



Lifelines

DECEMBER 2010 - FEBRUARY 2011

LIFETIME INDEPENDENCE FOR EVERYONE, INC.

Good-bye to a Dear Friend

On February 12, 2011, the Independent Living Movement lost one of its greatest warriors. Larry Gardner was laid to rest on February 16th, surrounded by family and friends who mourned his death, but rejoiced in the precious memories he left behind. Many will remember Larry as a soft-spoken individual, with the most piecing blue eyes and gentle smile. Thankfully, his fight to obtain equal rights for people with disabilities was not as quiet as his calm demeanor. After being paralyzed in a horse-riding accident, Larry devoted his life to making a difference in the lives of others.

In 1988, Larry founded the LIFE Center for Independent Living. With his continued guidance and support, LIFE has grown from a small Center offering two programs, to now operating 14 different programs, including the establishment of Centers in Abilene and San Angelo. Lloyd Gardner, Larry's brother, informed us that Larry was instrumental in obtaining curb-cuts in Lubbock to improve the city's accessibility to its patrons with disabilities. In helping to lay the groundwork for the passage of the American's with Disabilities Act (ADA), Larry was also active on the national level.

Larry's other accomplishments include establishing the Coalition for Texans with Disabilities, which is one of the most effective advocacy organizations in the state. Larry was also a Director of Advocacy Inc., in Lubbock and a Program Specialist for the Texas Department of Rehabilitative Services in Austin.

Larry will be sorely missed by those who loved, admired and respected him. For all that he did, we thank him for giving us LIFE.

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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 relay back her experiences at various restaurants in Lubbock, to see how accessible it is for a person using a wheelchair. These are Monica's observations:

Cracker Barrel - 5018 Milwaukee Ave.



If you want to enjoy a home cooked southern style meal outside of your own home, you might give Cracker Barrel a try. From their beginnings in 1969, Cracker Barrel has truly lived up to their slogan "Where comfort meets food."

There is a large number of accessible parking spaces, however, in peak hours you will be hard pressed to find one open. There are ramps to the sidewalks, but not on all ends. Just before entering Cracker Barrel, you will first notice the rocking chairs on their spacious porch that are for sale, and allow customers to just sit and briefly enjoy a relaxing time.

None of Cracker Barrel's doors are automated. As you enter into Cracker Barrel, you immediately enter a country store. The store has wonderful candy and great gifts that focus on a simpler, more pleasant America of years past.

The Country Store aisles are a bit cramped for wheelchairs, especially during peak hours. However, there are friendly store clerks available to assist. You will find the restrooms at the rear of the country store. While not convenient for companion assistance, the

accessible stall is roomy. Also, while many of the store items remind people of yesteryear, the prices are very much in the present. You cannot avoid the country store, as you have to make your way to the hostess' stand to put your name on the waiting list.

Cracker Barrel offers a menu with a broad variety of southern home-style entrees. They have a large print and brail menu available upon request. No matter if you pick from the all-day breakfast menu, or any age kid's menu, all items are made from scratch. Prices range from \$4.00 to \$10.00 per entrée, including sides. Cracker Barrel serves up generous portions, so you might need a to-go-box, I always do!

Accessibility:

- Accessible parking, however it is a challenge to find a space during peak hours.
- Restroom is not suitable for companion assistance, but generous accessible stall
- No automatic doors
- Country Store has tight aisles
- Music and crowd noise moderate to low
- Lighting moderate to low
- Standard table seating, but a bit crowded
- Ramps from parking spaces
- Not close to public transportation
- Large print and Braille menu available

2011 State Independent Living Conference!

"Community Living: It's My Choice!"

This year's State Independent Living Council (SILC) Conference will be held April 3-5 at Sheraton Austin Hotel (Downtown), 701 E. 11th Street in Austin, Texas. The SILC conference is always exciting, informative and a great place to meet other advocates.

This year's Conference activities include: Advocacy training on: the 82nd legislative session, Medicaid, the new healthcare reform bill, and relocation services. Informative sessions on: housing, transportation, financial and physical abuse of people with disabilities, ethics and diversity in the workplace, Consumer Directed Services, and options for job growth in Texas. There will be opportunities to network during the opening mixer, evening reception, and the awards luncheon.



baskets, and much, much more!

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This year, the Conference will have its BIGGEST RAFFLE EVER! Thanks to generous sponsors, you could win a Van, an HDTV, accessible gadgets, gift

Some stipends are available, but unfortunately they are limited. If you are interested in attending, please contact Ilean at LIFE/RUN.

