

# Northern Highlights

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Center For Independent Living of NE MN  
Summer 2007

## Thank You to the Hibbing Foundation

The Center for Independent Living of Northeastern MN wishes to thank the Hibbing Foundation on behalf of **James H. Ryan Family Fund and Carl M. and Delores M. D'Aquila Family Fund** for their generous donation towards our PACER Puppet Disability Awareness Project.

This gift will allow the PACER Puppets to remain a vital part of our community through disability awareness and sensitivity training for children within our local school districts. The PACER Puppets are life size puppets of children with disabilities that come with full scripts that are used to provide disability training. This is an opportunity for our organization to continue to provide awareness to children about various disabilities. As you know children are quite impressionable and have many questions about people with disabilities. The training will provide them the sensitivity and awareness they may not receive elsewhere.

CILNM staff feels the PACER Puppets are an important part of disability awareness and sensitivity for children. CILNM appreciates your support and generous donation of \$1,500.00 towards this worthy project. Please contact Pam at (218) 262-6675 if you are interested in meeting the PACER Puppets.

## Thank You to the Miller Dwan Foundation

The Center for Independent Living of Northeastern MN received a \$10,000.00 grant from the Miller Dwan Foundation, Van Gorden New Initiatives Outreach Fund for an Assistive Technology Demonstration and Lending Lab for our Duluth branch office. Assistive Technology includes any device or service that assists people with disabilities to maintain or improve their independence in performing daily living tasks. There are a number of different Assistive Technology Devices from high to low tech that address various disabilities and needs in our community. It is important for people with disabilities to have a local site to demonstrate and borrow Assistive Technology in order to determine if it is the most appropriate technology to meet their needs, since the cost of Assistive Technology can be quite high.

This grant will provide the Duluth office an opportunity for people with disabilities to try, demonstrate, and borrow Assistive Technology for extended periods of time. This grant will ensure people with disabilities have access to solid Assistive Technology services now and in the future. The Center for Independent Living of NE MN appreciates and thanks the Miller Dwan Foundation, Van Gorden New Initiatives Outreach Fund for their financial support to make this project a reality.

## PACER helps families of children with disabilities

*Taken from Pacesetter, Winter 2007 - Vol. 30, Issue 1*

Being a parent is challenging, but having a child with a disability may bring extra challenges. That's why there's PACER Center. A national nonprofit parent center, PACER has served families of children with disabilities and special health needs for nearly 30 years. PACER provides expertise and resources to help families make decisions about education, vocational training, employment, and other services for children and youth with *all* disabilities.

### **How can PACER help me?**

If you have a question or need help for your child with a disability, contact PACER. Most PACER staff are parents or family members of children with disabilities. They share your experience. They understand. PACER has 30 projects. Some are national or international in scope; many are specific to Minnesota. All focus on ways to help children with disabilities succeed at home, at school, and in the community.

If you live in Minnesota, you can call PACER's parent advocates who will help you understand the laws that affect children with disabilities.

### **How do I contact PACER?**

(952)838-9000 (main number) - (888) 248-0822 (national toll-free)

(952) 838-0199 (fax) - (800) 537-2237 (MN toll-free)

Send e-mail to [pacer@pacer.org](mailto:pacer@pacer.org).

PACER Center 8161 Normandale Blvd., Minneapolis, MN 55437

The Disability Linkage Line is a connection to disability related information and assistance.

Call 1-866-333-2466 Toll Free

For Housing, Employment, Transportation, Assistive Tech and More.

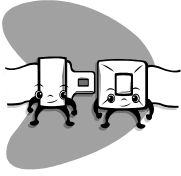
## Things to KEEP! *By Jay Wilson, Individual Advocate*



Every week, I work with individuals who are applying for assistance or have questions about their services or finances, but unfortunately threw away important information or documentation.

