

# The Outreach

Department of  
Senior & Community Services

Jesse White  
Secretary of State

Fall 2004

## American Legion commanders visit Secretary White's office

The American Legion Department of Illinois held its state convention in Springfield in July. Several members of the American Legion were invited to visit Secretary of State Jesse White's State Capitol office. Secretary White presented a personalized license plate to outgoing State Commander Elvin Carey of Chicago. Art Ambros from Orient was elected the new state commander by the legion for the 2004-2005 year.



Pictured left to right are incoming American Legion State Commander Art Ambros, outgoing State Commander Elvin Carey, Secretary White, Christy Snow and Assistant State Adjutant Lorin Stevens.

## Military records update

The National Personnel Record Center, which maintains archives of Illinois military records, is automating the storage and management of military records. When complete, the center will destroy the hard copies of the records, unless requested by the veteran or a deceased veteran's family.

To request a veteran's record, please contact:  
**National Personnel Records Center • Military Personnel Records**  
9700 Page Ave. • St. Louis, MO 63134-5100  
[www.archives.gov](http://www.archives.gov)

When submitting an online request, a downloadable signature form must be completed and submitted. The National Personnel Records Center will send an e-mail acknowledging your request.

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# White awards literacy grants as part of Literacy Month

In September, Secretary of State Jesse White announced the release of \$6.2 million in fiscal year 2005 literacy grants. Literacy grants were awarded in three categories:

**Adult/Volunteer Literacy** — These grants provide training for volunteers who tutor adults over age 16 in basic reading, math, writing or language skills. Grants are awarded to libraries, community colleges, school districts, community-based organizations, volunteer organizations and correctional facilities.

**Family Literacy** — These grants provide instructional services to parents and children to enhance basic reading, math, writing or language skills both together and separately. Grants are awarded to a partnership of

educational agencies, including an adult literacy provider, a child-at-risk organization and a public library.



**Workplace Skills Enhancement** — These grants provide on-site instructional services to employees of Illinois businesses to enhance basic reading, math, writing or language skills, maintain employment and improve eligibility for promotion. Grants are awarded to businesses that match the award and operate in partnership with an educational provider agency.

*“This year’s grants give literacy providers the important financial resources they need to help students enhance their reading, writing, math and language skills,” said Secretary White. “Our partnership with literacy providers and volunteer tutors gives students the tools to help them achieve their personal and professional goals.”*

For more information about the Secretary of State’s literacy efforts, visit [www.cyberdriveillinois.com](http://www.cyberdriveillinois.com).

## Retired couples give back at Chicago literacy project

The Aquinas Literacy Center in Chicago’s McKinley Park area is proud to count three retired couples among its volunteer tutors.

Rita Mae and Robert Janco believe that it is a gift to speak the language of the nation in which you live. This is the foundation for their successful tutoring style.

Nadine and Donald Murray’s travels abroad gave them insight into the importance of speaking the native language of a country. This led them to tutoring at the Aquinas Center, where they put their commitment to help adults learn to speak English into action.

Betty and Peter Foote wanted to do something together while putting their time to good use. When they learned of the struggles that new immigrants face to learn a new language and the culture here in the United States, they found their calling and began tutoring new immigrants in English.

Secretary White encourages retirees interested in helping others to become volunteer literacy tutors. For more information, please call the Illinois Adult Learning Hotline at 800-321-9511.



Retired volunteer tutor couples at Chicago’s Aquinas Literacy Center include (left to right) Rita Mae and Robert Janco, Nadine and Donald Murray, and Betty and Peter Foote.

## Protecting your identity

Identity theft is one of the fastest growing crimes in America. Take the following steps to protect yourself from identity theft:

- Do not carry your Social Security card with you.
- Do not put your Social Security number on your checks and other documents when it is not necessary. The Secretary of State's office no longer requires Social Security numbers on driver's licenses.
- Shred or tear up receipts and other financial records you no longer need.
- Do not provide your credit card number on the Internet or the phone unless you initiate the contact.
- Do not put bill payments in your mailbox. Take mail to the post office or a drop box.
- Photocopy the contents of your wallet so you have a record in case your purse or wallet is lost or stolen.

