



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

John Wall is a long time consumer and active participant with the Casper WIL team. At 54 he's lived a full and varied life. At the age of 18, he joined the Marines and served from 1981 to 1987. Starting at the age of 27



he suspected he was having some sort of health problem in his legs, and in 2003 at age 40 he was diagnosed with MS. His determination to maintain and build upon his quality of life is a real inspiration.

He heard of WIL from his brother and first began using the transportation program to take the CATC bus to physical therapy appointments. Always pushing forward, he began biking to his appointments and now keeps a solid regiment of exercising 3 days a week at the YMCA or Casper Rec Center. John has also benefited from WIL's VIP and IL programs to help with vision loss and mobility in his home.



He loves to cook and learn about nutritional contributions to a healthier life, and for 10 years served as the main nutrition chef at Wyoming Medical Center until his MS led him to retirement. Not one to lay down and give up the cause, he has been giving back to WIL by teaching nutrition and physical fitness habits in Casper's Living Well with a Disability program for the past few years after taking the workshop himself. He tries to pass on his passion and motivation with the simple message that...

"It can be done. It's not easy, but it's well worth the ride."

...and after our interview, we both stuck around for a session of Coloring Therapy.

STAFF HIGHLIGHTS



Austin Berlin is a case manager in the Casper office providing support to those who qualify for nursing home living but choose to maintain a higher level of independence through the Community Choices Waiver state program. Services include guidance in Self-Directed Care which empowers individuals to act as employers in deciding the nature and details of the care and assistance they receive.

Though she grew up with cerebral palsy and says she may have received assistance as a child from WIL, she first became familiar with them while doing her internship for achieving her Master's degree in Rehabilitation Counseling. She's been in her current position for over two years.

She says joyously, "I always wanted to help people with disabilities, because obviously I have one and I kind of know how that goes!"

Written by Ant

LINKS WORTH SHARING

www.disabled-world.com

Disability news and information, weekly newsletter

www.ada.gov

Information and technical assistance on the Americans with Disabilities Act

www.uwyo.edu/wind/watr

Wyoming Institute for Disabilities, Wyoming Assistive Technology Resources

www.ncil.org

National Council on Independent Living

www.wybia.org

Brain Injury Alliance of Wyoming

www.nchpad.org

National Center on Health, Physical Activity, and Disability

www.voanr.org

Volunteers of America Northern Rockies

www.capnc.org

Community Action Partnership of Natrona County

www.calc.net

Community Action of Laramie County

www.ireach2.com

I-Reach 2 Inc. services for adults with developmental disabilities and brain injuries

WIL CASPER ACTIVITIES

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				Film Fest 2:00-4:30 pm 5:30-8:00 pm
5	6	7	8	9
The Write Club 3:30-4:30 pm Problem Solvers Club 2-3 pm	Coloring Therapy 1-3 pm		Cent\$ible Nutrition 10 am-12 pm	
12	13	14	15	16
Self-Directed Care Workshop 1-3 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
19	20	21	22	23
	Coloring Therapy 1-3 pm		Cent\$ible Nutrition 10 am-12 pm	Crafts N Creations: Pressed Flowers 1-3 pm
26	27	28	29	30
	Coloring Therapy 1-3 pm		Cent\$ible Nutrition 10 am-12 pm	Bowling 2-4 pm

**305 WEST 1ST STREET
CASPER, WYOMING 82601
307-266-6956**

Film Fest - every 1st and 3rd Friday - Call Ahead to Reserve Seating

The Write Club

Problem Solvers Club

Coloring Therapy - every Tuesday

Cent\$ible Nutrition - CALL to REGISTER

Self-Directed Care Workshop - every 2nd Monday

Crafts N Creations- every 4th Friday This month's craft: Pressed Flowers - (bring fresh flowers!)

Bowling - El Mark-O Lanes \$2.00 per game

WIL CHEYENNE ACTIVITIES

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
	Coloring Therapy 12-2 pm			
12	13	14	15	16
	Coloring Therapy 12-2 pm	Intro to Safety/Mobility Equipment 10-11 am		
19	20	21	22	23
	Coloring Therapy 12-2 pm		Grab Bar DIY 10-11 am	
26	27	28	29	30
	Coloring Therapy 12-2 pm			

1609 EAST 19TH STREET, CHEYENNE, WYOMING 82001
307-637-5127

Coloring Therapy - every Tuesday
 Grab Bar DIY - every 4th Thursday

Intro to Safety/Mobility Equipment - every 2nd Wednesday
 Intro to iPhones - Call if Interested

WIL LARAMIE ACTIVITIES

JUNE				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
	Adulting 101 3:30-5:30 pm		Adulting 101 3:30-5:30 pm	
12	13	14	15	16
	Adulting 101 3:30-5:30 pm		Adulting 101 3:30-5:30 pm	
19	20	21	22	23
	Adulting 101 3:30-5:30 pm		Adulting 101 3:30-5:30 pm	
26	27	28	29	30
	Adulting 101 3:30-5:30 pm		Adulting 101 3:30-5:30 pm	

1656 NORTH 3RD STREET, STE B, LARAMIE, WYOMING 82072
307-721-4071

Adulting 101 - every Tuesday and Thursday from June 6 to September 27. CALL to REGISTER.

WIL ACTIVITY DESCRIPTIONS

Adulting 101 - every Tuesday and Thursday from June 6 to September 27. Call 307-721-4071 to register.

Bowling - every last Friday Held at El Marko Lanes. Disability-inclusive, **\$2.00 per game**. No charge for shoes if you **state that you are with the WIL group**.

Cent\$ible Nutrition A disability-inclusive nutrition, cooking and gardening class that spans 7 weeks.

***Pre-registration required.**

Coloring Therapy - every Tuesday Adult coloring with soothing background music. Supplies available or bring your own.