This year, more than ever, you need to educate yourself on how to contact your legislators and let them know how YOU expect them to vote. Learning how to be that good advocate is important and one of the things you can learn at the SILC Conference.



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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 or delayed, 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 Citibus transportation to Center-sponsored activities and appointments. Tell the Bus driver you are going to LIFE/RUN.



Energy Assistance

The City of Lubbock Community Development Office has approved LIFE/RUN to provide assistance through the Comprehensive Energy Assistance for Program (CEAP) for 2011.

This valuable program allows the Center to assist people with disabilities, from the ages of 18-59 with paying heating and/or cooling bills.

If you are a LIFE/RUN Consumer, call your Advocacy Specialist (extensions listed on the back page) to let he or she know you need energy assistance.

People with disabilities, age 60 and over, or with children with disabilities under 18, should apply at Neighborhood House @ 741-0459.

As always, assistance is based on income, need, and availability of funds.

This is not an Entitlement Program, not everybody can be assisted.

Please note, your application cannot be accepted without all necessary documentation.



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.



DARS Monthly Visits



TEXAS

Department of Assistive and Rehabilitative Services

Have you ever wondered if you are eligible for help from the Department of Assistive and Rehabilitative Services (DARS)?

LIFE/RUN has invited Vocational Rehabilitation Counselors to come to the Center every third Tuesday afternoon from 2:30 - 4:00.

DARS visit will be right after Stacey Levret's monthly visit to the Center to provide Benefit's Planning.

If you have had difficulty finding a job due to your disability, this is a great opportunity to meet with DARS staff to learn just what DARS may be able to do to

assist you in your search for a new job.

- DARS can assist with:
- Equipment
- Training
- Education
- Adaptive Technology
- Job Placement

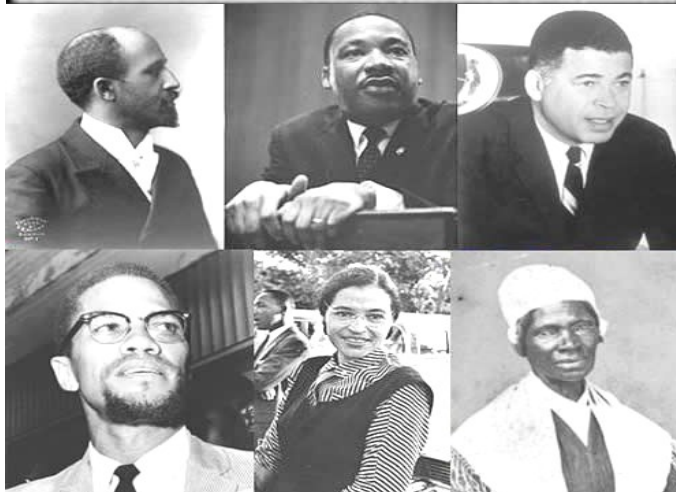
Stop by and see what DARS can do for you!

Soul Food Luncheon

LIFE/RUN is commemorating Black History month with its 10th Annual Soul Food luncheon. This year, the luncheon will be held on February 24th, from 11:00 a.m. until 2:00 p.m.

Each year we recognize the achievements of African Americans to our society. African Americans have been overlooked in school books for years and are only recently achieving the acknowledgement they deserve.

This year's Luncheon will include good food, entertainment and some information about Black history in America. Please join us! If you would like to bring a dish or just want more information, call Sheryl Young @ 795-5433 Extension 109.



Disability Awareness Week

HUB City Access and the Disability Awareness Program are pleased to announce that "Disability Awareness Week" is coming in April! This year, Disability Awareness Week activities will include:

- A campaign to replace the old, outdated "Handicapped" parking signs with "Accessible" signs
- An Disability Employment Success Panel
- A Wine and Cheese Art Auction
- "Focus on Access" Gala

Many of you may remember last year's event at the Frasier Alumni Pavilion. That's what we all called it too..."The Event!" The Hub City Access team met and decided on a real name that identifies our goal for Lubbock - Focus on Access Gala! The Second Annual Focus on Access Gala will be held on April 16th at the beautiful Frasier Alumni Pavilion.

You will be receiving more information about the upcoming Gala and the other great activities we have planned for the week of April 10-16.

If you see a business that is still using the outdated "Handicapped" parking signs, let us know. We will make contact and offer to replace the signs at no cost to the business. Our goal is to replace as many as possible to help eliminate the "H" word!

Watch your mail for more information about Disability Awareness Week.



Texas Residents Face Cuts to Public Programs

The 82nd Texas Legislative Session is now taking place. Decisions are being made about how to manage a budget shortfall estimated to be \$25 Million. Now, more than ever, the voices of people with disabilities must be heard.

