



Living without Limits

OSCIL is Rhode Island's Center for Independent Living

The Independent Living Philosophy advocates for the rights and dignity of people with disabilities, emphasizing their autonomy, self-determination, and full inclusion in society. It seeks to remove barriers and provide support services that enable individuals with disabilities to lead independent lives, make their own choices, and participate actively in all aspects of life. As Rhode Island's sole Independent Living Center, OSCIL is ready to help all Rhode Islanders of any age with any disability live their best lives.

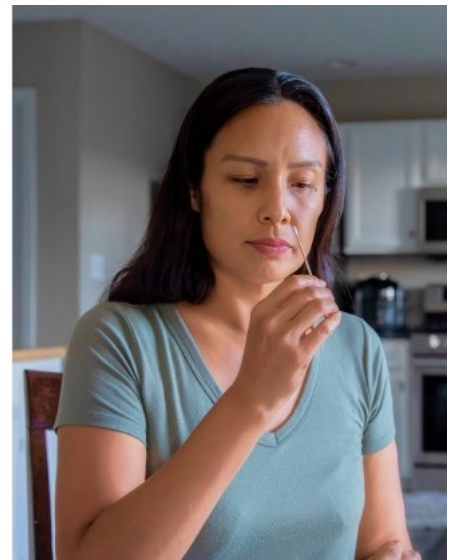
Get FOUR FREE AT HOME COVID-19 tests this fall on COVIDTests.gov

Every U.S. household may place an order to receive four free COVID-19 rapid tests delivered directly to your home.

Order Free At-Home Tests

Accessible covid test: <https://special.usps.com/testkits/accessible>

Need help placing an order for your at-home tests?
Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).



The U.S. government will continue to make COVID-19 tests available to uninsured individuals and underserved communities through existing outreach programs. Please contact [a HRSA health center](#), [Test to Treat](#) site, or [ICATT location](#) near you to learn how to access low- or no-cost COVID-19 tests provided by the federal government.

A Great Loss for the OSCIL Family...



Lynne Powers was an amazing, kind, loving, energetic and fun loving person. She was an employee at OSCIL for 10 years. She was a dedicated advocate for individuals with disabilities and always went the extra mile. She was my first supervisor and we were a very close team at OSCIL for 6 years. Even after she started a new position, she would always be there, if I needed her help. From the first day I met her for my interview, she couldn't have been any nicer and I will forever cherish all of our time together. I will never forget a phone call I had from Lynne, that I received a few hours after my second interview. She called me and said "there is just one more question that I forgot to ask you when you were in the office." I shared my curiosity and was a bit anxious. I then prepared for the question. Lynne then asked me, "how would you like to come to work at OSCIL?" We both laughed so hard; it became a running joke between us! My life is better for having had her in it. Lynne was also incredibly supportive when I decided to get a guide dog. when I came back from classes to train with my guide dog, she was there to make him extremely comfortable too! Asher -when off harness would visit her cubical quite often, as our cubicles were right next to each other. When I came home from Guiding Eyes-she had made sure Ash had a bed, dishes and toy in my office. One Christmas she knitted him a winter sweater-and he loves it! Lynne's nickname for Asher was Dude-so, in her memory I am calling him Dude, at times too. Here at OSCIL, we are all missing our chats with her, her laugh and amazing sense of humor and just having her here in the office with us every day. We are so thankful and grateful for all of her hard work and dedication, in making the world a better place for individuals with disabilities. Rest in peace our dear friend.

Thanks, Heather

OSCIL is Fighting for a Better Rhode Island

From the Desk of Ryan MacLeod, - Program Director

In a world that often marginalizes people with disabilities, let us boldly and unapologetically declare that people with disabilities are more than OK; rather, people with disabilities are perfectly whole as they are, and it was and is our society that needs to change and appreciate the diversity of human life. As Rhode Island's sole Center for Independent Living, OSCIL is committed to the fundamental idea that all Rhode Islanders need access to food, water, medicine, clean air, and an affordable and accessible place to live. Not only does OSCIL directly serve hundreds of Rhode Islanders with disabilities each year, but we are also on the front lines of systems advocacy, fighting to ensure Rhode Island reflects these ideals and that people with disabilities are valued and prioritized. Until society understands and reflects the truth that we are all human beings worthy of dignity and respect and deserving of the same fundamental human needs, OSCIL's work must and will continue.

It is an exciting time at OSCIL, we are revamping our newsletters, outreach materials, social media, and website to reach and serve as many Rhode Islanders as possible. We are also excited to expand our reach into the community through our new online chat function, allowing Rhode Islanders to chat with a knowledgeable and empathetic person about anything related to disability 100% free of charge without having to make a phone call. This feature can be accessed from 9-4 p.m. Monday-Friday (except holidays) in the bottom right corner of [oscil.org](https://www.oscil.org).

Despite this important and necessary work, Centers for Independent Living like OSCIL have been and remain underfunded. There are several ways to help:

- Become a member of OSCIL and/or donate; visit <https://www.oscil.org/membership-donations> for more information about membership, including an option of joining for free.
- Become a sponsor of OSCIL and benefit from additional exposure on our website, social media, and outreach materials; for more information, contact ryan.macleod@oscil.org.
- Subscribe to our newsletter (if you are not already) at <https://www.oscil.org/newsletter>.
- Follow OSCIL on social media, including on [Facebook](#) and [Instagram](#).
- Contact your Senators and Congressperson to inform them of the [5 for 5 campaign](#) to adequately fund Centers for Independent Living across the country.

