



Celebrate
Black
 HISTORY
month

BLACK HISTORY MONTH IS AN ANNUAL OBSERVANCE ORIGINATING IN THE UNITED STATES, WHERE IT IS ALSO KNOWN AS AFRICAN-AMERICAN HISTORY MONTH. IT BEGAN AS A WAY OF REMEMBERING IMPORTANT PEOPLE AND EVENTS IN THE HISTORY OF THE AFRICAN DIASPORA.

BLACK HISTORY MONTH WAS FIRST PROPOSED BY BLACK EDUCATORS AND THE BLACK UNITED STUDENTS AT KENT STATE UNIVERSITY IN FEBRUARY 1969. THE FIRST CELEBRATION OF BLACK HISTORY MONTH TOOK PLACE AT KENT STATE A YEAR LATER, FROM JANUARY 2 TO FEBRUARY 28, 1970. SIX YEARS LATER, BLACK HISTORY MONTH WAS BEING CELEBRATED ALL ACROSS THE COUNTRY IN EDUCATIONAL INSTITUTIONS, CENTERS OF BLACK CULTURE AND COMMUNITY CENTERS, BOTH GREAT AND SMALL, WHEN PRESIDENT GERALD FORD RECOGNIZED BLACK HISTORY MONTH IN 1976. HE URGED AMERICANS TO "SEIZE THE OPPORTUNITY TO HONOR THE TOO-OFTEN NEGLECTED ACCOMPLISHMENTS OF BLACK AMERICANS IN EVERY AREA OF ENDEAVOR THROUGHOUT OUR HISTORY" IN THE BLACK COMMUNITY, BLACK HISTORY MONTH WAS MET WITH ENTHUSIASTIC RESPONSE; IT PROMPTED THE CREATION OF BLACK HISTORY CLUBS, AN INCREASE IN INTEREST AMONG TEACHERS, AND INTEREST FROM PROGRESSIVE WHITES.

RESOURCE:

[HTTPS://BLACKHISTORYMONTH.GOV/](https://blackhistorymonth.gov/)



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 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.**
- **Stretch and balance class:** Happening 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 (305) 453-3491



MINDFULNESS

Learning to be mindful in your daily life can help when you are overwhelmed. Mindfulness is the ability to be in the present moment and pay attention to the task at hand. Being intentional in whatever you are doing in that moment is mindfulness. If you're feeling a moment of stress, try using the S.T.O.P Technique, developed by mindfulness expert Jon Kabat-Zinn.

Stop: Interrupt your thoughts and pause whatever you're doing. Sit up straight with a tall spine and calm yourself. Notice the sensations of being present.

Take a Breath: Breathe in slowly through the nose, expanding the belly, and exhale slowly and deeply through pursed lips. Take a couple more conscious deep breaths, feeling the body relax with every inhale and release tension with every exhale.

Observe: Become the observer of your thoughts, emotions, and physical reactions. What thoughts do you notice? What emotions are present? How does your body feel? Tune in and sit with whatever arises for a few moments.

Proceed: Finally, proceed with intention and mindfully take each next step in your day from a place of strength, wisdom, and presence.

RESOURCES AVAILABLE IN YOUR COMMUNITY

RESOURCES ON AGING AND DISABILITY:
[HTTPS://WWW.NAVIGATERESOURCES.NET/PSA11/](https://www.navigateresources.net/PSA11/)

ALL RESOURCES IN THE KEYS:
[HTTPS://WWW.KEYSUNITEDWAY.ORG](https://www.keysunitedway.org)

RESOURCES IN FLORIDA:
[HTTPS://WWW.FINDHELP.ORG](https://www.findhelp.org)

HELP WITH FOOD, HOUSING, EMPLOYMENT, HEALTH CARE, COUNSELING AND MORE.
LEARN MORE ABOUT YOUR LOCAL 2-1-1 BY LOOKING IT UP HERE.
[HTTP://WWW.211SEARCH.ORG/](http://www.211search.org/)

SERVICES

ADVOCACY: Becoming a self-advocate starts with knowing your rights under the Americans with Disabilities Act (ADA and other federal laws protecting the rights and responsibilities of people with disabilities and the obligations of organizations who serve people with disabilities. Advocacy services:

- Assisting with Social Security issues: appeals, reconsiderations, reports, overpayments, reinstatements.
- 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.
- Medicare and Medicaid and other Health insurance navigation and counseling: benefits explanation, compare/enroll plans, appeals, billing/claims, Partnership with AFA/SHINE program.
- Help applying for state benefits. Partnership with Department of Children and Families DCF.
- Case management: To provide advocacy and assist in accessing and coordinating services, resources and supports in the community to maximize consumer's independence

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

February

2024

Classes and Activities: Center for Independent Living of The Keys

Center for Independent Living of The Keys

102400 Overseas Highway Ste 243

Key Largo, FL 33037

Phone: 305-453-3491



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Cooking Class 10:00 am-12:00 pm	6	7 Stretch / Balance Class 11:30 am-12:30pm	8	9	10
11	12 Vaccine Clinic 10:00am-1:00pm	13	14 Stretch / Balance Class 11:30 am-12:30pm	15	16	16
18	19 HOLIDAY	20	21 Stretch / Balance Class 11:30 am-12:30pm	22	23 Nutrition Class 10:30am-11:30am	24
25	26	27	28 Stretch / Balance Class 11:30 am-12:30pm	29		