

NORTH COUNTRY NEWS

A Publication of
North Country Independent Living

Volume 26, Issue 2
Spring 2017

EMPOWERMENT EXPO IN SUPERIOR JULY 27TH!



Join us for a day of fun, food and festivities on July 27th from 11 A.M.– 4 P.M. here at the Mariner Mall in Superior!

We will have **FREE FOOD, PRIZES, and GAMES** for kids, informational displays on a myriad of disability related topics and disability related organizations.

But most of all we will have **TALENT!!** Artist, Performers, Comedians, Musicians, Athletes with disabilities displaying their talents, products, art!!!

This year's lineup includes **Gaelynn Lea!** Renowned violinist and Disability Rights Speaker! The **Maki Bros Band!** We haven't heard back from Bruce Springsteen and Bob Dylan but you never know??? Last years Karate Demonstrations, Interpretive Dance, Musicians, Comedians, Adaptive Recreation Demonstrations, face painting are lining up. **We are looking for talented people with disabilities to perform and people with disabilities to sell and display their goods!!!!** Contact Dawn Magnuson if you're interested in performing.

We are also looking for **sponsors** for this event. If you want to promote your services, goods or business's to the disability community of NW Wisconsin and the Twin Ports this would be a great opportunity. Contact John Nousaine for more info on sponsorship or John Nedden-Durst for an informational table. **But most of all come and enjoy the fun!!!**



Inside this Issue:

- 1 EXPO
- 2 Personal Care Workers Needed
- 2 New IL Staff
- 3 Calendar of Events
- 3 Support Groups
- 4 New IL Staff
- 4 Native American IL Program
- 5 Crossword Puzzle
- 6 Health & Wellness
- 6 Youth Transition
- 7 Transportation Program
- 7 Phone Technology
- 7 Video Captions
- 8 Affordable Care
- 8 Superior Days
- 9 Crossword Answers
- 9 Volunteer Drivers
- 9 Telework
- 10 Board & Staff Listing

ALTERNATE FORMATS AVAILABLE

If you require any of this information in an alternate format, please contact us.

NORTH COUNTRY NEWS is available by e-mail, please send your request to receive the newsletter by email to: newsletter@northcountryil.org

Personal Care Workers Needed - APPLY NOW!

North Country Independent Living Personal Care Program serves individuals of all ages and all disabilities. Our goal is to give our consumers a choice in how his or her services are provided. We provide services in people's homes with set schedules that can also be flexible. As a personal care worker, you would assist consumers with things like bathing, hair care, dressing, meal preparation, light housekeeping and laundry.

We serve people in the eight counties of Northwest Wisconsin. Currently we are looking for personal care workers in Superior and the Douglas County area.

You can stop by to fill out an application in person, go online at www.northcountryil.org or call the Personal Care Program 715.392.2533.

New Independent Living Specialist - Steve Carlson



Steve Carlson is joining North Country Independent Living as an Independent Living Specialist, serving primarily Washburn, Sawyer and Burnett counties. With a background in everything from issue advocacy, to workers rights and political organizing, as well as education and social service work, Steve has a broad range of knowledge and experience with which to serve the disability community.

"I'm very pleased to be joining North Country", said Steve. "I strongly believe that everyone deserves a dignified life, and I look forward to advocating on behalf of, and empowering, people in our communities."

When he's not working Steve enjoys playing his guitar, gardening, and spending time with his wife Shelly and their grandkids, as well as playing "toss the stick" to their beloved family pet Bernie, a lovable four year old German Shepherd.

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.



Calendar of Events

EMPOWERMENT EXPO 2017

Will be held at the Mariner Business and Retail Center in Superior (same place the NCIL office is located) on Thursday, July 27th, from 11 am-4 pm.

Transportation Network Team

Meeting on Thursday, May 18th at Noon in the North Country Independent Living Conference Room in Superior.

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**, email

Mark.Hanna@allina.com.

See Allinahealth.org for more area adaptive sports.

AMAZON SMILE

When you shop at Amazon Smile, they will contribute a portion of what you spend to North Country. Visit our website and click the Amazon Smile 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** (**D**isability **A**dvocacy **R**esources and **I**nclusion **G**roups). 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 pm - 8:00 pm For more information 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.) 1:30 pm-3:00 pm 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 pm-5:00 pm at 116 North 14th Avenue East in Ashland.