Since many people struggle with organization, I'd like to offer a list of things that are really important to keep:

- Any letter you get from Social Security, even if it appears to be written in Latin.
  - Old tax forms, even though it hurts to look at them
  - Receipts of purchases you made that you may want to return, that you are applying to a spend-down, or that you need to prove you purchase
  - Copies of applications-it makes recertification's much easier, and in case they lost the application, you don't have to redo all 57 pages
  - Your birth certificate, Social Security card, and passport (if you have one)
  - Pay-stubs, W-2s, and all other ways to prove your income or lack of income. You may know who you are, but you'd be surprised how often you need to prove it.
  - Copies of any doctors' or therapists' letters or files that they may have given you, even if you don't agree with the conclusion.
  - Thank you notes you've received, positive evaluations, and your resume-keep in a file to review when you're about to lose your self-esteem.
  - A list of specific details of any problem you are seeking to resolve, the dates you contacted someone, name and title of whom you talked to, and what they promised to do. If they say or do anything that seems wrong to you, list that too!
  - Your identity. Whether or not disability is part of your identity is up to you (not your doctor, abuser, diagnosis, teacher, social worker, the SSA, etc.)
  - A brief list of emergency contacts, whatever of your medical history may be relevant in an emergency, ALLERGIES!, your current medications/dosages/why you take them, your doctors, and directions to find any medical legal documents you may have- **KEEP THIS IN YOUR WALLET FOR EMERGENCIES**, and have several copies distributed to people you trust and in places that you can remember in an emergency!
  - A calendar with dates, locations, and times of appointments—useful now, but also useful in the future so that you can remember when you saw the doctor last, or when your cousin's birthday is, or how long ago the office promised to call you back.
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## June is National Safety Month

*Source: National Safety Council*



Americans worry about weather disasters and violent attacks more than they do about other, more likely causes of unintentional injury. While the incidence rate for injuries or deaths due to weather events or attacks is low, being prepared will give you peace of mind.

- Expect the unexpected.
- Be prepared for emergencies.

### **Emergency Risks:**

- Natural disasters such as hurricanes, tornadoes and earthquakes
- Extreme conditions such as sustained heat or cold
- Floods, fire and destruction resulting from storms
- Emergency preparedness – Home

### **Tips for Prevention:**

- Designate a safe place to take shelter in the home during a weather event.
  - Keep flashlights and extra batteries on each floor of the house, in easy-to-find places.
  - Post emergency phone numbers near the phone. Keep cell phones charged and working.
  - Create an emergency kit and keep it in a readily accessible place in the home. It should include a weather radio, batteries, a first aid kit, candles and flashlights, matches.
  - Develop an emergency plan, detailing where to go in specific emergencies, and where everyone could meet after evacuation. This should include instructions pertaining to family pets.
  - Make sure everyone in the family knows two ways out of the home. Get a safety ladder if an exit is on the second floor. Each family member must know how to operate locks, doors and windows.
  - A larger emergency supply kit should be kept in a safe place, containing a three-day supply of water (one gallon per day, per person), a three-day supply of non-perishable food, a first aid kit, medications, entertainment items, family documents, extra clothing and bedding.
  - Encourage family members to learn first aid and CPR.
  - Install and check smoke alarms and CO detectors. Have fire extinguishers handy and know how to use them.
  - Know how to shut off water, gas and, electricity to your home.
  - In case of evacuation, determine several routes out of your town. Keep your car's gas tank at least half-full, and leave room in the trunk for emergency supplies.
  - Make a written inventory with photographs of all valuable items, and keep an extra copy outside your home.
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## “Older Americans: Making Choices for a Healthier Future”

Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents, and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin to turn 65 in 2011. But all agree that this shift in our nation’s demographics will have profound implications for our economic and social landscapes at the national, state and community level.

Federal, state and community leaders are witnessing a sweeping fundamental transformation in the way we think about and deliver health and long term care in this country. More and more we hear that the overwhelming preference of the American people is to remain at home for as long as possible and to have choice and control over how and where they live as they age. The nation’s national aging services network, led by the U.S. Administration on Aging and comprised of State, tribal and area agencies on aging, as well as more than 29,000 community service providers, caregivers and volunteers, know this and have worked hard to carry out their mission under the Older American Act to provide for and protect the independence and dignity of our older citizens.

For 44 years, our nation has paused to honor older Americans during the month of May. During this special month, the ongoing contributions of our older citizens are highlighted with a national proclamation issued by the President of the United States, and activities and events planned in communities across America.