If you think your identity has been stolen, immediately call the Federal Trade Commission's identity theft hotline at 877-438-4338. To report a stolen credit card, contact:

**Equifax** • [www.equifax.com](http://www.equifax.com) • 800-525-6285

**Experian** • [www.experian.com](http://www.experian.com) • 888-397-3742

**TransUnion** • [www.tuc.com](http://www.tuc.com) • 800-680-7289

### Obtaining a new Social Security number

Before requesting a new Social Security number, you first need to do everything possible to get a fraudulent situation resolved. You may not request a new Social Security number if:

- You filed for bankruptcy;
- You intend to avoid the law or your legal responsibility; or
- Your Social Security card is lost or stolen, but there is no evidence that someone is using your number.

For more information on requesting a new Social Security number, contact [www.socialsecurity.gov](http://www.socialsecurity.gov), 800-772-1213 or 800-325-0778 (TTY).

## GO DIRECT with direct deposit

Direct deposit is safer, faster and easier than paper checks. Yet, despite its advantages, many people who rely on Social Security and other federal benefits still receive their checks through the mail.

The U.S. Treasury, the Federal Reserve Bank and other partners have launched GO DIRECT, a campaign to encourage more federal beneficiaries to use direct deposit. Partnerships with banks and credit unions, community-based organizations, employers and other key groups are vital to the campaign's success. For more information, visit [www.godirect.org](http://www.godirect.org).

## What persons with disabilities want you to know



Many people are uncomfortable when dealing with persons with disabilities, according to John D. Kemp, a Washington, D.C. attorney who advises businesses and individuals on disability policy. Kemp was born with arms that end just above the elbow and legs that end near the knees. He wears prostheses and uses a scooter. According to Kemp:

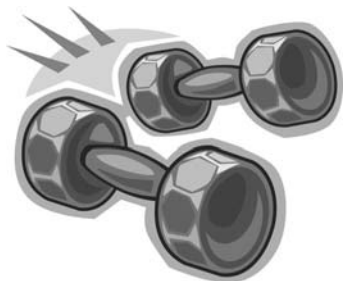
- Do not pretend not to see a person with disabilities. Some people think if they avoid the person with the disability they do not have to deal with the disabled.
- Do not stare. Persons with disabilities know their differences generate stares, but it is disrespectful if the staring continues too long.
- When approaching a person with disabilities who may need help simply ask, "How may I help you?" Don't barge ahead on the assumption that your assistance is needed or wanted in a specific way.
- Use body language to show respect. If you are talking with someone in a wheelchair, for example, try to sit at eye-level with the person.
- Avoid labels, such as "the blind man" or "the deaf woman." It is more respectful to put the person first — the man who is blind or the woman with a hearing impairment.

SECRETARY OF STATE  
SENIOR HOTLINE  
**800-252-2904**

# America's pastime: losing weight

The media is bloated with information on diets and weight loss. Following are a few guidelines for safe and healthy weight loss.

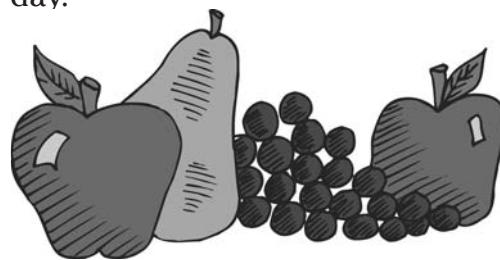
**Beware of fad diets** — Most fad diets are notoriously high on promises and low on lasting effects. Since many fad diets are very low in carbohydrates and calories, they cause fluid loss that registers weight loss on the scale. Once you re-hydrate yourself, however, the weight is back. Frequently, these diets are not medically or nutritionally safe and, in some cases, may be harmful to your health.



**Ask your doctor** — If you plan to start a diet or exercise program, talk to your doctor. Ask for recommendations for your individual weight and fitness goals.

**Get physical** — Regular physical activity is key to safe, long-term weight loss. Simply walking 20-30 minutes a day at a brisk pace can be all you need to get and keep in shape. Light weight training and yoga also can help burn more calories and maintain a strong, supple physique.

**Count calories** — To lose one pound a week you need to consume about 500 calories less per day. High-fat foods should be minimized, and your daily caloric intake should not fall below 1,200 calories for women and 1,500 for men. Getting your calories from whole grains, fruits and vegetables is key to healthy weight loss. Simply cutting down portions and curbing snacking can cut hundreds of calories a day.



Printed by authority of the State of Illinois; October 2004 — 20M GA 204

[www.cyberdriveillinois.com](http://www.cyberdriveillinois.com)

To subscribe to *The Outreach*, please call 800-252-2904 (Voice) or 888-261-5280 (TTY).

Produced by the Secretary of State Communications Department.

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*The Outreach* is a publication of Jesse White, Secretary of State;



Presorted Standard  
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Springfield, IL  
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