

# Northern Highlights

We're on the Web!  
[www.accessnorth.net](http://www.accessnorth.net)

Center For Independent Living of NE MN  
Winter 2008

## AccessNorth Assistive Technology Programs and Services

### **Information and Referral**

We provide information and referrals for assistive technology services and devices. Contact us with your questions and we will assist you in locating the information and/or provide a referral to the appropriate agency.

### **Assistive Technology Education/Awareness and Training**

We will provide education and awareness opportunities on assistive technology. Contact us to set up a presentation for your group. These can be tailored to meet your needs.

Training can be done in a group or individual session with consumers. If you need training for your assistive technology device we can assist you. We will also provide computer training as requested.

### **Individual Advocacy**

You can choose to work with an advocate who will assist you through the process of obtaining assistive technology. The advocate will coordinate the process, set up the team, secure funding and other tasks as needed. CILNM has an Assistive Technology Practitioner who can assist as needed.

### **Refurbished Computer Program**

CILNM on occasion will offer refurbished computers to consumers who demonstrate need. We request a \$20.00 fee to help us offset the costs to have this program. There is a waiting list.

### **Assistive Technology Lending and Demonstration**

CILNM Hibbing and Duluth have a demonstration and lending lab set up with a variety of assistive technology you can try before you buy. We are able to lend the devices to you so you can get the documentation needed for funders. Call us to see if we have the AT you want to trial.

### **Reuse and Recycle Program**

CILNM will take donations of used assistive technology and durable medical equipment. We make sure the equipment is safe for use and cleaned up before offering it to consumers in need, with no funding source available. We are currently seeking manual wheelchairs and portable ramps.

### **On Demand Lending Library**

When funding is available we will assist individual consumers with a small grant to get the assistive technology they need. This program is only offered when funding is available.

Check out our Web Site at  
[www.accessnorth.net](http://www.accessnorth.net)

Contact Pam Parson  
if you're interested in learning  
more about these programs  
(218) 262-6675.

# Low-Cost Rides Offered For Range Workers

by Jeff Warner - Published: Wednesday, October 1, 2008

HIBBING — A local public transportation agency is offering residents living around Hibbing and Chisholm who work in the Buhl and Quad Cities areas an opportunity to capitalize on a new bus route designed to ease the sources of stress — such as high fuel and maintenance costs — associated with commuting to work.

Arrowhead Transit, a public transportation system headquartered in Gilbert, is heading up the effort. And residents working from 8 a.m. to 4:30 p.m. in areas such as Virginia and Eveleth are welcome to enjoy the comfort of new buses and a commuter-oriented bus route.

“It’s a really good program for people who want to sit back and take it easy,” said Randy Hokkanen of Hibbing’s Workforce Center. He said people in low-income situations may be eligible to receive a waiver on the bus fare. However, he stressed that the bus route is designed for “anybody working.” Hokkanen recommends people contact him at 262-7359 to determine eligibility for the transportation assistance program.

**Transportation costs are \$1.85 for a one-way fare from both Hibbing and Chisholm; \$1.60 from Mountain Iron and Virginia; and \$1.60 from Eveleth.**

Cash or checks can be given to the driver, or put into the fare box on the bus.

Monthly passes are available for \$65 or \$55, based on location. Books are also available, and operate on a buy 10 and pay for nine scale.

**Please call 741-0724 or 800-862-0175 for more information regarding costs, pickup times and locations.**

# CILNM Has Many Volunteer Opportunities

If you are willing to teach in your area of expertise; ie: crafts, art computer, Internet, accounting, exercise, dance, etc., share your talent with others.

Also needed are volunteer shoppers, people willing to occasionally take folks to the store for shop for them.

CILNM also needs visitors or telephone friends — people willing to visit or call people who find it difficult to get out, and volunteer handy-persons.

People willing to do minor household repair, snow removal, etc. for someone who is unable to do it themselves.

**To volunteer call (800) 390-3681 or (218) 262-6675**

Access North would like to thank these wonderful sponsors who helped make our Celebrate Independence consumer picnic in Duluth on August 25th a success.