The theme for Older Americans Month 2007 is “Older Americans: Making Choices for a Healthier Future”. This theme encourages us to think differently about health and long term care, and work together to rebalance and modernize our current systems so that we may adequately plan for and address the needs of current and future generations. Older persons are entitled to live lives of dignity and independence through:

- Streamlined access to information as well as to home and community services, including information that will enable people to plan ahead for long term care.
- Information about cost-effective prevention practices and activities that will improve health and quality of life and reduce risk of disease, disability and injury, and,
- Innovative, affordable and flexible options of care and support that will provide an array of choices about how and where to live.

We urge people of all ages to seize upon the occasion of Older Americans Month to plan, promote and participate in activities during May and throughout the year that reflect the tenets of the national theme. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future.

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## A Special Thank You to our Senators

**David Tomassoni, Tom Rukavina, Tom Huntly** and **Yvonne Prettner-Solon** who have been working on two main legislative initiatives - the Omnibus Health and Human Service and Omnibus Jobs and Economic Development bills.

These bills have an impact on CIL's in regard to community living for people with disabilities in nursing homes and the provider standards for waived services.

The Economic Development bill means more funding for us and seven other CIL's if it passes.



### MS Walk Update

Thanks to the nearly 9,000 walkers and 400 volunteers helping us move closer to a world free of MS. The 2007 MS Walk raised an estimated \$2 million to support research, funding programs and services for people living with MS in Minnesota and western Wisconsin. It is expected that the total amount will be counted by June 30, and thus far the count is 63% done with a total of \$1,253,664!

The MS Walk was hosted in 18 cities with 19 sites throughout Minnesota and Western Wisconsin. This year with the Iron Range site was situated in Chisholm around Longyear Lake.



### Introducing Roberta Middlestead to the CILNM Team

Hi, my name is Roberta Middlestead. I started working for the CILNM in March of 2007. I was hired for the position of providing independent living skills training, advocacy services and information and referrals on a consumer driven basis, which in turn makes me an Independent Living Specialist.

I have been in college about three years working on my Nursing degree and I am currently a licensed CNA.

I am a single mother and a resident of Hibbing. I have only been working for the CILNM for a short period of time and have really understood how important my job is to those of you who come to us for services.

In addition to the CILNM team I will do my best to provide my knowledge, abilities, and skills to those who seek out our services for a more independent life.

**Do you want to be added or removed from our mailing list?**

**Do you have a change of address?**

**Are you receiving duplicate copies?**

**If so, contact us at (218) 262-6675 or toll free at (800) 390-3681**

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

### Range Area Groups:

Multiple Sclerosis Support  
 Functional Fitness for Older Adults  
 Coffee / Crafts Group  
 Fibromyalgia and Chronic Pain Support Group  
 Vision Loss Support Group

### Duluth Area Groups:

Game of Life (Ages 14-22)  
 Chronic Fatigue & Fibromyalgia  
 'For Women Only'  
 TBI Group  
 Vision Loss Support Group  
 \* Creative Budgeting - May 21  
 \* Tools for Life - Using Assistive Technology - June 18  
*\*Call for more information*

### Aitkin Area Groups:

"Do You Have A Plan?"  
 MS Support Group  
 Men's Group  
 Young Adult 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 them up!**



## Our Offices

**Hibbing**  
 1101 E 37th St.  
 Hibbing, MN 55746  
 Phone/TTY (218) 262-6675  
 (800) 390-3681  
 FAX (218) 262-6677  
[kim@accessnorth.net](mailto:kim@accessnorth.net)

## Branch Offices

**Duluth**  
 118 E. Superior St.  
 Duluth, MN 55802  
 Phone/TTY (218) 625-1400  
 (888) 625-1401  
 FAX (218) 625-1401  
[roberta@accessnorth.net](mailto:roberta@accessnorth.net)

**Aitkin**  
 105 4 St NW  
 Aitkin, MN 56431  
 Phone/TTY (218 )927-3748  
 (800) 390-3681  
 FAX (218) 927-3749  
[brian@accessnorth.net](mailto:brian@accessnorth.net)

## Satellite Offices

**Cloquet**  
 (218) 879-0375  
[ann@accessnorth.net](mailto:ann@accessnorth.net)

**International Falls**  
 (218) 286-3134  
[carrie@accessnorth.net](mailto:carrie@accessnorth.net)

**Brainerd**  
 (218)829-9567  
[pat@accessnorth.net](mailto:pat@accessnorth.net)

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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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