



# Lifelines

SEPTEMBER 2010 - NOVEMBER 2010

LIFETIME INDEPENDENCE FOR EVERYONE, INC.

## TOWN HALL!

*You are Invited!*

*LIFE/RUN is hosting a Town Hall Meeting in conjunction with the State Independent Living Council (SICC) and the Rehabilitation Council of Texas (RCT) to find out what YOU are thinking!*

*Date: November 18., 2010*

*Time: 3:00 p.m. - 6:00 p.m.*

*Place: LIFE/RUN Activity Room  
4902 34th St., Suite 5*

*Items for Discussion:*

- ◆ *Needs Survey*
- ◆ *New Facility*
- ◆ *Center Services*
- ◆ *Cubbock Accessibility*
- ◆ *Areas of Concern*



*This is your opportunity to let us know what YOU need and how we, as a Center, can help. Come and give us your input to make your independent living and vocational needs a reality!*

*Refreshments Provided*

*For more information, call: (806) 795-5433 Ext. 124*

*Bus Tickets Available*

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## Accessibility



LIFE/RUN Center continues to take part with Hub City Access, by helping to make Lubbock more accessible to ALL of its citizens. To that end, we asked a staff member to document her experiences at various restaurants in Lubbock, as a person using a wheelchair and scooter. These are Monica's observations:

Chili Dog Café: Mira Vista Centre at 5903 82<sup>nd</sup> St., Suite #600

Hungry for a chili dog, but don't want just the usual fair? You may want to try a "Touch Down Dog", a "Hulk Hogan Dog" or maybe a "Chicago Dog". Actually Chili Dog Café offers something for everyone. From salads, to burgers, to baked potatoes, to Frito Pies, to bratwurst, there is so much to choose from for moderate to low prices.

Chili Dog Café has friendly wait staff, with a come-as-you are atmosphere. It is owned and operated by a TTU alum of '06. It is a small place and a little more than half of the seating is made up of high tables and chairs, which limits seating for

those who are wheelchair mobile. The music is classic rock heard through the kitchen area, and low enough for talking with a friend. It is always well lit, with quick service.

There are ramps leading to the sidewalk. During peak hours, one may be hard pressed to find a parking spot near a ramp. The doors are not automatic, but the counter to place an order is low. There are no Braille menus, however you are free to take a paper menu as you look at their menu board listing specials. Restrooms are spacious single stall and suitable for companion assistance.

All hot dogs are 100% beef, the chili is a guarded meaty recipe (a tad spicy for my palate), and the burgers are Angus beef. There are free drink refills when you bring your glass to the service counter. If you want to try something different, maybe an "Armadillo Egg" bacon wrapped jalapeño stuffed with cream cheese, or a "Sweet Potato Puff" small sweet potato tots with chocolate and cinnamon sugar for

dipping, then give Chili Dog Café a try.

Other accessibility features are:

- Drive through or dine in
- Accessible parking: 2 spaces across drive through lane from door & 3 spaces in front of café
- One parking lot ramp and side ramp across drive through
- No automatic doors
- Half of the tables accessible to wheelchairs & no booths
- Companion restrooms
- Not close to public transportation
- No Braille menus
- Well lit
- Low music



## Christmas Resources

It's that time of year again! Christmas is just around the corner and times are a little tough. We all want to be able to celebrate the season with family and friends. For families with children, it is often difficult to provide that holiday experience. Lubbock community resources are available to assist families in need.



Target stores traditionally set aside a specific date, when families or individuals with disabilities can shop with ease. Target has not yet set that date and suggest that you call your local Target and check for the date toward the middle of November. Their phone number is 745-7579.



The Salvation Army will be taking applications for Christmas assistance on November 5th and 13th. From 8:00 a.m. - 11:00

a.m. Apply at 111 16th St. in Lubbock.

Applicants must bring:

- social security cards for every household member
- proof of income
- copy of all expenses
- proof of government assistance

Distribution for approved applicants will be December 21st, 8:00 a.m. to 12 noon at the South Plains Fair Grounds.

Call 806-765-9434 for more information.

First United Church offers food vouchers on Monday, 12:00 to 2:00. Please call them for further information at 763-4607. Please begin calling them toward the end of November to see when Christmas Food Baskets will be offered. They

do not have a set date scheduled at this time.



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Opinions expressed in this newsletter do not necessarily represent those of LIFE/RUN's funding sources.

**In the event of inclement weather, the Center follows the school closure schedule. If the schools are closed, the Center will be closed as well.**

In order to make it easier for Consumers to attend activities at the Center, LIFE/RUN will now provide a round-trip bus pass to a Center-sponsored activity. You must attend the activity and ride the bus to qualify for a bus ticket.



