



HELLEN KELLER DAY

June 27th is Helen Keller Day, celebrating this American author, political activist, and first deaf, blind person to earn a bachelor of arts degree. Her teacher and lifelong friend, Anne Sullivan, developed a personalized method to teach Helen words, multiplication tables, and the Braille system. The latter soon became famous for her incredible progress, helping increase awareness and funding for The Perkins school for the blind. Helen was rewarded honorary degrees from both Temple University and Harvard University. The observance was proclaimed in 1960 by the mayor of Newark, Leo P. Carlin, followed by US president Jimmy Carter and many organizations, particularly those helping the blind and deaf.



EVENTS:

PEER SUPPORT AND INDEPENDENT LIVING SKILLS:

- **Cooking and Healthy Living Class:**

Happening 1st Monday of the Month at 10 am

- **Nutrition Class:**

Joy us for our cooking class and learn tips for healthy living from our health advocate Brina. Our class will involve hands on learning with affordable, nutritious, easy to do meals. Join us for a culinary experience.

- **Balance and Stretch class:**

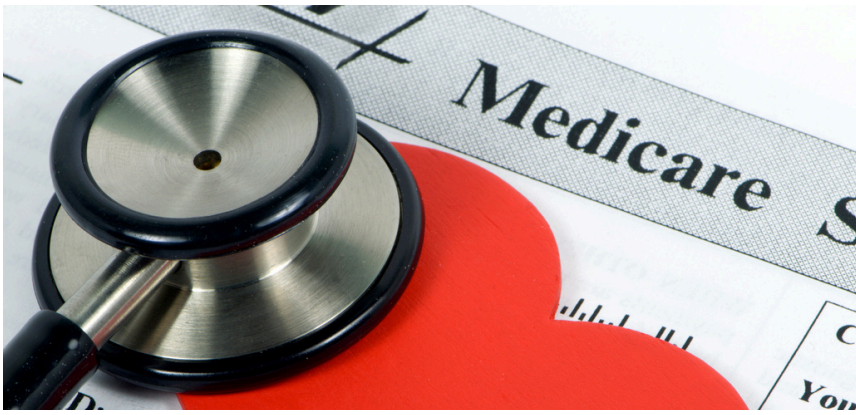
All Wednesdays at 11:30 am

- This is for all levels and abilities
- The class will include both seated and standing stretches
- Health benefits of this class:

- Breathing practices to reduce stress

-Balancing techniques to keep us steadier and stronger on our feet

Please call the center to reserve your seat at (305) 453-3491



Medicare & Coronavirus

The Public Health Emergency for COVID-19 ended on May 11, 2023.

- Medicare continues to cover vaccines without cost sharing.
- You might have cost sharing for COVID-19 diagnostic tests.
- Telehealth services continue through December 31, 2024.

Get a COVID-19 vaccine as soon as you can.

- Medicare covers the updated COVID-19 vaccine at no cost to you. Medicare covers the vaccine for anyone who has Medicare.
 - The updated 2023–2024 Pfizer-BioNTech or Moderna vaccine is available for people 5 and older.
 - Note: Some adults 18 years and older who have completed their primary vaccine series have the option to get a Novavax vaccine instead of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine. Stay up to date with COVID-19 vaccines at [CDC.gov](https://www.cdc.gov).
- If you:
 - Recently had COVID-19: The CDC recommends you wait at least 3 months before you get the updated COVID-19 vaccine.
 - Are moderately to severely immunocompromised (like people who have had an organ transplant and are at risk for infections and other diseases) and got 1 shot of the updated vaccine at least 2 months ago: Check [CDC.gov](https://www.cdc.gov) to find your vaccination schedule.

If you have Medicare and have a disability or face other challenges in getting to a location away from home for a vaccination, Medicare will pay a doctor or other care provider to give you the COVID-19 vaccine in your home. You might need to give them your Medicare number for billing, but there's still no cost to you for the vaccine and its administration.

More News:

DOWNLOAD the Red Cross Emergency App. It's FREE, easy and will put vital information at your fingertips. It's really the best all-inclusive tool you should have. Search "American Red Cross" in your mobile app store.

