



Center for Independent Living of Northwest Florida, Inc.

[Visit us at www.cil-drc.org](http://www.cil-drc.org)

[Link to PDF version here.](#)

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Join the Center in honoring and giving thanks to all those who have served our country and have paid the ultimate sacrifice. This Monday is Memorial Day, let's remember how we all enjoy our freedoms even in this difficult time.

The Center will be closed on Monday, May 25, 2020 for the holiday. We look forward to speaking with you when we return on Tuesday, May 26, 2020.

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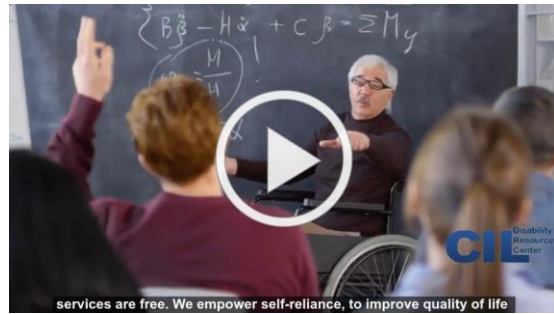
### ***In this update:***

- PSA: CIL Disability Resource Center
  - What is Ableism and How Can We Stop It?
  - Mortgage and housing assistance during Covid-19
  - Easy Tips on Disaster Preparedness
  - CILDRC Service updates
  - Free Drive-Through Covid-19 Testing
  - How to Avoid Scammers After Your Stimulus Check
  - Florida Covid-19 Update
  - Upcoming Community Events
  - Virus Info by County
  - Census Reminder
  - Social Engagement Activity, May 27th at 12:00 noon
  - Please Donate!
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## Public Service Announcement: CIL Disability Resource Center

Welcome to the Western Gate of the Sunshine State where many people with disabilities live, work, and play independently and make choices for themselves.



CIL Disability Resource Center	
Ableist Phrases to Avoid	
Phrases to Avoid	Alternatives
That's nuts/crazy	That's unreal
Turn a deaf ear	Chose to Ignore
They are suffering with...	They have/are...
She's so slow	She learns at her own pace
He's a psychopath	He's difficult to be around
I'm so OCD	I like things neat
I'm such a derp	I'm so silly
You're such a spaz	You're so excitable

## What is Ableism and How Can We Stop It?

Provided by Dignity and Respect 2016

The term ableism refers to the “practices and dominant attitudes in society that devalue and limit the potential of persons with disabilities.” When we talk about ableism, we’re talking about not treating those with disabilities as whole people. Ableism assumes that able-bodied people are superior to anyone living with a disability.

Discrimination towards people with disabilities is damaging. And because ableism is not talked about as commonly as other inequalities, it may actually be harder to know when you are contributing towards ableist tendencies.

Continue Reading At: [Dignity and Respect](#)

This is the link to the [transcript!](#)

## Mortgage and Housing Assistance During Covid-19

A new federal law, the Coronavirus Aid, Relief, and Economic Security (CARES) Act, puts in place protections for



homeowners and renters. If you are in need of assistance [here is a link to more information.](#)

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## **CIL Disability Resource Center is inviting you to a scheduled Zoom meeting.**

Topic: Easy Tips on Disaster Preparedness  
Time: May 27, 2020 01:00 PM Central Time  
(US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81016972478?pwd=OUgwMDVnT1BqMElkZEpMcjFHcW9Ndz09>

Meeting ID: 810 1697 2478  
Password: 798673

One tap mobile

+13126266799,,81016972478#,,1#,798673# US (Chicago)

+16465588656,,81016972478#,,1#,798673# US (New York)

Dial by your location

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Germantown)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 810 1697 2478

Password: 798673



## **Tax Free Days on Disaster Preparedness have been announced:**

Tax free days to prepare for Hurricane season have just been announced — May 29, 2020 - June 4, 2020

Find out more information at the [Florida Department of Revenue](#)

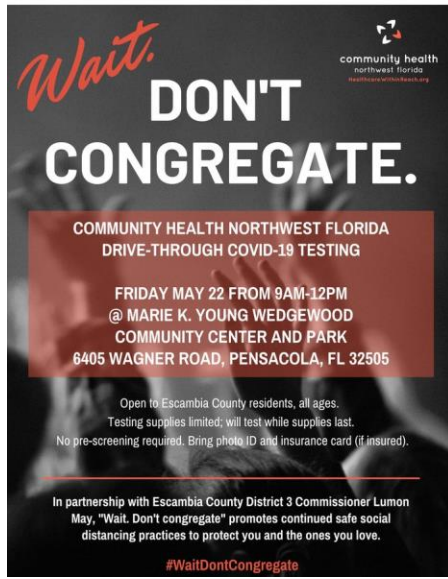
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## **CILDRC Updates:**

This week our team has returned to the office, but will continue to practice CDC guidelines and physical distancing by providing services by appointment only. The CIL Team continues to reach out by telephone to assess and fulfill consumer unmet needs. We have been able to assist many individuals with connection to food, equipment and/or a listening ear. Recently we were able to help facilitate transition of a consumer from a rehabilitation facility by providing a hospital bed to allow him to continue his recovery at home. We overcame the logistical challenges we faced through coordinated efforts between our CIL Team and the consumer's family members.

