



JANUARY 2024 NEWSLETTER

39 North Prairie Street

Galesburg, IL. 61401

309-344-1306

Happy New Year!



**Winter has ferociously arrived!
Please check on your neighbors and the elderly!**

Winter Weather Essentials:

- Canned food and nonperishables
- Water
- Batteries and fuel
- First aid essentials

Blankets and warm clothes

[IHS_Disaster.kit.pdf](#)



The list of warming shelters currently available in Knox County is provided below. As very low temperatures are in the upcoming forecast, it is anticipated that an updated list of available shelters will be provided prior to that weather event.

Overnight Winter Shelter – 525/527 Iowa Court,
Galesburg (open daily, 6:00 p.m. until 7:00 a.m.)
Galesburg Public Safety Building Lobby – 150 S
Broad St, Galesburg (open 24 hours)
East Galesburg Fire Station – 411 S State St, East
Galesburg (open currently)

*****Courtesy of Galesburg Fire Chief Hovind,
Knox County EMA Coordinator*****

Someone you should know....

Ed Roberts was a pioneering leader of the disability rights movement. In 1953 he contracted polio at the age of fourteen. He spent eighteen months in hospitals and returned home paralyzed from the neck down. Polio left Roberts without the ability to breathe, requiring an iron lung. Roberts was the first severely disabled student to attend the University of California at Berkeley, studying political science, earning a BA in 1964 and an MA in 1966, and nurturing there a nascent revolution.



"I'M TIRED OF WELL-MEANING NON-CRIPPLES WITH THEIR STEROTYPES OF WHAT I CAN AND CANNOT DO DIRECTING MY LIFE AND MY FUTURE. I WANT CRIPPLES TO DIRECT THEIR OWN PROGRAMS AND TO BE ABLE TO TRAIN OTHER CRIPPLES TO DIRECT NEW PROGRAMS. THIS IS THE START OF SOMETHING BIG — CRIPPLE POWER".

The history of the Independent Living Movement stems from the fundamental principal that people with disabilities are entitled to the same civil rights, options, and control over their lives as people without disabilities.

The African American civil rights movements of the 1950s and 1960s strongly influenced the independent living movement. Both movements share basic issues - disgraceful treatment as a result of bigotry and mistaken stereotypes in housing, education, transportation, and employment.



Ed Roberts, Judith Heumann and Lex Frieden became some of the nation's fiercest disability advocates. We, at Stone-Hayes, want to continue to empower individuals with disabilities to advocate for their rights and the rights of their peers. Our **Community Advocacy Training (CAT)** is a 10-week course that teaches individuals how to advocate for themselves and their community. Participants will learn about advocacy, ADA, Federal, State and Local Government, and the legislative process. This class includes a trip to Springfield. Classes begin March 6, 2024. Call Carey soon at (309) 344-1306 if you are interested as space is limited!



What's happening at Stone-Hayes ...



Welcome Dulcinea!

Dulcinea Tolliver started as our new Receptionist/ Advocate in November of 2023. Dulcinea recently relocated back to Illinois from Texas. She enjoys cooking and spending time with family. She is a very caring individual and we are glad to have her as a member of the Stone-Hayes Family.

Hope of Tomorrow (H.O.T.) Peer Group meets every Tuesday from 2:30 to 3:30pm at Stone-Hayes. This group currently includes individuals who enjoy helping each other and the community. They discuss various topics, enjoy craft projects that they frequently give away to others, and assist each other in overcoming barriers that they have encountered. They always welcome new participants! Contact Lynn at (309) 344-1306 for more information.

The Good Gang Group meets every Thursday in Monmouth at the Strom Center from 2:15 to 3:15pm. They are currently focusing on team building skills and social skills. They strive to speak up for themselves and others. Their annual book club starts in February. Check our Facebook page to find out what book they will be reading and discussing. Call Sarah for more information about this group, (309) 344-1306, this is a fun loving group and is always seeking additional participants.

Our **Independent Living Skills Group** meets on the 2nd and 4th Thursday of each month from 1:30 to 2:30pm. A guest speaker will be joining us on Thursday, January 25 from OSF to talk about healthy eating. We are looking forward to learning more about this topic. The topic for February 8th will be elections - where to find information, how to register to vote, and the voting process. It is important to make yourself heard. Contact Carey for more information and additional topics. You are welcome to attend all or some of the topics offered. This group is waiting for you!

Stone-Hayes offers many other services at no cost to individuals with disabilities. We often help with completing applications for housing, transportation, social security, other government programs and so much more. Don't forget about Dee's Closet, our durable medical equipment loan program. We also have transition services for individuals in nursing homes who want to move back to the community, youth and family services for children with disabilities and a home services program. Stone-Hayes is your disability resource.

Just A Few Black History Facts

BLACK HISTORY MONTH



HALLOWED GROUNDS: Sites of African American Memories



SCAN AND VIEW MOMENTS IN HISTORY



Designed by James Lathier for the Defense Equal Opportunity Management Institute

Have Some Valentine's Day Fun!!



Valentine's Day



F	E	B	R	U	H	E	R	Y	A	C	B	O	X	E
W	I	G	E	C	H	O	C	O	L	A	T	E	O	C
O	M	A	P	R	A	O	E	R	E	N	L	O	V	A
M	A	I	L	O	V	E	L	C	K	D	E	W	A	N
F	I	H	E	T	E	R	T	I	J	Y	S	E	L	Y
L	L	U	S	C	E	M	P	I	D	O	X	R	E	D
P	B	G	E	W	M	A	I	L	B	A	N	O	N	Y
A	O	X	S	F	E	B	R	U	A	R	Y	X	T	A
W	X	A	M	L	C	E	D	E	S	T	H	O	I	D
I	T	H	W	I	Y	U	T	I	P	E	P	I	N	K
N	C	A	R	D	D	O	P	H	O	L	H	O	E	O
G	O	H	D	W	A	G	E	I	E	M	M	U	B	V
S	C	H	O	C	O	I	T	E	D	A	T	H	G	E
A	R	R	O	W	G	F	L	O	W	E	R	S	I	S
S	T	A	R	W	A	T	U	H	E	A	R	T	E	H



ARROW	FLOWERS	MAILBOX
CANDY	GIFT	PINK
CARD	HEART	POEM
CHOCOLATE	HOLIDAY	RED
CUPID	HUGS	SWEETHEART
FEBRUARY	LOVE	VALENTINE