MAKE A PLAN with your family. Planning ahead will save you a lot of worry when you need to act quickly. In our Center we are able to help you to make a plan.

BE INFORMED to stay safe. Identify how local authorities will notify you during a disaster and how you will get information. Know the difference between different weather alerts and what actions to take in each.

Services:



Hurricane Season June 1 to November 30, 2024,

Be hurricane Ready

This is the time to prepare. Be informed
* Do you need assistance to do a Hurricane preparedness plan?

- Are you enrolled in the Special Needs registry?
- Or do you need to update your information with the Special Needs Registry?
- Is your pet register to go with you to the shelter?

Please call us and make an appointment to be Hurricane ready 305 453 3491

• Help applying SNAP, and other state benefits. Partnership with DCF.

• Case management: To provide advocacy and assist in accessing and coordinating services, resources, and supports in the community to maximize consumer's independence.

Employment support:

- Resume writing
- Job search
- Referrals to employment supports.
- Partnership with vocational rehabilitation and other employment supports.
- SSA Benefits Counseling and Ticket To Work Orientation. (Community based program from SSA)
- Computer classes

INFORMATION AND REFERRAL about resources in the community: Callers primary issues: Housing, Rental assistance, Health Care. ORIENTATION ABOUT RESOURCES AND HOW TO HAVE ACCESS.

FREE ASSISTIVE DEVICE LOAN CLOSET:

Loan out wheelchairs and other equipment at no charge.

Contact Us:

Keys Advocacy Center d/b/a Center for Independent Living of the Keys

Mail: 103400 Overseas Hwy Ste 243 Key Largo FL 33037

Office: 305 453 3491
Cellphone/text: 786 377 4001
Fax: 305 453 3488

Email: cilk@cilofthekeys.org
Website: www.cilofthekeys.org
Messenger: Like us on Facebook

MONROE COUNTY EMERGENCY MANAGEMENT WEBSITE:

to find very important information about how to prepare for the Hurricane Season and more.
<http://www.monroecounty-fl.gov>

ALERT! MONROE: Monroe County's Emergency Notification System

Receive alerts about emergencies and other important community news by signing up for our Emergency Alert Program. To self-register for Alert! Monroe, visit the County's Emergency Management website.

SPECIAL NEEDS REGISTRY

In order to meet the special needs of those who need assistance during evacuations and sheltering due to physical and mental disabilities. Register at <http://www.monroecountyem.com/148/Special-Needs-Registry>

Important Emergency contacts

*Monroe County Emergency Management
490 63rd St. (Ocean) Suite 150 Marathon, FL 33050
Phone: (305) 289-6018
Fax: (305) 289-6333
Website: <http://www.monroecountyem.com/829/About-Us>

Storm Ready Emergency Hotline: 1 800 955 5504

***Monroe County Special Needs Registry**

490 63rd Street Ocean Suite 150, Marathon, FL 33050
Phone: 305-292-4591
Fax: 305-289-6333
Email: SpecialNeeds@MonroeCounty-FL.gov

***Board of County Commission:**

BOCC phone number (305) 292-4441

***Transportation**

1100 Simonton St. Suite 2-256 Key West, FL 33040
Phone: (305) 292-4424
Fax: (305) 292-4411

***EMERGENCY HOTLINES**

Monroe County Emergency Information Hotline: 1-800-955-5504
State of Florida Emergency Information: 1-800-342-3557

***EMERGENCY VOLUNTEER ORGANIZATIONS**

Salvation Army: 305-294-6505
American Red Cross: 305-294-9526

***LAW ENFORCEMENT**

Monroe County Sheriff Office Non-Emergency: 305-289-2371

***UTILITIES**

Florida Power and Light: 1-800-468-8243
Comcast: 305-292-8376
Florida Keys Electric Coop: 305-852-2431
Florida Keys Aqueduct Authority: 305-743-5409
Keys Energy Services Hotline: 305-295-1010

***WEATHER**

National Weather Service Key West: 305-294-1122