**Thank you!!**

- **Grandma’s Saloon and Deli**
- **Blackwoods**
- **Video Vision**
- **Spirit Valley**
- **Cub Foods**
- **Walmart**
- **Ground Round**
- **Coney Island**
- **Starbucks**
- **McDonalds**
- **Timberlodge Steakhouse**
- **Perkins**
- **Bridgeman’s**
- **Mr. D’s Bar and Grill**
- **Country Buffet**
- **Menards**
- **Sara Lee**
- **Darlenes Hair Salon**
- **Target**
- **Bayside Market**

## Crossroads of Abuse and Disabilities

Physical, emotional and sexual abuse of people with disabilities is a silent epidemic. Violence, particularly sexual violence, is a taboo topic even within the general public. Many believe that people with disabilities don't need information about boundaries, safety or healthy relationships. Discussing sexual intimacy and what is and is not appropriate is an even harder topic to negotiate.

### According to the little research that is available on the subject

- 39 - 68% of girls and 16-30% of boys with developmental disabilities will be sexually abused before their 18<sup>th</sup> birthday (Sobsey, 1994).
- 68 – 83% of women with developmental disabilities will be sexually assaulted within her lifetime. That is 50% higher than the rest of the population (Sobsey, 1994).
- Only 3% of sexual abuse cases involving people with developmental disabilities will be reported (Valenti-Hein & Swartz, 1995).
- 49% will experience 10 or more abusive incidents (Valenti-Hein & Swartz, 1995).
- 97 – 99% of abusers are known and trusted to the victims ((Baladerian, 1991).

Disclosing abuse or even recognizing what has occurred as abusive may be difficult because of the victim's disability. Reliance on others for basic needs can be an additional barrier, particularly if the abuser is also a caregiver. Survivors of violence often make subtle attempts to disclose the abuse multiple times before someone picks up on it. These signs can be as simple as comments that someone has asked them to keep a secret or complaints of unexplained headaches or stomach aches.

If you ever get the indication that someone you are working with is experiencing abuse, express your concern, but remain calm. Address the person's safety needs and let the person know that you are willing to believe them, even if that person has been known to inaccurately report in the past. It's always best to err on the side of caution when it comes to violence against a vulnerable person.

Advocacy programs specific to sexual and physical abuse exist in almost every community. They are a wonderful resource for victims and caregivers. Advocates can offer support counseling, assistance if the abuse results in a report to law enforcement and help in finding resources specific to the victim.

Crossroads of Abuse and Disabilities, a coalition of agencies within the Duluth area, is committed to addressing these issues by providing education in the community to increase awareness and provide resources for people with disabilities.

The group formed out of the multidisciplinary efforts of PAVSA (Program for Aid to Victims of Sexual Assault), a sexual assault program that serves all of Southern St. Louis County. The current coalition has members from Access North, Center for Independent Living; Safe Haven Shelter for Battered Women; ARC Northland; DRCC; Trillium Services and the Domestic Abuse Intervention Program (DAIP).

We encourage anyone interested in learning more about how they can best support and respond to people with disabilities who have experienced abuse or who are interested in learning more about Crossroads to contact:

**Sterling at PAVSA (218) 726-1442 or  
Erin at Access North at (218) 625-1400.**

The first step to getting the things you want out of life is this: Decide what you want. - Ben Stein

## Assisting Consumers With Disabilities

I am an Independent Living Skills Specialist in Hibbing and would like to take this opportunity to tell you how rewarding it is to serve our consumers with disabilities and to tell you about a few of those I have helped receive funding. I successfully helped consumers receive a van lift because their goal was to travel in the community independently. With family I helped a young boy receive an accessible bike; as his goal was to go biking with his family. I assisted an older gentleman receive funding so he could work independently outside his home.

As we all know, having a disability can become challenging at times and can become costly. At the Center for Independent Living, our goal is to help those with disabilities to live independently so they may have the same opportunities as others. Please contact any of the CILNM Centers and someone will be able to assist you with whatever might be available for your needs.

Roberta Middlestead IL Specialist

## CILNM Annual Dinner Board Meeting

On November 14, 2008 the Center for Independent Living held their Annual Board Meeting and Dinner with all staff attending. Celebrating the mission of assisting individuals with disabilities to live independently, pursue meaningful goals, and have equal opportunities and choices, AccessNorth commemorated its 27th birthday.

