



THE WIL INDEPENDENT

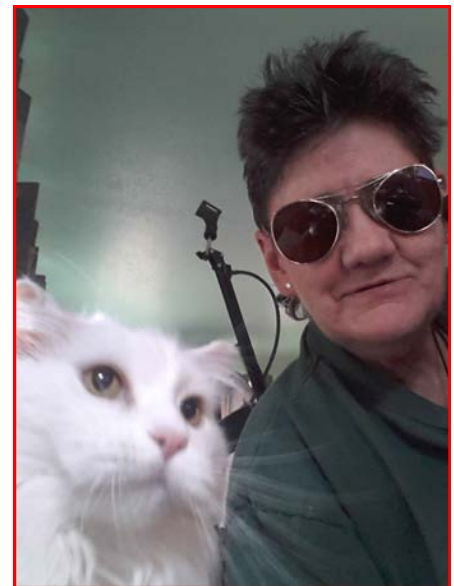
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Our Mission: Advancing independence, dignity and a world without barriers where people with disabilities are empowered to participate fully in our communities and our individual life choices.

CONSUMER SPOTLIGHT

Graham Steel of Riverside is a long time consumer at our Laramie WIL office. She was introduced to WIL by the Saratoga County Health Nurse over a decade ago after receiving a brain injury, resulting in the loss of most of her vi-



sion. Since then, though her vision has continued to diminish, she herself has risen to impressive heights. She has made use of many, if not all, of WIL's services but most notably the VIP, Transportation, and self-directed care Community Choice Waiver programs.

Like many of us, she came to WIL with little or no idea of what to expect and no previous personal experience with disabilities or associated service providers, but has taken the tools and skills offered to maintain a healthy level of independence. She learned of the Wyoming Council of the Blind and decided to apply for a membership, but was approached about 6 months later with an invitation to run for a seat on the board. She sat on the board for a year and in 2016 was voted in as president. This year, the American Council of the Blind chose her among its two annual recipients of the Durward K. McDaniel First-Timer Award where she'll be honored among her peers at the 56th ACB conference and convention "ABC Sparks Success" held June 30th to July 7th in Sparks, Nevada.

She still has her struggles, of course, namely finding steady reliable caregivers in a rural area for the CCW program as well as available transportation providers. She says, "I never stop looking for somebody... you got to have two people at the same time, and I've been on the edge of one only to be given so much time to get the second one," but says not being able to drive herself is "the big one".

Have a safe and happy Independence Day!

WIL offices will be closed July 4th for the holiday, but will resume normal operations July 5th.

CONSUMER SPOTLIGHT CONTINUED

When asked what advice she'd give someone with a similar disability seeking assistance she doesn't hesitate to say, "call the County Health Nurse...she'd point you in the right direction. That's what happened with me." She continues with, "What I'm trying to do is get out the word for Wyoming Council of the Blind, because there's so many people out there that are visually impaired and blind and have no idea there's anything out there, and different things that the state has, and there's a lot of people that don't know or they're too shy to ask."

Graham says her biggest motivator after her injuries was the strength bestowed by her late father, but she continues persevering with the love of her cats, including her oldest named Light.

Written by Ant

STAFF HIGHLIGHTS

Dermot Thiel is Program Director for Wyoming Independent Living working primarily from our Laramie office. He served active duty in the Army for 2 years and then in the Air Force for 23 years, but about 9 years into his Air Force active duty service he sustained back and shoulder injuries, leaving him with an 80% disabled rating. Like others with an acquired disability, he initially struggled with the label of *disabled veteran*, but says he has, **"since come to fully identify as a person with a disability and am proud to be a part of the community."**

Even after receiving his injuries, Dermot was able to continue serving part time as an Air Force reservist for 14 years. This allowed him to pursue experiences as a Nursing Home Administrator, a Long Term Care Chaplain, an Executive Director of an assisted living center, a Disabled Veterans Outreach Coordinator, and a Vocational Rehabilitation Counselor. He says, **"While all those experiences were very meaningful, working at WIL has definitely been the most rewarding experience of all."** Being introduced to Wyoming Independent Living while working at Voc Rehab, he joined the WIL team as



a Project Out specialist for 2 years before moving to his current position.