**We're on the Web**  
[www.liferun.org](http://www.liferun.org)  
**Look for LIFE/RUN on Facebook listed as LIFE, CIL, Lubbock**

## Be Generous After Christmas!

With all the wonderful sales that take place at Christmas, many people will get gifts of new televisions or computers for Christmas. That leaves you stuck with older models that many people stash in their garages or closets.

Instead of putting those old computers and televisions in the garage, please consider donating those used items to LIFE/RUN.

Because so many of LIFE/RUN Consumers are low income and some are relocating from nursing facilities, they often don't have access to those devices.



Having access to a computer can help people avoid isolation

and possibly even help develop job skills.

For many people, going to a movie or accessing other recreational activities in the community, are financially prohibitive. Having a television may be the main source of entertainment and news.



LIFE/RUN is routinely working with people to help them when they need to rebuild their lives after they've lost everything, either through eviction, relocation, illness, etc. Your donation would allow us to assist Consumers with these items that would improve quality of life.

Please remember, we need

only working donations. Your working computers and televisions can be put to good use. Don't stash - Donate!

LIFE/RUN programs are free and open to anyone with a disability. If you need help to participate (interpreters, etc.), please let us know 24 hours in advance, so that we can provide these services.



## LIFE/RUN Activities

LIFE/RUN has scheduled some great holiday activities for Consumers this November and December. Activities such as Holiday crafts, Cookie Baking Day and Holiday parties are scheduled to make the holidays brighter!. Watch the monthly LIFE/RUN Activity Calendar to be sure not to miss any of these fun events!

In addition, don't miss any of the regularly scheduled activities at the Center, including Cooking Classes, Computer Lab, ASL Classes and exercise.



## How Can You Make Wise Purchases?

Over the years, it has become apparent that there is a terrible disparity between the people who have money and those who don't. People with higher incomes, who pay their bills on time, may get lower interest rates on loans or credit cards. They may even qualify for 0% interest.

Those who have restricted incomes (SSDI, SSI), wind up paying much higher interest rates to make credit purchases. They may borrow money from payday loan companies or purchase from Rent-to-own businesses, lured into the "low weekly payment" advertise-

ment. While the payment may only be \$26 a week, that's \$104 a month. But the bigger question is: For how long?? Its not unusual for an item that should cost \$300, if paid in cash, will cost \$1,500 when purchased from a rent to own company. You pay for the convenience of lower weekly or monthly payments, not looking at the end cost.

So, what is the solution for people with limited income who want to buy furniture or electronics? Planning and patience!

If you see a TV you want, find out the best price, and figure

out what you can afford to save for it each month. It may take 3 months to save for that TV, but you'll own it outright, unlike the Rent to Own store, where you can pay \$104 a month for 15 months. If you miss a payment, they may come and take it away.

We all want nice things, but making good informed choices will save you a lot of money and a lot of grief. If you need help learning about those choices, contact your Advocacy Specialist at LIFE/RUN. Staff at the Center can help you help yourself!



## Social Security Updates

Yes, it is that time of year again (November 15<sup>th</sup> – December 31<sup>st</sup>), when Medicare lets you change Prescription Drug Plans. Every year, the plans change and the prescriptions they cover change also.

As many of you know, these are complicated and may be hard to understand. We offer help to figure out what plan best fits your needs. Please make an appointment with John Hobgood, LMSW, who is our Benefits Counselor at Extension 122.

If you are still paying too much for your prescription coverage, please get in touch with your Advocacy Specialist to see if any drug company subsidies are available.



On another note, Social Security has announced, that for the second year in a row, there will be no cost of living increase for Social Security recipients.

There has not been any information released regarding whether there will be an increase in the Medicare Part B deductible.

For Information regarding Social Security Benefits Planning, see Stacey Levrets from Imagine Enterprises. Stacey is at LIFE/RUN every third Tuesday of each month, from 10:30 - 2:00. However, because of the holidays, she will not be at LIFE/RUN in December.

## Aging and Disability Resource Centers (ADRC)

### What is the ADRC?

The Lubbock County ADRC serves as a highly visible, trusted and valued place where persons who are older and/or have disabilities can turn for information about a range of long-term support options, services and resources. Information can also be accessed based on individual choice and need. In addition, family members, referral sources and social workers who work with these individuals, are strongly encouraged to utilize this service as a single point of entry to access support programs and benefits.



