



DEVELOPMENTAL DISABILITIES AWARENESS MONTH



In 1987, President Reagan recognized March as Developmental Disabilities Awareness Month to increase “public awareness of the needs and the potential of Americans with developmental disabilities” and to provide the “encouragement and opportunities they need to lead productive lives and to achieve their full potential.”

According to the Centers for Disease Control and Prevention (CDC), developmental disabilities are defined as impairments in physical, learning, language or behavior areas, and include:

- Autism spectrum disorders
- Cerebral palsy
- Attention-deficit/hyperactivity disorder
- Learning or intellectual

For more information on Developmental Disabilities Awareness Month, visit <https://nacdd.org/ddam/>



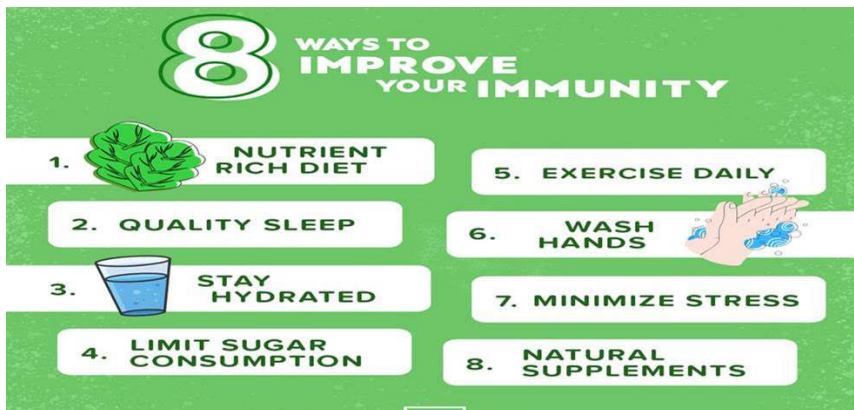
EVENTS:

PEER SUPPORT AND INDEPENDENT LIVING SKILLS:

- **Cooking Class & Healthy Living:** Happening the 1st Monday of the Month at 10 am. Are you looking to develop your cooking skills and incorporate healthy living? Plan on attending our Cooking and Healthy Living Class! Join us to get tips for healthy living.

Our class will involve hands on learning with affordable, nutritious, easy to do meals. Join us for a culinary experience.

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



IMPROVE YOUR IMMUNITY

The body's immune system protects against bacteria, viruses, toxins and other potentially harmful elements. When your immune system is strong, you may not notice it at work, but when it's weakened, symptoms of illness can soon follow. Maintaining a healthy body often starts by taking the steps to give your immune system a boost. And this isn't something that can be done quickly between seasonal illnesses and the COVID-19 pandemic, your immune system may be top of mind.

"Return to basic healthy lifestyle principles: Eating well and sleeping, while reducing stress and trying to stay physically active," says Dr. Stephen McMullan, a Mayo Clinic family medicine physician. Your immune system requires care and is not something you can give a lasting boost overnight, so don't rush to the cabinet for pills or powders. "I think a misconception is that there are supplements or products out there that can really boost the immune system.

Unfortunately, they haven't really had robust evidence that they're highly effective," says Dr. McMullan. Think about long-term adjustments to your lifestyle: a diet that includes lean proteins, seven to nine hours of sleep nightly, daily exercise, and eliminating stressors in your life. The results can help you stay healthy past seasonal illnesses. "Healthy lifestyles can also reduce the risk for certain diseases like high blood pressure, heart disease, strokes, cancer and diabetes," says Dr. McMullan.

SERVICES

ADVOCACY: Apply for disability income: Orientation in how to be successful, initial application, appeals. Partnership with SSA. CIL of the Keys is partnering with SSA to help the most vulnerable populations such as Veterans, homeless, mental health, minorities, and low income to have access to apply and expedite SSI applications. Through this partnership a couple of consumers were able to get their case expedited and received their SSA benefits approved.

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

Please call and make an appointment at 305 453 3491

RESOURCES AVAILABLE IN YOUR COMMUNITY

FOR TAX SEASON

1. TO LOCATE THE NEAREST VITA OR TCE SITE NEAR YOU, USE THE VITA LOCATOR TOOL OR CALL 800-906-9887.
[HTTPS://IRS.TREASURY.GOV/FREETAXPREP/](https://irs.treasury.gov/freetaxprep/)

2. AARP FOUNDATION'S TAX AIDE PROGRAM. TO LOCATE THE NEAREST AARP TCE TAX-AIDE SITE BETWEEN JANUARY AND APRIL USE THE AARP SITE LOCATOR TOOL OR CALL 888-227-7669.
[HTTPS://WWW.AARP.ORG/MONEY/TAXES/AARP_TAXAIDE/](https://www.aarp.org/money/taxes/aarp_taxaide/)

3. UNITED WAY FREE TAX PREPARATION IN MONROE COUNTY:
[HTTPS://UWCOLLIERKEYS.ORG/PROGRAMS/VITA/](https://uwcollierkeys.org/programs/vita/)

Contact Us:

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