The Coalition of Texans with Disabilities (CTD) stated in their annual report that services to people with disabilities are on the chopping block. Cuts made to public programs will reverberate long past 2011. The message to Legislators should be made loud and clear: It is cheaper to live in the community than it is to live in an institution. CTD estimates that by maintaining community programs that keep people out of nursing homes (such as the Medicaid program, CBA) and State Supported Living Centers, Texas could save between 30 and 50 percent per person, per year.

Advocacy groups all over the state have teamed up with CTD to discuss the issues. One of these groups is Texas Forward. A broad statewide coalition, Texas Forward recommends a balanced approach to filling the gaps caused by the shortfall, rather than drastic cuts to many programs depended upon by thousands of Texas families.

Funding for children's Medicaid could change. CHIP or the Children's Health Insurance Program, could take cuts that would leave many families without health coverage for their chil-

dren. If, as proposed, food stamps benefits are reduced, rural food banks that are already struggling to serve those in need, could find themselves unable to bear the burden of further reduction in assistance.

There is an option. The "Rainy Day" Fund is money that has been allocated specifically for a budget crisis by the state. "A \$9.2 billion savings account created in response to the 1986 revenue crisis to maintain vital state services during economic downturn." Previously, the Legislature has used the fund to continue to provide critical necessities to Texans in need. Using these funds to keep widely needed public assistance programs afloat is crucial. This fund is built through deposits from a portion of revenue from oil and gas production, which automatically replenishes.

Seniors and others rely on Medicaid home and community services such as CBA. Without them, it could mean they can no longer live in their own home. Over 150,000 citizens of Texas depend on these programs. For people with disabilities, the budget deficit is more than an inconvenience. It is a loss of choice and also a loss of independence.

The Center encourages Consumers to stay current on the issues that effect them and most importantly vote!

Contact your legislators and tell them "No more cuts to public programs that will save Texas money!" To paraphrase the great Disability Advocate, Justin Dart - Advocate like your life depends on it, because it does!

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 ___

Now, More Than Ever, Contact Your Legislator

One of the most important things you can do to make sure that you can receive the services you need, is to communicate those needs to your Representative or State Senator.

If you are unable to make contact with your Representative, be sure to leave your message with their staff. Those key personnel gather the information from constituents (that means you!) and let the Representative know your opinions.

You don't have to be nervous about talking to your Representatives or their staff. They want to hear from you. They get PAID to hear from you. Call, e-mail or pay a visit to your Representative this week!

Don't sit back and let things happen, speak up!



Texas State Senator

Senate District 28

Senator Robert L. Duncan

Capitol Office: CAP 3E.10

Capitol Phone: (512) 463-0128

Capitol Address: P.O. Box 12068, Capitol Station
Austin, TX 78711

District Address: 1500 Broadway, Suite 902
Lubbock, TX 79401

Phone: (806) 762-1122

Texas State Representatives

House District 84

Representative John M. Frullo

Capitol Office: EXT E1.406

Capitol Phone: (512) 463-0676

Capitol Address: P.O. Box 2910
Austin, TX 78768

District Address: P.O. Box 2910
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House District 83

Representative Charles Perry

Capitol Office: EXT E1.418

Capitol Phone: (512) 463-0542

Capitol Address: P.O. Box 2910
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District Address: P.O. Box 2910
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House District 85

Representative Jim Landtroop

Capitol Office: EXT E1.422

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Capitol Address: P.O. Box 2910
Austin, TX 78768

District Address: 3206 B Olton Rd.
Plainview, TX 79072

House District 88

Representative Warren Chisum

Capitol Office: CAP GW.15

Capitol Phone: (512) 463-0736

Capitol Address: P.O. Box 2910
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District Address: P.O. Box 2061
Pampa, TX 79066

Phone: (806) 665-3552

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LOOK FOR LIFE/RUN
ON FACEBOOK!

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 Resources Manager	Extension 106
Terry Walker	Financial Officer	Extension 112
Monica Pratt	Special Projects Coordinator	Extension 104
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
Jesse Garcia	Texas Tech Intern	Extension 101
Rex Brooks	Senior Aid	Extension 101
Andy Kochis	Certified Interpreter	Extension 110
Kimberlee Scott	Relocation Specialist (Lubbock)	Extension 114
Annabell Mendoza	Relocation Specialist (Midland/Odessa)	432-978-8763
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Kendal Johnston	Relocation Specialist (Abilene, Wichita Falls)	325-829-3125