



This month of April, we would like to provide more awareness about Autism. Both Asperger and Autism are increasingly referred to as Autism Spectrum Disorders (ASD) as a range of disorders exist affecting verbal and nonverbal communication, social interaction and imaginative or creative play. Asperger is at the milder end of the range and symptoms usually appear in the first three years of a child's life. Children on the autism spectrum have trouble in the classroom communicating their needs or understanding instructions. Inappropriate social behavior leads to the child being bullied or isolated and their inability to decipher the world around makes it difficult for their teachers to meet their needs.

According to Autism Society " The Autism Society recognizes that the prevalence of autism in the United States has risen from 1 in 125 children in 2010 to 1 in 59 in 2020 – recognizing this continued increase, the goal for AAM is to further increase awareness about autism signs, symptoms and opportunities through: information and referrals, events, printable and digital resources, and community partnerships with businesses and organizations dedicated to building inclusive experiences" for more information visit <https://www.autismspeaks.org/world-autism-awareness-day>



## 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) 453-349**

**Cooking and Healthy Living Class:** Monday, April 8th at 10 am

**Balance and Stretch class:** all Wednesdays at 11:30 am

**Nutrition Class:** Friday, April 19th 10:30 am

**Vaccine event:** Monday, April 22nd at 10 am at Monroe Co. Social Services

**Line Dance:** Monday, April 29th at 12 pm



## For the first time since 2021, the Centers for Disease Control and Prevention has updated its COVID isolation guidance

Before this, the CDC recommended that people who test positive for COVID should isolate away from others for five days and wear a well-fitting mask around others for the following five days. This was different from the general guidance for other common respiratory viruses, like flu and RSV.

Now there is no one-size-fits-all duration for how long to isolate; rather, you can resume regular activities—ideally still using other prevention strategies, like masking and distancing—based on when your symptoms have improved and your fever has gone away.

The CDC has simplified its recommendations for how long to stay home and isolate after testing positive or experiencing symptoms to be consistent across COVID-19, influenza, and RSV infections. This way, anyone who develops symptoms can follow the same isolation guidance, irrespective of what respiratory virus they're infected with.

It's important to note, though, that this guidance on how long to isolate is just one part of a larger strategy for combating respiratory viruses that includes:

- Being up to date on recommended vaccines.
- Practicing good hygiene regarding hand-washing, sneezing, and coughing.
- Being aware of antiviral treatment options for COVID-19 and influenza.
- Taking steps to improve indoor air quality.

We can likely expect to see a new COVID-19 vaccine available this fall, just like we see new, updated influenza vaccines each fall. This spring—typically around May—a decision will be made on which variants the updated vaccine will be designed around, and like we saw in 2023, the new vaccine will be available in the fall as we head into the typical respiratory virus season.

## Free of Cost Loan Closet: ASSISTIVE DEVICES

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 of 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.

Please call the center for more information at 305 453 3491

### RESOURCES AVAILABLE

**BENEFITS:** [WELCOME TO BENEFITS.GOV | BENEFITS.GOV](https://www.welcome-tobenefits.gov/)

**SERVICES:** [THE ALLIANCE FOR AGING OF MIAMI-DADE AND MONROE COUNTIES COMMUNITY RESOURCE DATABASE \(NAVIGATERESOURCES.NET\)](https://www.theallianceforagingofmiami-dadeandmonroecounties.com/)

**HOUSING:** [FLORIDAHOUSINGSEARCH.ORG](https://www.floridahousingsearch.org/) | [FLORIDA APARTMENTS](https://www.floridapartments.com/) | [FLORIDA RENTAL HOMES](https://www.floridarentalhomes.com/)

**FIND HELP:** [FINDHELP.ORG](https://www.findhelp.org/) BY [FINDHELP](https://www.findhelp.org/) - [SEARCH AND CONNECT TO SOCIAL CARE](https://www.findhelp.org/)

**GET HELP:** [CALL 211 FOR ESSENTIAL COMMUNITY SERVICES](https://www.call211.org/) | [UNITED WAY 211](https://www.unitedway211.org/)

**FOOD:** [FIND FOOD NOW \(FEEDINGFLORIDA.ORG\)](https://www.findfoodnow.org/)

**MENTAL HEALTH:** [FIND TREATMENT LOCATORS AND HELPLINES](https://www.findtreatmentlocatorsandhelplines.org/) | [SAMHSA](https://www.samhsa.gov/)

**US GOV SERVICES AND INFORMATION:** [OFFICIAL GUIDE TO GOVERNMENT INFORMATION AND SERVICES](https://www.officialguide.to.gov/) | [USAGOV](https://www.usagov.gov/)

#### Contact Us:

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

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**Messenger:** Like us on Facebook

*Real Impact,*

# REAL PEOPLE

THE STORY OF DIANA'S STRUGGLE AND EVENTUAL RELIEF PROVIDED BY THE CENTER FOR INDEPENDENT LIVING OF THE KEYS (CILK) SHOWCASES THE CRUCIAL ROLE THAT COMMUNITY ORGANIZATIONS PLAY IN ASSISTING THOSE IN NEED, ESPECIALLY IN TIMES OF CRISIS SUCH AS HURRICANE IAN. DIANA'S SITUATION HIGHLIGHTS THE PARTICULAR CHALLENGES FACED BY INDIVIDUALS WITH DISABILITIES AND LOW INCOME DURING NATURAL DISASTERS, WHERE ACCESS TO NECESSARY RESOURCES CAN BE LIMITED. BY ADDRESSING DIANA'S SPECIFIC NEEDS AND PROVIDING HER WITH A NEW HOSPITAL BED, CILK NOT ONLY IMPROVED HER QUALITY OF LIFE BUT ALSO DEMONSTRATED THE IMPORTANCE OF TAILORED ASSISTANCE FOR INDIVIDUALS WITH DISABILITIES.

DIANA'S STORY SERVES AS A REMINDER OF THE RESILIENCE OF INDIVIDUALS IN THE FACE OF ADVERSITY AND THE VITAL ROLE THAT COMMUNITY ORGANIZATIONS PLAY IN SUPPORTING THEM. THROUGH THEIR COMPASSIONATE EFFORTS, ORGANIZATIONS LIKE CILK HELP ENSURE THAT EVEN IN THE AFTERMATH OF A DISASTER, INDIVIDUALS LIKE DIANA CAN FIND COMFORT AND SUPPORT AS THEY REBUILD THEIR LIVES.