

COMMUNITY SERVICE OPTIONS, INC.

# SUMMER

## BUDGET

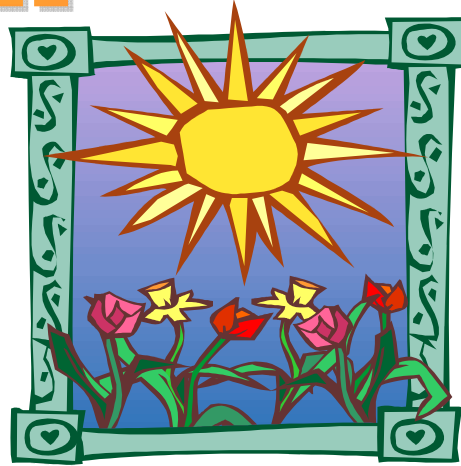
### STALEMATE!

The Democratic majority in the State Legislature failed to pass needed budget increases for people with developmental disabilities by May 31. Now, a 3/5 vote, including support of some Republicans, is needed to pass any proposed budget.

Although, as advocates, we did a good job of contacting state senators and representatives, Gov. Blagojevich, Pres. Jones and Speaker Madigan did not agree on tax reform, ComEd and other program issues. So little was achieved during the General Assembly session.

But...*never "give up!"* We have more opportunities to contact legislators, with stories and concerns, during the *over-time session* (June >). Visit their local offices Mondays, Fridays and Saturdays. This can be your message:

- ⇒ Provide \$52m for new admissions to DD services
- ⇒ Provide \$.50/hour increase in wages for human service workers in the community
- ⇒ Provide 3% cost of doing business to community service providers



### *Don't know who/how to call your legislators????*

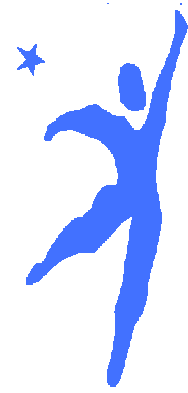
Get elected official information at [www.elections.state.il.us](http://www.elections.state.il.us), then click

District Locator / Address or call Renee Lumpkin @ (773) 838-4630.

### Friends get re-acquainted at May 4 "Boogie Nights"



The next "Boogie Night" is June 22 at European Chalet, 5445 S. Harlem, Chicago 6-9pm. Admission is \$ 5/person. RSVP (773) 838-4601



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## Thank you

Northern Trust (Bank) Charitable Trust. Your generous support of the "Boogie Nights" Social/Recreational program made possible free admission to the Roll/ Bounce Party at the Martin Luther King Jr Family Center on May 24. NTCT donated \$3000 to support community integration. 118 consumers of disability services in Chicago, family members and service provided attended this event.

## Medical Assistance Grants

The United Healthcare Children's Foundation is offering assistance grants to children for medical services not fully covered by health insurance. Parents and caretakers may apply for grants up to \$5,000 for services such as speech therapy, physical therapy, psychotherapy, wheelchairs, braces, hearing aids, eye-glasses, orthodontia and dental treatment. Any child 16 years or younger, living in U.S., is eligible for a grant, but they need to be covered by a commercial health insurance plan and meet financial guidelines. The amount awarded will be the lesser of \$5,000 or 85% of the fund balance over a 12 month period. To apply go to: [www.uhccf.org](http://www.uhccf.org)



**stop!** the violence... Our children have been subjected to much violence, lately. It is, not only on TV, but in buses, streets, schools and in our homes.

Here are hints to de-stress your home environment and to "Increase the Peace!"

- Encourage family members to talk ( **Put down that cell phone and give real "face" time a chance!**) about their relationships, concerns and problems at school and at work. Discuss possible solutions (speaking with offender, reporting to authorities, ignoring, acts of kindness, etc.)
- Use relaxation tools, such as massage, deep breathing, exercise, playing music, sports and games. Take breaks from study; relieve the pressure to perform, to appear or to be a certain way.
- Focus on positive. Discuss how the situation can be viewed in terms of advantages, positive outcomes. Will **time** heal? Parents: Choose 2-3 positive behaviors; demonstrate by example; then praise your child's self-control.
- Avoid caffeine (Mountain Dew, Monster, coffee); it adds to nervousness and agitation
- Be accepting of each other and give praise whenever possible. Look for behaviors and qualities to praise. Be gentle and constructive (describe the correct behavior) in providing correction.
- Settle arguments / hostilities by talking. (Ex: "This is how I feel.") Say "sorry", "let it go" or walk away; forgive, forget or be-friend. Refuse to carry a weapon (Weapons do not protect! They promote danger and violence.)

## COMING SOON...

### Boogie Night "Hot Fun in the Summertime"

Friday, June 22 6-9pm European Chalet,

5445 S. Harlem, Chicago

\$5/person dancing and snacks

RSVP (773) 838-4601

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### Access Chicago 2007 Expo at Navy Pier

Wednesday, July 25 12 noon-7pm

More than 100 exhibitors of services, equipment,

information and activities sponsored by

Mayor's Office for People with Disabilities

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### INFORMATION WORKSHOPS - Sat. Aug 25

**FREE!** @Community Service Options, Inc.

7575 South Kostner, Chicago 9am-3pm

Workshops on:

- ⇒ IEP and special education transition to adult services
- ⇒ Government benefits and entitlements
- ⇒ Chicago resources and services for people w/ developmental disabilities (mental retardation, autism, epilepsy, cerebral palsy and related conditions)
- ⇒ Long term care and estate planning
- ⇒ Your civil rights to public services and places.

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**Register today!**

This is a city-wide event and space is limited!

Call (773) 838-4601, 4602 or 4630 by

August 15, 2007

Sign language interpretation and childcare will be available if advance requested.

*Continental breakfast and lunch provided.*

CSO, Inc. hosted two events in May: a dance and a bowling/roller skating party. They were great fun!!! ...



## **FAMOUS PEOPLE WITH DISABILITIES** (to name a few)

*Dyslexia* ( visual perception affecting ability to read) - Tom Cruise, Albert Einstein, Whoopi Goldberg, Magic Johnson, Charles Schwab, Danny Glover and Cher

*Vision differences*—Stevie Wonder, Ray Charles, Helen Keller and Andrea Bocelli

*Hearing differences*—Marlee Matlin, Karen Meyer, Linda Hunt

*Movement differences*—Muhammad Ali, Robert Dole (former U.S. Senator), Michael J. Fox, Franklin Delano Roosevelt, Billy Graham, Katherine Hepburn and Johnny Cash

*Mood disorders*—Patty Duke, Ernest Hemingway, Brooke Shields, Tipper Gore

*Speech Differences*—Bill Clinton (former President), Carly Simon, Marilyn Monroe, Bob Love (former Bulls), Kirk Douglas, Winston Churchill, Beethoven and James Earl Jones

## **VOLUNTEERS & DONORS**

We need YOUR help to “buddy” with people with disabilities at “Boogie Nights” dances, events and experiences. This is an opportunity to share your abilities, build your community and ... have fun at the same time! OR, SPONSOR somebody to enjoy social life in the community, this year! Call (773) 838-4602 or 838-4630

Community  
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**Giving a voice  
&  
Providing a choice**