Together, we can create a Rhode Island where everyone has equal opportunities and is treated with dignity and respect. People with disabilities are not the problem; they are an integral part of our diverse society. It's society's attitudes, structures, and policies that must change to welcome and OSCIL is on the front lines of this fight. Thank you



The Brain Injury Virtual Support Group meets every Tuesday morning from 10:00 a.m. till 11:30 a.m. The group is open to survivors, caregivers, and interested parties. In addition to talking with each other about symptoms, strategies, new resources, doctors, and therapists, they survivors also use the meeting as a way to educate themselves and others about the reality of living with a brain injury. For more information, contact [Richard Muto](#) at 401-738-1013 x57



Youth Support Group
Youth Support Group Weaving Seminar
Thursday, October 26th
5:00 pm - 7:00 pm
at
OSCIL
1944 Warwick Avenue
Warwick, RI 02889



WOMEN WITH DISABILITIES PEER SUPPORT GROUP

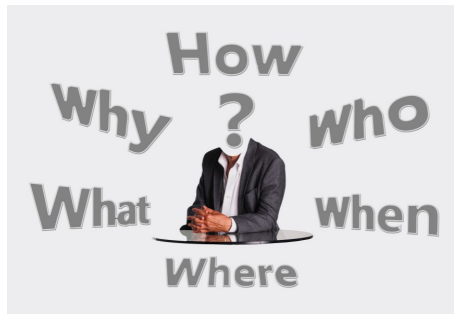
This month the Women with Disabilities Peer Support Group decided to start early with Fall festivities. First, they made caramel apples with a variety of toppings, such as sprinkles, coconut, chocolate morsels and more. While the apples were chilling in the refrigerator, the group had their peer group activity. They listened to a song and discussed its significance and how it gave them feelings of empowerment. Then it was time to wrap up the apples and take them home. A wonderful time was had by everyone!



**Stay
TUNED** LUNCH AND LEARN
OCTOBER 25th
at
OSCIL
1944 Warwick Avenue, Warwick, RI
www.oscil.org



To pre-register, email heather.schey@oscil.org or call 401-738-1013 and leave your name and contact information



INFORMATION AND RESOURCES

Exciting Announcement: Health and Human Services Proposes Stronger Disability Discrimination Protections!

Hello, Rhode Island community! We've got some fantastic news to share that promises to make our country an even more inclusive and welcoming place for everyone.

The United States Health and Human Services Department is taking a bold step forward by proposing to strengthen protections against discrimination based on disability! 🎉

At a glance, here's what this means:

- 🌟 Enhanced safeguards to ensure individuals with disabilities are treated with respect, fairness, and equality.
- 👥 A clear commitment to fostering a more inclusive society where everyone can participate fully in all aspects of life.
- 📄 Comprehensive measures to uphold the rights of individuals with disabilities in healthcare, employment, education, and beyond.

This proposal is a testament to the United States dedication to ensuring equal opportunities and access for all its residents. It's a significant step towards a brighter, more inclusive future!

To learn more, go to:

<https://acl.gov/news-and-events/acl-blog/exciting-announcement-hhs-proposes-strengthen-protections-against>

#inclusion #disabled #disability protection #healthandhumanservices

"Get Set Up"

It is largest and fastest growing online community of older adults who want to learn, connect with others, and unlock new life experiences.

Website: www.getsetup.io/partner/ri

Phone: 1-888-559-1614

Home Modifications: RI Livable Home Modification Grant

This program pays 50 percent of the cost of home modification for people with disabilities to stay in their home, up to \$4,500.

Website: <https://gcd.ri.gov/ri-livable-homes-modification-grant>

Email: barbara.palazzo@gcd.ri.gov

988 - Suicide and Crisis Lifeline:

“988” is the three-digit, nationwide phone number to connect directly to the **988 Suicide and Crisis Lifeline**.

By calling or texting 988 or clicking the link here, you'll connect with mental health professionals with the **988 Suicide and Crisis Lifeline**, formerly known as the National Suicide Prevention Lifeline.

Fire Safety - FREE Smoke Alarms:

At no cost, **American Red Cross** will install free smoke alarms within your home.
Phone: 1-877-287-3327 and choose option 1 to schedule your visit.



"I appreciate what you've done for me. I love the stool in the kitchen, I use it all the time when cooking. The GBs in the bathroom are totally useful and have prevented accidents. I use the GB at the front door to assist when getting packages."



Ocean State Center for Independent Living
1944 Warwick Ave, Warwick, RI
02889

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PERMIT NO. 644

Office: 738-1013 Voice
244-7792 VP
Toll Free: 1-866-857-1161
Email: info@oscil.org



Fall 2023 Newsletter

*Your Go-To
Center
for
Disability
Services,
Resources
&
Information!*



Return Service Requested



OSCIL's second annual Quest for Independence summer camp was a resounding success! From August 7th to 11th, Camp Canonicus was buzzing with the energy of 12 remarkable young adults from OSCIL's Youth Transition Program. These campers enhanced their independent living

skills, including resume building, job interview techniques, work readiness, and nutrition education. They honed advocacy skills, culminating in a memorable visit to the Rhode Island Statehouse, and learned to advocate for themselves and others effectively while enjoying a vibrant social calendar, including bowling, boating, swimming, and even creative sessions for songwriting and singing. A heartfelt thank you to our dedicated staff, supporters, and campers for making this unforgettable experience possible!