Let’s get a TRACK-CHAIR

This is an action track-chair. It is a tracked wheelchair suitable for accessing the awesome nature of NW Wisconsin!

North Country is on a mission to raise enough funds to purchase a track-chair and an enclosed trailer to transport it. Our vision is to make it available in our 8-county region for people with mobility impairments to hunt, fish, bird watch, go on nature fieldtrips with their classmates and friends!

We estimate the cost of the whole project to be roughly $15,000 (track-chair & enclosed trailer). North Country staff have designated $4500 towards the project. That’s what we brought in at our EXPO. Maybe you saw the track-chair at that great event?

Please help with a donation! Or maybe you know a social organization or sportsman’s group that would like to help? Remember North Country is a 501c3 organization donation to this project. Contact John with ideas. john@northcountryil.org

Get The Most Out of The Division of Vocational Rehabilitation Services

Every state has a vocational rehabilitation agency, or DVR, that is designed to help individuals with disabilities meet their employment goals. Vocational rehabilitation agencies assist individuals with disabilities to prepare for, get, keep, or regain employment. Many individuals and their families, teachers, employers, and advocates have found that these agencies provide flexible services that help people reach their employment goals.

DVR offers vocational assessments, individualized plans for employment, coordinated services, and post-employment services. DVR services are provided at no cost to the consumer or the consumer's family.

DVR can assist you with understanding the impacts of employment on your state and federal benefits as well as assist you in reaching or exceeding your vocational goals. For assistance or further information contact Dawn at North Country Independent Living @ 715-392-9118 EXT 117.
PROBLEMS TAKING NOTES

Problems Taking Notes? Do you have difficulty taking notes in class, in an interview or meeting? The answer to this problem has often been to get a copy of another person’s notes. In school or at work this could be an accommodation for a print-related disability. However, in colleges and universities about 50% of student requests for written notes go unfilled and the quality of notes is difficult to control. In addition to those issues, the passive receipt of notes by the student with a disability and then reading the notes can be a barrier for the student.

There are alternatives to traditional note taking. For example, there is a computer program, called Audio Notetaker, which offers a visual and interactive form of note taking – one where audio, text and images are used to create truly comprehensive and understandable notes. Instead of the single stream of information you get with standard audio, Audio Notetaker splits the recording up into individual phrases and displays them on your computer screen as a bar you can see.

Audio can be imported from other devices such as a smart phone or digital recorder. This product can be used in conjunction with PowerPoint slides and it is possible to pull text out of those slides and place audio notes in an adjacent column on your computer screen for easier reference. If you are interested in more information on this product, or want to try a free 30-day trial, it is available by download at https://www.sonocent.com/en-us/download/

EDUCATION NEVER ENDS

Education Never Ends, that might be a frightening statement to current students just returning to classrooms, but it’s true. We should never stop learning! Classroom learning exists for adult learners, as well. And think outside of that class for many additional opportunities. Here are a few ideas that are often free or very low cost:

WITC campuses www.witc.edu/continuing-education/takeclass.htm
UW Extension courses at community locations closest to your home http://uwex.edu/courses/

Call, visit or go online to see what local colleges, public libraries, food cooperatives, churches, hospitals, community health clinics, veterinarians, craft stores, hardware and local vendors might have available for training.

There is an abundance of real online educational programs and “How To” videos or talks. YouTube videos exist on nearly every topic and industry and experience! Search www.youtube.com for something you’re interesting in learning and simply type into the search box “How do I _____.” TED Talks www.ted.com/talks has some great videos from people across industries and experiences.

You can search recipes and simple step-by-step cooking and baking instructions on www.allrecipes.com and similar sites. The point is, be curious and continue to enrich your life with learning!
Transportation Network Team
Thursday: November 16th, 2017 at 10:00 a.m. - 11:30 a.m. North Country Independent Living Conference Rm

Courage Kenny Rehabilitation Institute, Duluth, MN has many adaptive sports and recreation events throughout the year. Contact Sports and recreation coordinator: Mark Hanna, 218-726-4834 or Mark.Hanna@allina.com. See: Allinahealth.org for more info on area adaptive sports.

**AMAZON SMILE**
When you shop at AmazonSmile, they will contribute a portion of what you spend to North Country. Visit our website and click the AmazonSmile banner to start shopping at Amazon, thank you for your support.

**JOIN DARING!**
To receive emails about issues of interest to the disability community join DARING (Disability Advocacy Resources and Inclusion Groups). Contact: daring@northcountryil.org

**Caregivers Needed**
North Country is always looking for personal care workers with hands-on experience. To apply, you may print an application from our website at www.northcountryil.org under the Personal Care Program tab or stop at our office and pick up an application packet in person.

**Support Groups**

**Superior MS Support Group** meets the second Tuesday of each month (Mar. through Dec.) from 6:00 p.m. - 8:00 p.m. at North Country Independent Living. For more info. contact Jackie at 715-398-5043 or Michael at 218-391-6262.

**Ashland MS Support Group** meets the Third Wednesday of the month (April through Oct.) at the Chequamegon Clinic, Community Rm. 415 Ellis Avenue in Ashland. Contact Peggy at 715-682-6506 for more information.

**Visually Impaired Support Group** meets the third Wednesday of every month at 1:30 p.m. at 700 Division Street in Park Falls. Call Mary Lou at 715-661-3387 for more information.

**Memory Café** meets on the third Thursday of every month from 3:00 p.m.-5:00 p.m. at 116 North 14th Avenue East in Ashland.