Crafts N Creations: Pressed Flowers - every 4th Friday - Bring fresh flowers!

Film Fest Disability-related movie with 2 showing options (afternoon and evening). Discussion to follow if interested in participating. Water and popcorn will be provided. Feel free to bring treats to share. Limited seating, **please call ahead to reserve**.

Grab Bar DIY - 4th Thursday of every month Informational workshop on grab bar placement and installation, geared towards handy man/family members wanting to install grab bars themselves.

Intro to iPhones Guidance on iPhone usage for individuals who are blind or have low vision. Accessibility features and helpful apps will be covered.

Intro to Safety/Mobility Equipment - 2nd Wednesday of every month Informational presentation regarding durable medical equipment, uses and resources for accessing equipment.

Living Well Workshop An 11-week peer-facilitated health promotion workshop for people with disabilities. Participants in the program learn the life skills they need to set and achieve quality-of-life goals and the important role health plays in helping them reaching their dreams.

***Pre-registration required.**

Problem Solvers Club Stretch your problem-solving skills through logic exercises, peer support and direct guidance for every-day situations.

Self-Directed Care Workshop - 2nd Monday of every month A forum for individuals receiving services through the Medicaid Self-Directed Care option.

VIP/IL Workshop Participants are provided with training in sensory skills development and training to use alternative skills and techniques to function independently in their daily lives. Some of the topics covered include money management, medication management, communication skills, cooking techniques, assistive technology, and coping and adjustment to vision loss.

The Write Club Develop your writing skills in a peer group with writing exercises and the option to share, receive and provide feedback.

WIL NEWS & EVENTS

The **Living Well with a Disability** workshop empowers and equips people to set and reach goals that enrich their lives in a variety of ways. We recently finished a workshop with eight dedicated participants who provided great support and encouragement to each other throughout our time together. We had several experts donate their time to enhance the workshop even more. We would like to say a special thank you to **Dr. Cheryl Godley** and **John Wall** for taking the time to share with us.

The topics we discussed were: goal setting, problem solving, seeking information, healthy communication, healthy reactions, beating the blues, physical activity, nutrition, advocacy, and maintenance. If you are interested in learning more about or participating in the LWD workshop, feel free to contact your local WIL office!

Written by Austin Berlin



COMMUNITY EVENTS

Home Depot DIY Workshop - Edible and Raised Garden Beds

June 17, 10-11:30 am, 4900 East 2nd Street, Casper, WY 82609

Register at 307-472-6505

GET INVOLVED!

WIL Board Meeting - July 28, 1 pm, Casper WIL office

wilr.org/about/board-information

State Rehabilitation Council Meeting - June 20, 2:30 pm, Conference Call

3rd Tuesday of every month, 2:30 pm

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

www.wyomingworkforce.org/workers/vr/src/

Casper, City Council Meeting schedules

www.casperwy.gov/government/city_meetings_and_agendas

Cheyenne, City Council Meeting schedules

www.cheyennecity.org/140/City-Council-Meetings

Laramie, City Council Meeting schedules

www.cityoflaramie.org/index.aspx?nid=68

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

BEHIND THE SCENES

Ever since we opened our doors in 1984, WIL has provided our core services to citizens in eastern Wyoming, including information and referrals, skills training, peer support, advocacy, and transition assistance. We have grown significantly over the last 33 years and now have leading-edge programs assisting people with disabilities in securing accessible housing, personal assistance services, vision and blindness skills training, transportation services, transition services for youth, and to assist people with disabilities currently in nursing homes to transition to living in our community.

But you may have noticed lately that we have put a strong emphasis on center and community-based activities to provide those same services in a more flexible, inclusive, and engaging way. The benefits are powerful and multiplied, including reduced isolation and depression, increased opportunities for relationship building, expanded supports, and community engagement.

So what does that look like? Well, that's where the fun starts! We've been having numerous conversations around our new focus and conducting surveys to find the trends in interests for activities ranging from financial basics, health, employment, relationships and other skill building topics.

From there, we turn our attention to identifying people in our communities who have skills and knowledge to share, whether professionals in a specific industry or an individual with personal experience in a skill-set. But most important is the capacity to deliver that material in a manner that is inclusive to people of all abilities. That's where the magic happens!

What we have found is powerful. In providing a space where people with and without disabilities can unite, learn from each other, and share experiences, we are seeing a movement towards empowerment. People are exciting, engaged, and energized to participate in more. In our homes, our communities and our lives. And that's where the true power of independent living stands. We hope that you will join us, support us, and stay connected to see where that leads us next....



Sincerely,

Amber Alexander

Independent Living/ Youth Transitions Coordinator

CLASSIFIEDS

*STAIR LIFT

PRICE: FREE

Description: Approx. 10' older model stair lift in working condition when last used.

Contact: Brenda Thomas at the Casper WIL office 307-266-6956



Wyoming Assistive Technology Resources

<http://www.uwyo.edu/wind/watr/>

Listing of available Assistive Technology equipment

<https://wy.at4all.com/>

To list your Assistive Living equipment in this column to sell, trade, or donate please contact us at

NEWS@wilr.org

CONNECT WITH US!

Casper

305 West 1st Street

Casper, Wyoming 82601

307-266-6956/ Fax: 307-266-6957



Website: www.wilr.org



Facebook: www.facebook.com/WyomingIndependentLivingRehabilitationInc



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

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

Ask your local WIL representative about volunteer opportunities!



Casper
305 West 1st Street
Casper, WY 82601
307-266-6956

Laramie
1050 North 3rd Street, Suite B
Laramie, WY 82072
307-721-4071

Cheyenne
1609 East 19th Street
Cheyenne, WY 82001
307-637-5127

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