When asked what he thinks the next big hurdle for the disability community is, he replied, **"While it's a long ways off, the biggest, next step is for people to view people with disabilities just like anyone else."**

Photo by Amy Burns

Written by Ant

WIL NEWS & EVENTS

Youth Advisory Council

WIL is looking for YOUTH with disabilities in Gillette, Casper, Laramie and Cheyenne who have a strong desire to be involved in their community, develop leadership skills, and act as peer mentors.

You will design, plan and initiate activities “by youth, for youth”, be ambassadors of Wyoming Independent Living, and use your talents to strengthen services for youth with disabilities. You will have the opportunity to raise awareness about issues affecting youth and people with disabilities, and impact your community through advocacy and service projects. All this while highlighting your skills and abilities, and developing new ones! **Personal experience with a disability is required.**

Applications are downloadable from wilr.org/peer-programs/yac or available in alternate format upon request.

WIL Board Meeting

Our board meetings are **OPEN to the PUBLIC**, but please **CALL ahead to RESERVE SEATING!**

Next scheduled meeting is **July 28, 1 pm** at the **Casper WIL office at 305 West 1st St.**

Gillette WIL Center

Tina Bennett, Dottie Rankin, and Tauna Eberhard are pleased to announce that the Abiding Grace Lutheran Church in Gillette has graciously offered their Fellowship Hall as a regular meeting place for WIL activities on Thursdays starting July 20th. See the calendar on page 7 for details.

Sheridan WIL Center

A Sheridan WIL office is **coming soon!** Cindy Livingston and Robin Miller are hard at work. Opening scheduled for August with hopes of resuming normal operations in September. More details to come in future WIL Independent issues!

LINKS WORTH SHARING

Unprecedented Conference on Rights of Persons with Disabilities at UN

www.disabled-world.com/news/crpd-sdg.php

RISE Act to Ease College Transition for Students with Disabilities

www.disabled-world.com/disability/education/transition.php

Filing for Social Security Disability Tips

htwww.disabled-world.com/disability/social-security/usa/filing-tips.php

Psychological and Social Aspects of Disability

www.disabled-world.com/disability/social-security/usa/filing-tips.php

Human Brain Tunes Into Visual Rhythms In Sign Language

www.disabled-world.com/disability/types/hearing/communication/rhythm.php

Wyoming Game and Fish Department Licenses and Permits for Disabled Hunters

wgfd.wyo.gov/Permits/Forms-Applications/Disabled

IS THERE A MEETING OR EVENT OPEN TO THE PUBLIC THAT YOU'D LIKE TO SHARE? CONTACT US AT NEWS@wilr.org

GET INVOLVED!

Note: Regularly scheduled meetings falling on July 4th are moved to July 5th!

(*) Indicates Council, Board, or Advisory Positions Open, details at provided website