A team is a group of people with complementary skills who are committed to a common purpose. AccessNorth is an exceptional team. This exceptionality comes from a Board of Directors and staff working together to provide the very best service possible.

This year a special tribute was presented to RoseAnn Pierce, AccessNorth Chairman of the Board since October 24, 2002. She is resigning and will be replaced by Diane Krier. Also honored for great achievement was Pam Parson, Consumer Service Director, for her appreciation and dedication to the Center for Independent Living over the past 15 years.



### ACCESSNORTH CILNM Mobility Lending Project

Accessnorth Center for Independent Living of Northeastern Minnesota received an Operation Round-Up Grant from Lake Country Power for the Mobility Lending Program.

The funding was used to purchase two Go Go Elite Mobility Scooters for short term lending. These mobility scooters are small and easy to transport in a vehicle. They are able to be taken apart for easy transport and ease in lifting into a vehicle. If you have a difficult time walking long distances and are planning a shopping trip to the mall you can now borrow a scooter from Accessnorth CILNM for these occasions. The scooters are available on a first come first serve basis so if you know you will need one call 1-800-390-3681 to be sure one is available.

Thank You Lake Country Power for your support of this valuable project for your communities.

# The ADA Amendments Act of 2008

From article by Jacquie Brennan - DBTAC: Southwest ADA Center at ILRU

On September 25, 2008, the ADA Amendment Act (ADAAA) was signed into law and will become effective on January 1, 2009. The ADAAA was supported by more than 220 national organizations, including the U.S. Chamber of Commerce, the American Society of Employers, disability organizations, veterans' groups, church organizations, and the National Association of Manufacturers. The bill passed the House on a vote of 402 to 17, and unanimously passed the Senate.

To understand what the ADAAA means, though, it's important to understand why the ADA needed amending in the first place. When it was passed back in 1990, the ADA had a definition of disability that was based on the definition used in the Rehabilitation Act of 1973. An individual with a disability has a physical or mental impairment that substantially limits one or more major life activities, a record of such an impairment, or is regarded as having such an impairment. So Congress used that definition, which was originally in the Rehab Act, because it had worked well.

The Supreme Court, in 1999, started to narrow the definition of disability in unexpected ways. That is why Congress decided that the ADA needed to be amended.

At the beginning of every new law Congress writes, it lists "findings," which are the reasons why the law is being written.

## **In the ADAAA, there is a list of findings.**

Congress intended the ADA to provide a clear and comprehensive national mandate for the elimination of discrimination against individuals with disabilities and provide broad coverage; and

While Congress expected that the definition of disability under the ADA would be interpreted consistently with how courts had applied the definition of a handicapped individual under the Rehabilitation Act of 1973, that expectation has not been fulfilled;

and Specific statements that the Supreme Court holdings in Sutton and Toyota cases eliminated protection for many individuals that Congress intended to protect.

## **Then it lists the purposes of the ADAAA**

To reject the requirement, under the Sutton case, that mitigating measures be considered when determining whether a person meets the definition of disability;

and To reject the Supreme Court's reasoning, under Sutton, with regard to the "record of" prong of the definition of disability,

and reinstate the Arline standard; and

To reject the Toyota case standard that the terms "substantially" and "major" need to be interpreted strictly because that creates a demanding standard for qualifying as person with a disability;

and To express Congress' expectation that the EEOC will revise its definition of "substantially limits."

## **The ADAAA has new rules for the definition of disability.**

The definition of disability is construed in favor of broad coverage to the maximum extent permitted;

and The term "substantially limits" is to be interpreted consistently with the ADAAA;

and An impairment that substantially limits one major life activity need not limit other major life activities to be considered a disability;

and An impairment that is episodic or in remission is a disability if it would substantially limit a major life activity when active;

and Mitigating measures shall not be a factor when determining whether an impairment substantially limits a major life activity. The only mitigating measures that can be considered are ordinary eyeglasses or contact lenses that fully correct visual acuity of eliminate refractive error.

People who are regarded as being disabled are not entitled to reasonable accommodations or modifications. Previously, courts had debated whether the ADA required having to accommodate a disability that didn't actually exist.

