



## FAMOUS PEOPLE WHO YOU MIGHT NOT KNOW HAVE A DISABILITY:

- **Robin Williams** - before his untimely death, the actor and comedian had been diagnosed with Parkinson's Disease. Williams also had ADHD as a child and was diagnosed with bipolar as an adult.
- **Daniel Radcliffe** - the Harry Potter star suffers from dyspraxia, a neurological condition which impairs organisation and movement.
- **Christopher Reeve** - almost synonymous with his portrayal of Superman, Reeve later suffered a spinal cord injury and was a quadriplegic for the remainder of his life. Reeve spent his later years dedicating his life to spinal cord injury research.
- **Elton John** - the world-famous musician has struggled with epilepsy for many years.
- **RJ Mitte** - most famous for his role playing the son of Walter White in hit AMC show; Breaking Bad, RJ Mitte is an actor living with Cerebral Palsy.
- **Stevie Wonder** - the much-loved singer and pianist has been blind since he was a baby.
- **Millie Bobby Brown** - the Stranger Things actress lives with partial hearing loss, leading to difficulties hearing herself, and co-stars, during performances.
- **Stephen Hawking** - the brilliant mind of this Physicist helped propel him to mass fame. Hawking lived with Motor Neuron Disease.

**It's important to remember that if you yourself have a disability, you're not alone and you can achieve just about anything that you put your mind to!**



## 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



## YOUR HEALTH + COVID

Yes, long COVID can be a disability under the ADA, Section 504, and Section 1557 if it substantially limits one or more major life activities.<sup>9</sup> These laws and their related rules define a person with a disability as an individual with a physical or mental impairment that substantially limits one or more of the major life activities of such individual (“actual disability”); a person with a record of such an impairment (“record of”); or a person who is regarded as having such an impairment (“regarded as”).<sup>10</sup> A person with long COVID has a disability if the person’s condition or any of its symptoms is a “physical or mental” impairment that “substantially limits” one or more major life activities.

This guidance addresses the “actual disability” part of the disability definition. The definition also covers individuals with a “record of” a substantially limiting impairment or those “regarded as” having a physical impairment (whether substantially limiting or not). This document does not address the “record of” or “regarded as” parts of the disability definition, which may also be relevant to claims regarding long COVID.

Long COVID is a physical or mental impairment

A physical impairment includes any physiological disorder or condition affecting one or more body systems, including, among others, the neurological, respiratory, cardiovascular, and circulatory systems. A mental impairment includes any mental or psychological disorder, such as an emotional or mental illness.<sup>11</sup>

Long COVID is a physiological condition affecting one or more body systems. For example, some people with long COVID experience:

- Lung damage
- Heart damage, including inflammation of the heart muscle
- Kidney damage
- Neurological damage
- Damage to the circulatory system resulting in poor blood flow
- Lingering emotional illness and other mental health conditions

Accordingly, long COVID is a physical or mental impairment under the ADA, Section 504, and Section 1557.<sup>12</sup>

An individualized assessment is necessary to determine whether a person’s long COVID condition or any of its symptoms substantially limits a major life activity. The CDC and health experts are working to better understand long COVID. Read more about it [here](#).

### Resources: Information for Hurricane Season

#### Hurricane preparedness Resources

MONROE COUNTY EMERGENCY MANAGEMENT WEBSITE: to find very important information about how to prepare for the Hurricane Season and more. <http://www.monroecounty-fl.gov>

#### ALERT! MONROE: Monroe County's Emergency Notification System

Receive alerts about emergencies and other important community news by signing up for our Emergency Alert Program. To self-register for Alert! Monroe, visit the County's Emergency Management website. [www.monroecountyem.com/alertmonroe](http://www.monroecountyem.com/alertmonroe)

#### SPECIAL NEEDS REGISTRY

In order to meet the special needs of those who need assistance during evacuations and sheltering due to physical and mental disabilities. Register at [www.monroecountyem.com/alertmonroe](http://www.monroecountyem.com/alertmonroe)

#### Important Emergency contacts

**Monroe County Emergency Management**  
490 63rd St. (Ocean) Suite 150 Marathon, FL 33050

Phone: (305) 289-6018

Fax: (305) 289-6333

Website:

<http://www.monroecountyem.com/829/About-Us>

Storm Ready Emergency Hotline: 1 800 955 5504

#### Monroe County Special Needs Registry

490 63rd Street Ocean Suite 150, Marathon, FL 33050

Phone: 305-292-4591

Fax: 305-289-6333

Email: [SpecialNeeds@MonroeCounty-FL.gov](mailto:SpecialNeeds@MonroeCounty-FL.gov)

#### Board of County Commission:

<https://www.facebook.com/MonroeCountyFLBOCC/>

BOCC phone number (305) 292-4441

#### Transportation

1100 Simonton St. Suite 2-256 Key West, FL 33040

Phone: (305) 292-4424

Fax: (305) 292-4411

#### EMERGENCY HOTLINES

Monroe County Emergency Information

Hotline: 1-800-955-5504

State of Florida Emergency Information: 1-800-342-3557

#### EMERGENCY VOLUNTEER ORGANIZATIONS

Salvation Army: 305-294-6505

American Red Cross: 305-294-9526

#### LAW ENFORCEMENT

Monroe County Sheriff Office Non-Emergency: 305-289-2371

#### UTILITIES

Florida Power and Light: 1-800-468-8243

Comcast: 305-292-8376

Florida Keys Electric Coop: 305-852-2431

Florida Keys Aqueduct Authority: 305-743-5409

Keys Energy Services Hotline: 305-295-1010

#### WEATHER

National Weather Service Key West: 305-294-1122

#### Be hurricane Ready

This is the time to prepare. Be informed · Do you need assistance to have a Hurricane preparedness plan, and to get a hurricane kit? If you need assistance, please call the Center for Independent Living, we can help. [305 453 3491](tel:3054533491)

# TRIUMPHANT SAGAS

## CIL of The Keys Success Stories

Meg is a single parent of a young girl, who has been receiving support from Center for Independent Living of the Keys (CIL) programs for years. She is a stay-at-home mom and is currently pursuing an A.S. in criminal justice at the College of the Florida Keys. Her goals include becoming a criminal intelligence analyst, reducing reliance on government assistance, and establishing a stable relationship for herself and her daughter.

Her past trauma has been a source of strength, as she has been fighting to reinstate her social security disability. The CIL of The Keys programs has been instrumental in supporting her and providing services such as self-advocacy by providing counseling about her rights for reconsideration and appeals with SSA related issues, benefits counseling in how employment impact Social Security, SSA, benefits, Medicare counseling, provisions of assistive devices and other family services. CIL of the Keys has gone beyond the scope of their job to support her in ways she didn't have before.

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Meg says,

*A disability is what you have but not who you are - it does not define you as a person. It is a strength that not many realize” Thanks to the law protecting patrons with a disability, I am fully confident and fighting to be the federal agent I have always wanted to be. To say that the CIL of the Keys helped me find myself is an understatement. They became my support team; my family and I am forever grateful to all involved. Thank you, Lesly Q. Lopez, Laurel Folse, Brina Tosta, as well as the many others. The CIL of The Keys Independent Living program and Work Incentives Planning and Assistance (IL/WIPA) programs has been a lifesaver for not only myself but for some of my family members as well, for them to still be in my life overcoming the challenges and getting closer together as a family with me.*

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