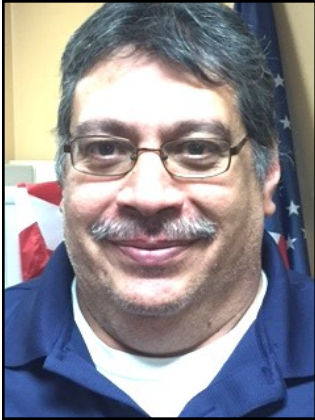
NAMI Douglas County WI Support Groups Peer Support Group, 2nd and 4th Wednesdays of each month, 5:30pm-7 pm Community Room, St Mary's Superior, 3500 Tower Ave Superior

Support group for adults with mental illness. Facilitated by trained individuals who live with mental illness and are in recovery. Free, no registration required. Any questions Contact Chrissy, 920-452-5152 ChrissyBarnard22@gmail.com or Gen 218-393-5499 genmar2817@gmail.com.

Family Support Group, 1st Monday of each month 5:30 pm-7 pm, Superior Public Library meeting room, 1530 Tower Ave Superior

Support group for family and friends of people living with mental illness. Facilitated by trained family members. Free, no registration required. Any questions contact Nancy 715-398-6471 nancymihan@gmail.com.

New Independent Living Specialist - Doug Defoe



Hello, my name is Doug Defoe. I was born in Milwaukee, and I grew up in the Bayfield area. I presently live in Washburn with 3 of my 5 children. I graduated from Northland College in 2007 with a Bachelor's degree in Business Administration. I love Northern Wisconsin for the friendly neighborhood atmosphere. It is a great area to live and raise your children. I will be working in the Bad River & Red Cliff tribal communities with our Native American Independent Living grant program.

I love to golf, play tennis and basketball when I can. My favorite past times are listening to 70's music and playing games with my children. The best time of the year for me is Spring, when we get unsurpassed living here in Northern Wisconsin. Listening to the birds sing their songs. Smelling the fresh cool breeze off Lake Superior. The sounds of life again as the hustle and bustle of people getting out and enjoying the beautiful days. Finally I'm very grateful to become a part of a family that is North Country Independent Living.

Native American Independent Living Program

Boozhoo! (Hello in Ojibwe)

We are excited to be moving along in getting our new program off the ground as we work towards providing Independent Living services to more tribal members in the Red Cliff, Bad River, St. Croix and Lac Courte Oreilles tribal communities! We have hired Doug Defoe (Red Cliff tribal member) as an Independent Living Specialist and hope to hire one more Independent Living Specialist in the coming days. Over the next few months, we will be working hard to inform the tribal communities about our new program and hope to hear from more tribal members interested in our Independent Living services.