***WIL Board Meeting**

July 28, 1 pm

Casper WIL office, 305 West 1st St, Casper

wilr.org/about/board-information

***State Rehabilitation Council Meeting:** Conference Call, every 3rd Tuesday

July 18, 2:30 pm

To join the conference call, dial **877-225-4133**

wyomingworkforce.org/workers/vr/src

Casper, City Council Meeting: every 1st and 3rd Tuesday

July 5 and 18, 5:50 pm

Casper City Hall, 200 North David St, Casper, WY 82601 (307)235-8400

casperwy.gov/cms/One.aspx?portalId=63067&pageId=95232

Cheyenne, City Council Meeting: every 2nd and 4th Monday

July 10 & 24, 6 pm

Cheyenne City Council, 2101 O Neil Ave, Cheyenne, WY 82001 (307)637-6357

cheyennecity.org/140/City-Council-Meetings

***Cheyenne, MCPD (Mayor's Council for People with Disabilities):** every 2nd Wednesday

July 12, 11:30 am, City Hall #122

Cheyenne City Council, 2101 O Neil Ave, Cheyenne, WY 82001 (307)637-6200

cheyennesmcpd.org

Laramie, City Council Meeting: every 1st and 3rd Tuesday

July 5 & 18, 6:30 pm

Laramie City Hall, 406 Ivinson Ave, Laramie, WY 82070 (307)721-5200

cityoflaramie.org/index.aspx?nid=68

www.cityoflaramie.org/calendar.aspx

Laramie Advisory Commission on Disabilities

July 6, 5 pm

City Hall Annex Conference Room, 405 Grand Avenue , Laramie (307)721-5251

Accessible entrance is on the west side (4th St.) of the building

cityoflaramie.org/index.aspx?NID=325

Wyoming Governor's Council on Developmental Disabilities

wgccd.wyo.gov

WIL CASPER ACTIVITIES

305 WEST 1ST STREET

(307)266-6956

July				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Problem Solvers Club 2-3 pm The Write Club 3:30-4:30 pm	WIL offices CLOSED For the 4th of JULY		Cent\$ible Nutrition 10 am-12 pm	Film Fest 2:00-4:30 pm 5:30-8:00 pm
10	11	12	13	14
Self-Directed Care Workshop 1-3 pm	Coloring Therapy 1-3 pm		Cent\$ible Nutrition 10 am-12 pm	Crafts N Creations* 1-3 pm
17	18	19	20	21
The Write Club 3:30-4:30 pm	Coloring Therapy 1-3 pm		Cent\$ible Nutrition 10 am-12 pm	Film Fest 2:00-4:30 pm 5:30-8:00 pm
24	25	26	27	28
	Coloring Therapy 1-3 pm			Bowling ** 2-4 pm
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Film Fest: every 1st and 3rd Friday **2-4:30 pm** and repeat showing **5:30-8**. Call Ahead to Reserve Seating!

The Write Club: every 1st and 3rd Monday

Problem Solvers Club: every 1st Monday

Coloring Therapy: every Tuesday

Self-Directed Care Workshop: every 2nd Monday

Crafts N Creations: every 2nd Friday

***This month's craft: Self-Watering Herb Gardens**

Bowling: every 4th Friday

****El Mark-O Lanes \$2.00 per game, Free shoe rental if you state that you are with the WIL group!**

WIL CHEYENNE ACTIVITIES

1609 EAST 19TH STREET
(307)637-5127

July				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	WIL offices CLOSED For the 4th of JULY			
10	11	12	13	14
VIP iPhone/iPad Training 1:30-3:30 pm	Coloring Therapy 12-2 pm VIP Workshop 1:30-3:30 pm	Intro to Safety/Mobility Equipment 10-11 am		
17	18	19	20	21
VIP iPhone/iPad Training 1:30-3:30 pm	Coloring Therapy 12-2 pm VIP Workshop 1:30-3:30 pm			
24	25	26	27	28
VIP iPhone/iPad Training 1:30-3:30 pm	Coloring Therapy 12-2 pm VIP Workshop 1:30-3:30 pm		Grab Bar DIY 10-11 am	
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VIP iPhone/iPad Training 1:30-3:30 pm				

Coloring Therapy: every Tuesday

Intro to Safety/Mobility Equipment: every 2nd Wednesday

Grab Bar DIY: every 4th Thursday

VIP iPhone/iPad Training: every Monday starting July 10, **Call to PRE-REGISTER**

VIP Workshop: every Tuesday starting July 11, **Call to PRE-REGISTER**

WIL GILLETTE ACTIVITIES

*707 BRIDGER STREET
(307)686-8251

July				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	WIL offices CLOSED For the 4th of JULY			
10	11	12	13	14
17	18	19	20	21
			Anxiety Support 10 am Crafting Hour 11 am Lunch Social 12 pm Disability Support 1-2 pm	
24	25	26	27	28
			Vision Support 10 am Crafting Hour 11 am Lunch Social 12 pm Emergency Preparedness 1-2 pm	
31				

*Activity Center is located at Abiding Grace Church’s Fellowship Hall

Crafting Hour: bring your favorite art/craft activity and meet new friends. Some art/craft supplies will be available.