The Legacy Building  
1400 Ave. O  
Lubbock, Texas 79401  
Phone: 806-749-7100

- The ADRC targets older adults and persons with disabilities with the goal of empowering individuals to make informed choices about services.
- The ADRC strives to streamline access to support services in conjunction with area agencies to build a strong service system for Consumers.
- The ADRC seeks to provide information regarding all long-term services, regardless of the person's funding source or level of income.
- The ADRC seeks to provide comprehensive education regarding available services to facilitate planning for future needs.
- ADRC staff is dedicated and committed to the provision of information specific to Lubbock County. Their mission is to provide trustworthy and comprehensive referral information to providers of services in Lubbock County.
- The ADRC is an initiative of the U.S. Department of Health and Human Services.

Your donation to the LIFE/RUN Center for Independent Living is tax deductible. It will be used to further enhance the quality of services offered to Consumers, and to promote equality, dignity, independence and the full inclusion of people with disabilities into every aspect of their communities.

To give, please clip this and mail it with your donation to:

**LIFE/RUN Center**  
**4902 34th Street, Suite #5,**  
**Lubbock, TX 79410**

**I would like to donate:**

**\$5 \_\_\_ \$10 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$1,000 \_\_\_**

Or go to [www.liferun.org](http://www.liferun.org)

## Hub City Access



In June, LIFE/RUN, in coordination with Hub City Access and the Texas Tech University Master's O.T. Program, performed an assessment of several Lubbock, hotels and restaurants to ascertain accessibility.

The O.T. students were given instructions to visit a certain number of hotels and restaurants accompanied by a person in a wheelchair. The students were not armed with specific measurements, but instead determined accessibility based on ease of use.

Accessibility was assessed using consistent criteria that included:

- Parking
- Door Widths
- Entrances to Buildings
- Bathrooms
- Staff Attitudes
- Sensory Information



While there were a few unpleasant surprises, for the most part, we learned that Lubbock facilities are moving towards more accessibility for their patrons. We still have a way to go, but things are getting better in Lubbock!

Hub City Access is also working on a new initiative to replace parking signs that read "handicapped", with new signs that avoid the use of the "H" word. Using funds raised at the Frasier Pavilion event in April, Hub City Access will meet with business owners to replace these outdated signs and arrange replacement during Disability Awareness Week in April.

Hub City Access will also meet with City Commissioners to pass a "Visitability" ordinance in Lubbock. That ordinance would mean that all single family homes built in Lubbock, using city, state or federal funds, must be visitable.

A house is visitable when it meets three basic requirements:

- one zero-step entrance.



- doors with 32 inches of clear passage space.
- one bathroom on the main floor you can get into in a wheelchair

Those essentials mean that older people can "age in place" or people who have new disabilities can stay in their own homes.



When Visitability is planned from the onset of building, the cost differential is negligible. When a home has to be retrofitted to make it accommodate a person with a disability, the cost is often prohibitive, causing people to have to move or sell their homes or worst case scenario, wind up in a nursing home.

If you are interested in making Lubbock more accessible, consider being a part of Hub City Access. Contact LIFE/RUN and speak to Michelle Crain or Nancy Penland. Meetings are held monthly.

**LIFE/RUN Center for Independent Living**  
**Lifetime Independence for Everyone, Inc.**  
**4902 34th Street, Suite #5**

**Non Profit Organization**  
**U.S. Postage Paid**  
**Lubbock, TX**  
**Permit No. 325**

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**LIFE/RUN Center for Independent Living Staff**

**806-795-LIFE**

Michelle Crain	Executive Director	Extension 123
Nancy Penland	Director of Programs	Extension 111
Irean Harvey	Office Manager/Volunteer Coordinator	Extension 124
Darlene Leadingham	Human Resource Manager	Extension 106
Monica Pratt	Special Projects Coordinator	Extension 104
Terry Walker	Bookkeeper	Extension 112
John Hobgood	Special Projects Coordinator	Extension 122
Tonji Shorter	Community Integration Specialist	Extension 117
Sheryl Young	Computer Trainer/Advocacy Specialist	Extension 109
Rosa Trevino	Advocacy Specialist	Extension 105
Donna Cheshire	Advocacy Specialist	Extension 121
Carol Ann Trammell	Advocacy Specialist	Extension 102
Vivian Saldivar	Advocacy Specialist	Extension 113
Cathy Boden	Advocacy Specialist	Extension 103
Andy Kochis	Certified Interpreter	Extension 110
Kimberlee Scott	Relocation Specialist (Lubbock)	Extension 114
Annabell Mendoza	Relocation Specialist (Midland/Odessa)	432-978-8763
Kim Sorrells	Relocation Specialist (Amarillo)	806-535-4786
Carl Harris	Relocation Specialist (Wichita Falls)	940-642-8430
Kendal Johnston	Relocation Specialist (Abilene)	325-829-3125