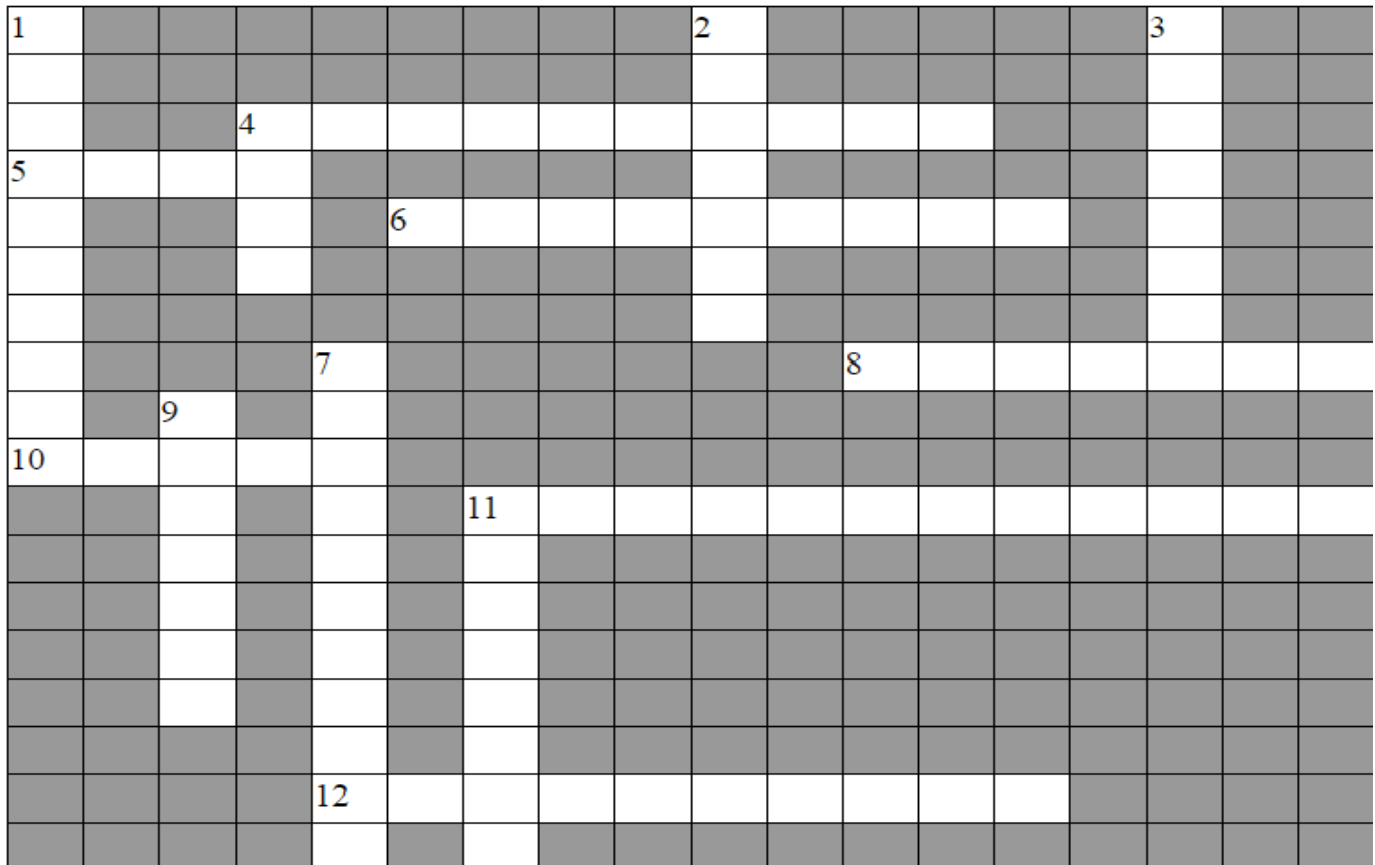
We recently met with over 60 tribal elders from Wisconsin's tribal communities at the Great Lakes Native American Elders Association March meeting at the Bad River Casino & Convention Center in Odanah. While there, we shared information about North Country's available services and our new program and its focus on the Red Cliff, Bad River, St. Croix and Lac Courte Oreilles tribal communities.

If you would like more information about this new tribal program, please don't hesitate to give me call at 1-715-817-4646.

Miigwech (Thanks)

Sunshine Lemieux, Program Coordinator, Native American Independent Living Program.

Crossword Puzzle



ACROSS:

- 4. These support services are to assist post-secondary students who many need accommodations.
- 5. This annual summer event is filled with fun, food, informational displays on disability topics.
- 6. One type of phone that may assist a person who is hard-of-hearing.
- 8. Hello in Ojibwe.
- 10. New ILS that will be primarily covering Washburn, Sawyer, and Burnett counties.
- 11. Annual event in Madison that embodies action and change.
- 12. This type of plan is formally developed in high school that includes career goals and educational needs.

DOWN:

- 1. NCIL is hiring for these positions that assist consumers with things like bathing, hair care, dressing, meal prep, light housekeeping and laundry.
- 2. Transportation Voucher Program participants have traveled over how many miles?
- 3. Thanks in Ojibwe.
- 4. New ILS that will be working in the Bad River & Red Cliff tribal communities with NCIL's Native American grant program.
- 7. This type of exercise that includes stretching.
- 9. This type of exercise that includes cycling, walking, rowing, running and hiking.
- 11. The coalition that is focused on changing and improving policies and practices that support people with disabilities of all ages to be full participants in community life.

Health & Wellness - Aerobic, Anaerobic & Flexibility Exercises

Exercise is important for everyone, including people with disabilities.