Lunch Social: BROWN BAG, bring your own.

WIL LARAMIE ACTIVITIES

1656 NORTH 3RD STREET, SUITE G
(307)721-4071

July				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
	WIL offices CLOSED For the 4th of JULY		Adulting 101 3:30-5:30 pm	Coloring Group 1-2 pm
10	11	12	13	14
	Adulting 101 3:30-5:30 pm	Bowling 2-4 pm Fishing Group 5-7 pm	Adulting 101 3:30-5:30 pm	
17	18	19	20	21
	Adulting 101 3:30-5:30 pm		Adulting 101 3:30-5:30 pm	Coloring Group 1-2 pm
24	25	26	27	28
	Adulting 101 3:30-5:30 pm Movie Night 6-8 pm		Adulting 101 3:30-5:30 pm	
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Adulting 101: every Tuesday and Thursday from June 6 to September 27. **CALL to REGISTER.**

Bowling: Laramie Lanes

Fishing: Call for Details

Coloring Group: Bring or own supplies, or supplies are available.

Movie Night: Movie and discussion. Refreshments and light snacks provided.

BEHIND THE SCENES

When Ed Roberts unintentionally championed the disability rights movement in the 1960s, he was simply a young man wanting to go to college, the University of California, Berkeley. But he was refused admission. Not on account of grades, social status or ability to pay. No, he was denied admission on the basis that the 800-pound iron lung that he slept in at night was too much weight for the dormitory floors to bear. Not a stranger to barriers in his life, he challenged that decision, and was ultimately allowed admission, putting up residence in an empty wing of the campus hospital, on his conditions that it be treated as a dormitory. This decision paved the way for other people with severe disabilities to be admitted to Berkeley, and over the next few years, Ed's peers joined him in what evolved into the Cowell Residence Program.

Ed continued to face barriers throughout his college years. He, along with others from the Cowell Residence Program, formed a peer group. They called themselves "The Rolling Quads". With a unified front, they were able to advocate for basic rights for all people with disabilities at Berkeley: the rights to live, go to school, determine their own support needs, and access their community. Ed earned his B.A. in 1964 and his M.A. in 1966, both in political science.

Ed Roberts is often called the father of the independent living movement because of his promotion of independent living for all. In 1972, the need to serve the wider community led Ed and many activists to create the Berkeley Center for Independent Living (CIL), the very first independent living service and advocacy program run by and for people with disabilities.

Today, there are over 400 Centers for Independent Living across the United States, all created with the independent living philosophy at their core; a philosophy that states every person, regardless of disability, has the potential and the right to exercise individual self-determination. In essence, we have the ability and right to live, work, and participate in our communities, just like everyone else.

Wyoming Independent Living is no exception. Every day we work diligently with our peers with disabilities, providing guidance and direction in all aspects of independent living through our core services. With our mission as our compass, we move forward with firm conviction that our vision will become a reality for all people who desire independent living for themselves.

Amber Alexander

Independent Living/ Youth Transition Coordinator

CONNECT WITH US!

Casper

305 West 1st Street
Casper, Wyoming 82601
307-266-6956/ Fax: 307-266-6957

Laramie

1050 North 3rd Street, Suite B
Laramie, Wyoming 82072
307-721-4071/ Fax: 307-745-8661

Cheyenne

1609 East 19th Street
Cheyenne, Wyoming 82001
307-637-5127/ Fax: 307-634-9004



Website: www.wilr.org



Facebook: www.facebook.com/WyomingIndependentLivingRehabilitationInc



Twitter: [@Wyo_Independent](https://twitter.com/Wyo_Independent)

Ask your local WIL representative about volunteer opportunities!