



International
Day of
Persons with
Disabilities
3 DECEMBER

THE ANNUAL OBSERVANCE OF THE INTERNATIONAL DAY OF DISABLED PERSONS WAS PROCLAIMED IN 1992, BY THE UNITED NATIONS GENERAL ASSEMBLY RESOLUTION 47/3. THE OBSERVANCE OF THE DAY AIMS TO PROMOTE AN UNDERSTANDING OF DISABILITY ISSUES AND MOBILIZE SUPPORT FOR THE DIGNITY, RIGHTS AND WELL-BEING OF PERSONS WITH DISABILITIES. IT ALSO SEEKS TO INCREASE AWARENESS OF GAINS TO BE DERIVED FROM THE INTEGRATION OF PERSONS WITH DISABILITIES IN EVERY ASPECT OF POLITICAL, SOCIAL, ECONOMIC AND CULTURAL LIFE.

DID YOU KNOW?

- OF THE ONE BILLION POPULATION OF PERSONS WITH DISABILITIES, 80% LIVE IN DEVELOPING COUNTRIES.
- AN ESTIMATED 46% OF OLDER PEOPLE AGED 60 YEARS AND OVER ARE PEOPLE WITH DISABILITIES.
- ONE IN EVERY FIVE WOMEN IS LIKELY TO EXPERIENCE DISABILITY IN HER LIFE, WHILE ONE IN EVERY TEN CHILDREN IS A CHILD WITH A DISABILITY.



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 for our cooking class with our Chef Adonis while learning 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 at (305) 453-3491





HELPFUL ORGANIZATION AND RESOURCES IN THE COMMUNITY

For free and Unbiased information about Medicare please contact:
SHINE (Serving Health Insurance Needs of Elders)

This free program is offered by the Florida Department of Elder Affairs and the Alliance for Aging. Specially trained volunteers in Miami-Dade and Monroe counties can assist you with your Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased and confidential.

To find out more information about this program, please contact the Alliance for Aging:
English: 305-670-6500, extension 11256 | Español: 305-670-6500, extension 11276.

<https://allianceforaging.org/consumers/shine-resources?fbclid=IwAR0YtkkdCGMbdu4miovEJx7zZyaINVdKwzB5MFeZOx5jAdBcGGgj0hISPz0>

you can also call our local SHINE volunteers in our Center at
(305)453 3491

Find your local food bank at feedingamerica.org/find-your-local-foodbank.

Different food banks have different procedures. Call first to check your food bank's requirements

Call 211 for community resources and referrals.
Or visit the national [211 Call Center Search website](https://www.211.org/) to find the 211 information and referral center nearest you

Visit [auntbertha.com](https://www.auntbertha.com) for other local resources.

Search for free or reduced cost services like medical care, food, job training, and more.

Assistive Devices: Free of cost loan closet

We are still maintaining our loan closet filled with assistive devices of shower chairs, walkers, commodes etc. We THANK all who have donated their equipment for the purpose of sharing it with others. We have many happy consumers who might otherwise go without if it were not for these thoughtful donations.

If you are in need an assistive device, let us know and we will check to see if we have the needed item available. All items are loaned out at no cost to the consumer for as long as they need them.



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
(contact form)

Messenger: Like us on Facebook