an extra hour of volunteer time. Volunteer work is anything that one does out of the kindness of your heart for which you do not get paid. It can be as simple as serving on a prayer chain, being a room mother at school, sharing garden produce, taking time to sit and have a cup of coffee with an elderly neighbor or spending time with someone going through a rough time. Any time that one does to make someone's day a little brighter qualifies. There are no income guidelines required, Prairie Land Food is for everyone.

This month's order must be paid for by Monday, August 11. Prairie Land Food accepts payments of cash, checks and the Vision Card / Food Stamps, and now at [www.prairielandfood.com](http://www.prairielandfood.com) you can pay by Debit Card or Bank Draft.

Give Prairie Land Food a try! You'll feel good about yourself, and you and your family will enjoy nutritious food at a bargain price. Want to feel even better? Share it with someone who could use a hand up.

Is there a Prairie Land Food site in your community? For more information about Prairie Land Food, contact June Glasgow at 800-998-9436 or [june@prairielandfood.com](mailto:june@prairielandfood.com).

---

---

## Call for Nominations for the 2008 Michael Lechner Award

**T**he Kansas Commission on Disability Concerns (KCDC) is calling for nominations for the 2008 Michael Lechner Award. This award is given to a Kansan with a disability who has effectively advocated for changes in his or her community to improve the lives of people with disabilities.

Examples of such changes include improved physical or program access, expansion or enhancement of employment opportunities for people with disabilities, fuller inclusion into the community, accessible parking, improved provision of alternative forms of communication, increased access to adequate health care services, and especially powerful legislative advocacy.

Michael Lechner was the Executive Director of KCDC from 1982 until his death in October, 1990. His advocacy activities had far-reaching results in improving independent living opportunities for Kansans with disabilities. One of Mike's most notable success was in working with the Kansas Legislature and the disability community to change the Nurse Practice Act to allow personal care attendants to provide certain home care services. He used this opportunity to teach people with disabilities how to advocate for changes in the legislature, partner with other disability organizations and see the benefits of advocating for changes that help all people with disabilities. This effort opened the way for the self-directed Home and Community-Based Services (HCBS) waiver. Because of his leadership and the support of advocacy groups and people with disabilities around the state, Kansas' HCBS program is one of the most progressive in the nation empowering people with disabilities to direct their own care services and stay in their own homes and communities.

Nominations MUST include:

- A completed award form (attached)
- Any supporting documentation of the nominee's accomplishments such as newspaper or newsletter articles and letters of thanks or commendation.
- Two letters of support from colleagues or organizations.
- Nominee's vita (listing of personal information vital or pertinent to the advocacy activities), including the person's name, address, telephone number, education (if relevant), employment (if relevant), advocacy activities, affiliation with disability and/or pertinent community organizations.

ADVOCACY MUST HAVE OCCURRED IN KANSAS AND IMPROVED INDEPENDENT LIVING OPPORTUNITIES IN THE STATE OF KANSAS OR WITHIN A KANSAS COMMUNITY.

Deadline for submission is August 22, 2008

Please send nominations to KCDC, 1000 SW Jackson St., Suite 100, Topeka KS 66612. Questions may be directed to Martha Gabehart at 1-800-295-5232 (voice/relay) or 785-296-6809 FAX.