(If we haven't reached you yet and you don't feel you need to connect with CILDRC directly, please reply to this email and type **"I AM OKAY"** in the body.)

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## Free Drive-Through Covid-19 Testing

On Friday May 22nd from 9am- 12pm  
at Marie K. Young Wedgewood  
Community Center and Park 6405  
Wagner Road, Pensacola, FL 32505.

This is open to all Escambia county  
residents of all ages.

No pre-screening required. Bring photo  
ID and insurance information (if  
insured).

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## How to Avoid Scammers After Your Stimulus Check

**"Beware stimulus-related emails, calls, and texts!** The IRS doesn't initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information," reads the agency's page related to phishing and other scams. "This includes requests for PIN numbers, passwords or similar access information for credit cards, banks or other financial accounts." **Here's a link for more information!**

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## Gov. DeSantis Issues "Phase 1: Safe. Smart. Step-by-Step" Executive Order

Governor Ron DeSantis issued [Executive Order 20-123](#) on May 15, 2020, which brings all Florida counties into Full Phase 1: Safe. Smart. Step-by-Step. Plan for Florida's Recovery effective May 18. Find answers to these questions [by visiting this link!](#)

Info-graphic transcript available [Here!](#)

## Upcoming Community Events

- **Crip Camp Impact Campaign:** Have community building right in your own home. Every Sunday at 2 pm PST/5 pm EST from May 17th to August 30th for one and a half hours each. [Here is a link](#) to register or find out more information.
- Join the **CIL Disability Resource Center** and **Central Credit Union of Florida** for a Build a Basic Budget webinar on June 9th at 2pm.
- **NAMI Mental Health Peer Support Groups** - On ZOOM. For dates and times [visit this link](#) to register or find out more.

Updated information about COVID-19  
by county is available by clicking a graphic below.





**STAY HOME UNLESS FOR  
ESSENTIAL BUSINESS**

[www.santarosa.fl.gov/](http://www.santarosa.fl.gov/)  
**COVID19**

Prevent the spread of germs.



*Okaloosa* COUNTY



WALTON COUNTY  
Florida

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**CIL Disability Resource Center is  
inviting you to a scheduled Zoom  
meeting.**

Topic: Community Conversations Social Group

Time: May 27, 2020 12:00 PM Central Time (US and Canada)

Join the Zoom Meeting **by following this link!**

Meeting ID: 853 1223 7763

Password: 052247

One tap mobile

+13126266799,,85312237763#,,1#,052247# US (Chicago)

+16465588656,,85312237763#,,1#,052247# US (New York)

Dial by your location

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+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)  
Meeting ID: 853 1223 7763  
Password: 052247

**The Social Engagement Activity will occur each Wednesday at 12:00 noon.**  
Please watch for updated information posted on our website on how you can connect.  
We will also send out emails with instructions on how to participate.

**Want to help people with disabilities live fuller,  
more meaningful lives in the community?  
Funding is presently needed to purchase  
wheelchairs, bath benches, walkers and other  
durable medical equipment.**

**YOUR SUPPORT MAKES A DIFFERENCE!  
DONATE TODAY!**

**You may contribute online by clicking the "Donate"  
button below or you may mail a check to:  
CIL Disability Resource Center  
3600 North Pace Boulevard  
Pensacola, FL 32505**

**DONATE**

Center for Independent Living of Northwest Florida, Inc. (FEIN: 59-2288751) dba CIL Disability Resource Center, is a registered charity in the State of Florida, Registration Number CH130.

A copy of the Official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free within the state. Registration does not imply endorsement, approval, or recommendation by the state.  
1-800-HELP-FLA (435-7352), [www.FloridaConsumerHelp.com](http://www.FloridaConsumerHelp.com)

**SUPPORTED BY:**  
U.S. Department of Health and Human Services  
Florida Department of Education - Division of Vocational Rehabilitation State Funding  
Florida Alliance for Assistive Services and Technology (FAAST)  
Local Businesses, Private and Individual Donations





**Certified Partner Agency**

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