**NAMI Douglas County WI Support and Peer Group** meets the second and fourth Wednesday of each month from 5:30 p.m.-7:00 p.m. at St. Mary’s Superior, 3500 Tower Ave. Community Room. Support group for adults with mental illness. Facilitated by trained individuals who live with mental illness and are in recovery. Free and no registration required, for more information contact Chrissy at 920-452-5152 ChrissyBarnard22@gmail.com or Gen at 218-393-5499 genmar2817@gmail.com. Family Support Group for family and friends of people living with mental illness. Meets on the first Monday of each month from 5:30 p.m.-7:00 p.m. at the Superior Public Library 1530 Tower Ave Superior in the meeting room. Facilitated by trained family members. Free, no registration required. For more info contact Nancy 715-398-6471 or nancyminahan@gmail.com

**NORTH COUNTRY NEWS** is available by e-mail, send your request to receive the newsletter electronically to: newsletter@northcountryil.org
Fall is here and that means that school is in full swing. With school being in full swing you want to make sure your child is in a safe and healthy learning environment with the right accommodations that fits his or her needs. If you as a parent feel that your child’s needs are not being met and your voice is not being heard, contact us at North Country Independent Living. We provide advocacy support on behalf of the parent and child. We can also assist you in receiving an IEP plan. We want to make sure you know you have options, that your voice is being heard, and that you have support.
ACROSS:

3. Contact NCIL if you are a parent and feel that your child’s needs are not being met and your voice is not being heard as NCIL can provide this service.

5. On July 26, 2018 this annual event will take place.

6. NCIL has a new phone system and you can find these on page 4 of the newsletter.

7. This agency can assist people with disabilities with vocational assessments, individualized plans for employment, and post-employment services. (acronym)

8. This training took place on the Red Cliff reservation.

9. You can find “How To” videos on this website.

DOWN:

1. NCIL is on a mission to raise funds for this recreational device.

2. The American Red Cross is assisting with installing these devices to try and reduce fire-related deaths and injuries.

4. This computer program is an alternative to traditional note taking.

**WISLOAN**

WisLoan is a statewide, low interest loan program that allows a Wisconsin resident with a disability to purchase assistive technology or make home modifications so that he or she can live more independently or productively. **Contact North Country for more information.**

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation Research (NIDRR) and the U.S Dept. of Education.
On August 8-9, the Native American program at North Country Independent Living hosted a Tribal Youth Training on the beautiful Red Cliff reservation. Tribal Youth from the Red Cliff, Bad River, and Lac Courte Oreilles communities attended this two day training led by Michael Beers-Youth Transitions Coordinator at Summit Independent Living in Missoula, Montana.

The training was geared to help tribal youth develop goals for their future, while also teaching the students about Disability History and Culture, Communication through Improvisation, as well as Self Advocacy and Leadership Skills.

At the same time, we held a conference for parents and the community. The conference was held so attendees could learn from and talk with other parents and professionals about things encountered when raising and working with youth with disabilities. Agencies who presented included: Jo Pelishek - Disability Rights Wisconsin, Grace Knutson - Guardianship Support Center – GWAAR, Jamie Mackin – Disability Benefit Specialist – ADRC-N, Brenda Bauer – Wisconsin Board for People with Developmental Disabilities, and Dawn Magnuson, North Country Independent Living Specialist/Work Incentive Benefi Counselor.

The weather was gorgeous as students, parents, and North Country staff took a voyageur canoe trip on Lake Superior. The two day conference was enjoyed by all as we enjoyed good food, company, and beautiful scenery. The sharing of experiences and knowledge coupled with learning valuable advocacy skills that focus on empowering the lives of our tribal youth made this event a success we hope will become a yearly event!

American Red Cross

We wanted to make everyone aware that the American Red Cross has set a goal to reduce fire-related deaths and injuries in the U.S. by 25 percent by 2020.

http://www.redcross.org/local/wisconsin/home-fire-safety

As part of this initiative, the Red Cross and its partners will install a limited number of free smoke alarms for those who cannot afford to purchase smoke alarms or for those who are physically unable to install a smoke alarm. The Red Cross installs a limited number of specialized bedside alarms for individuals who are deaf or hard-of-hearing.

To request a free installation, please complete all fields in the form located at https://getasmokealarm.org.

However, there is not a field on the form to specify the need for an alarm for deaf or hard-of-hearing. So the consumer would need to let the Red Cross know they need this type of alarm, if applicable, when they are contacted by the Red Cross.
Donation for North Country Independent Living

North Country welcomes your support in fulfilling its mission of empowering people with disabilities. Your contribution is tax deductible. North Country Independent Living is a non-profit agency with 501{c}3 status.

Enclosed is my donation of $________________

Name__________________________________________________________________________

Organization/Company_____________________________________________________________

City_________________________________       State__________________       Zip___________

Phone_______________________________ Mail to:

__ I would like to volunteer at North Country

North Country Independent Living

69 N. 28th St. Suite 28

Superior, WI  54880

Crossword Answers:

Across:
3. advocacy  7. DVR
5. Expo 8. tribalyouth
6. extensions 9. YouTube

Down:
1. trackchair
2. smokedetectors
4. audionotetaker

VOLUNTEER DRIVERS NEEDED!

North Country Independent Living is looking for drivers to help give rides to people with disabilities and elders. You can help by providing rides to medical appointments, shopping and other services your neighbors need to live healthy lives. Our drivers get .53.5 cents per mile. For more information or to get your application, call Bob.715.392.9118 / 800.924.1220

TELEWORK The Wisconsin Telework Program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites away from the office, such as work on the road or at a Telework center.

Telework is made possible through a grant from the Rehabilitation Services Administration. The Department of Workforce Development and the Division of Vocational Rehabilitation received the grant and provide program and fiscal oversight. 

North Country Independent Living staff are able to answer questions you may have.