The ADAAA is not some revolutionary new law. It simply attempts to bring the law back to what Congress intended it to be when it passed the ADA in 1990.

## My Personal Pledge

I believe that individuals with disabilities should be able to live as independently as they choose, pursue meaningful goals, and have the same opportunities and choices as all persons.

- I pledge to be a positive force in my community, to be an ambassador of good will for equality, understanding and mutual respect.
- I pledge to examine my own biases and stereotypes regarding disabilities.
- I pledge to judge others on individual worth, not their appearance, speaking ability, or any other outward characteristics.
- I pledge to try and make a difference where I can.

### I would like to be a partner in the CILNM Mission:

CILNM Annual Membership Preference:

Individual \$10.00                       Supporting \$25.00                       Patron \$100.00  
 Benefactor \$250.00                       Corporate Sponsor \$500.00                       Other \$ \_\_\_\_\_

Do not include my name in any publication to acknowledge donors.

### I am interested in volunteering my services to CILNM in the following areas:

Clerical / Reception                       Fund Raising                       Special Projects  
 Community Education                       Community Outreach                       Other

I would like to receive "Northern Highlights", CILNM's quarterly newsletter

\*\* Please note: A donation is not necessary to receive "Northern Highlights" - - Just appreciated.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Organization / Company \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

All materials are available in alternative format and reasonable accommodations can be requested.  
CILNM practices non-discrimination with all services provided.

Sometimes we hold on to our possessions because we fear we might run out - life seems scarce. But when we believe that giving is the way to live, we will produce more in the future - life seems abundant. -John C. Maxwell

For a list of activities and groups in your area,  
contact your local CILNM Office.

### Range Area Groups:

Multiple Sclerosis Support Group  
Coffee / Crafts Group  
Fibromyalgia and Chronic Pain Support Group  
Men's Group  
TBI Support Group - Virginia & Hibbing

### Duluth Area Groups:

Game of Life (Ages 14-22)  
Kids Group (Ages 10-14)  
Computer Basics  
DTA Bus Training  
TBI Group  
Social Time

### Aitkin Area Groups:

Hope for the Future  
MS Support Group  
Coffee & Crafts Group

If you have any needs and/or ideas for a support group,  
please contact the CILNM Office closest to you and  
ask them for assistance in setting one up!

## The Center for Independent Living ~ Hibbing is pleased to announce two new programs.

The first part of a five-week program is called **Computer Basics**. This teaches the BAICS of operating the computer and the word-processing program. The second part of the five-week class is called **Surfs Up**. This class teaches the use of the internet and e-mail; learning how to access websites, use search engines, internet safety rules and setting up an e-mail account.

The two computer classes are hands-on small classes that must be signed up for in advance. If you missed the first class, please call Anita for more information at (218) 262-6675.

There are two computers with internet access for consumers to come and use in the Hibbing Office Weekdays from 8:00 a.m. – 4:30 p.m. Utilizing word-processing, accessing the website and checking your e-mail are a few programs available.

## Access North

[www.accessnorth.net](http://www.accessnorth.net)

### Main Office - Hibbing

2104 6th Ave. E.  
Hibbing, MN 55746  
Phone/TTY (218) 262-6675  
(800) 390-3681  
FAX (218) 262-6677

### Branch Office - Duluth

118 E. Superior St.  
Duluth, MN 55802  
Phone/TTY (218) 625-1400  
(888)625-1401  
FAX (218)625-1401

### Other Locations

Aitkin  
(218) 927-3748

Brainerd  
(218) 829-9567

Coleraine  
(218) 245-0211

International Falls  
(218) 245-0211

Pine City  
(320) 629-8179

Walker  
(218) 547-3036

Two Harbors  
(218) 384-6461

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## Center For Independent Living of NE MN

Serving people with disabilities in the  
Minnesota counties of

St. Louis  
Lake  
Cook  
Koochiching  
Itasca  
Aitkin  
Carlton  
Pine  
Cass  
Crow Wing

This publication is available in  
alternate formats upon request.

### OUR MISSION:

To assist individuals with disabilities to  
live independently, pursue meaningful  
goals, and have the same opportunities  
and choices as all persons.

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