

LILA NEWS

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February 2015

HAPPY NEW YEAR

Lane Independent Living Alliance

We are one of a network of Independent Living Centers around the U.S. LILA is a peer centered, consumer controlled organization serving people with physical, psychiatric, cognitive, and sensory disabilities in Lane County. LILA's mission is to empower and develop leadership and independence in people with disabilities, as well as advocating for full inclusion in our communities.

What Is Peer Centered?

LILA is staffed by people with disabilities who can share their experiences, knowledge, success and failures with others. Staff can help consumers find resources and make informed decisions.

What Is Consumer Control?

Our philosophy is that people with disabilities are the best experts on their own needs, and have the right to decide how to live, work, and take part in their communities, especially the services that affect their day-to-day lives.

The New Year brings big changes to LILA. We moved from the Atrium into a much larger space at 20 East 13th Ave. We have private offices, several meeting rooms and room for more staff and new programs.

LILA Announces Its New Job Club

Are you looking for work? Have trouble keeping a job? Don't have basic computer skills? LILA's new Job Club can help with these issues and more. Job Club is open Monday, Wednesday, and Thursday from 11am -3pm, no appointment needed.

What Services Does LILA Provide?

LILA provides the following **free** independent living services:

- ◆ Information and referral
 - ◆ Peer mentoring and counseling
 - ◆ Individual and system advocacy
 - ◆ Independent living skills training
 - ◆ Transition to independent living
- Call LILA or see our website for more information.

LILA also provides additional services:

- ◆ ADA information & consultation
- ◆ Disability Navigator job search assistance
- ◆ Peer Support Club
- ◆ True North's recovery support services

Staff Profile: Cora Jones Independent Living Specialist

Cora is one of the original staff members of LILA. An Athabascan Indian, Cora grew up in a tiny village in Alaska before moving to the lower 48. She and her son are active in the Native community. Before Cora moved to Eugene she worked as a rehabilitation teacher for the blind and visually impaired. Her passion is helping other people with disabilities become more independent.



Cora and her son Logan attending a LILA fundraiser at Cozmic Pizza.

February 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/ Sun
2	3	4	5	6	7/ 8
Job Club (drop-in) 11-3 Tai Chi 3:30-4	TN: Making & Keeping Healthy Boundaries 3-4	LILA Support Group 1-2:30 Job Club (drop-in) 11-3 Tai Chi 3:30-4	Job Club (drop-in) 11-3 TN: Oasis 12:30-1:30 TN: Men with Moods 2:30-3:30	SSI/SSDI 11:30-12:30	
9	10	11	12	13	14/ 15
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16 Presidents' Day	17	18	19	20	21/ 22
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23	24	25	26	27	28/ 1
Job Club (drop-in) 11-3 Tai Chi 3:30-4	TN: Making & Keeping Healthy Boundaries 3-4	LILA Support Group 1-2:30 Job Club (drop-in) 11-3 Tai Chi 3:30-4	TN: Navigating PSRB 11-12:30 Job Club (drop-in) 11-3 TN: Oasis 12:30-1:30 TN: Men with Moods 2:30-3:30		

TN – True North Program