The following are different categories of exercise:

- ◆ Aerobic exercises, such as cycling, swimming, walking, rowing, running, and hiking, focus on increasing cardiovascular endurance.
- ◆ Anaerobic exercises, such as weight training, functional training or sprinting, increase short-term muscle strength.
- ◆ Flexibility exercises, such as stretching, improve the range of motion of muscles and joints.

Active exhalation during physical exercise helps the body increase lung capacity resulting in greater efficiency, since the heart has to do less work to oxygenate the muscles, there is also increased muscular efficiency through greater blood flow; consciously breathing deeply during aerobic exercise helps development of the heart and lungs.

If you spend long hours in a wheelchair you know it can lead to uneasiness and be very uncomfortable. Keeping the body moving as much as possible in your wheelchair should be a regular part of your daily fitness program. This should be a priority no matter what your disability. Doing regular wheelchair exercise will help increase your strength, flexibility, improve mobility, strengthen your heart and lungs, and help control your weight.

Proper rest and recovery are also as important to health as exercise; otherwise the body exists in a permanently injured state and will not improve or adapt adequately to exercise. It is important to remember to allow adequate recovery between exercise sessions.

For more information on adaptive exercise for people with disabilities contact Dawn at NCIL, ext. 27.

Source: <https://www.disabled-world.com/fitness/exercise/> on 2/28/2017

Things to Know for Youth Transition from High School to Adult Life

Transition Planning—the development of a formal transition plan in high school that includes career goals and educational needs; academic counseling opportunities for work experience; housing; and community networking.

Transition Goals—goals for successful transitioning to post-secondary school or employment that can include preparing a résumé, completing a job or college application, effectively presenting skills and limitations during an interview, expressing concerns to authority figures about academic or job performance, and stating or restating a position to effectively self-advocate in academic and employment settings.

Disability Support Services—individualized support for post-secondary students that may include accommodations, such as extended time for tests, the use of assistive technology (e.g., to help with reading and writing tasks) and accommodations for oral speaking assignments.

Vocational Support Services—services that include testing to identify vocational strengths, career counseling, vocational training, job search assistance, and on-the-job supports such as job coaching and reasonable workplace accommodations.

Housing—services that support transition from the family home to semi-independent or independent living environment; includes continued collaboration between individual, family members, and others

Community Integration—services that provide opportunities for social involvement and the development of friendships, with peer mentoring as appropriate.

Source : <http://www.asha.org/>

2017 Transportation Voucher Program Rolls On



2017 marks the tenth year North Country has offered our popular Transportation Voucher Program!!!

Since it began with a small pilot program in 2007 the program has helped more than 300 people with disabilities overcome transportation barriers, making more than 60,000 trips, traveling **more than a million miles**.

Since the start of our program we've let consumers choose where they want to go. Not surprisingly shopping was the most popular trip purpose, with more than a third of all trips. The second biggest category was medical, followed by social/recreational trips and work. Thanks to all of our program participants, their drivers and other transportation providers who have made our program so successful. So what's new for 2017? Most important, we'll work with program participants to make sure you are able to take advantage of all the options available. So let's work together this year to make sure we're getting the most out of all our options.

We are proud we are able to continue to provide help with transportation for area consumers. We also want to make sure consumers take advantage of all transportation options. From public transit to MTM to our family care program operated by Community Care Connections of Wisconsin (CCCW) many areas in our region and many consumers DO have access to at least some transportation.

If you or a family member or friend would like more information about our voucher program, please contact **Bob Olsgard**, Transportation Coordinator by email or at **218-390-6451**

Help to Hear and See Over the Phone

Have you seen commercials on TV, read a magazine article or heard someone talk about things like captioned phones, amplified phones or assistive listening devices? Well, if you weren't sure what those things were really all about, now is your chance to find out more about this technology for assistance with communicating over the phone. These terms all refer to newer types of phone and communications technology for people who have a hard time hearing.

In the past several years there have been new improvements to phones with the use of High Speed Internet. We are doing outreach in our service area about things like captioned telephone amplified phones, assistive listening devices & signal systems.

If you are interested in scheduling a presentation on this topic for your group or agency, please contact Liz Gilbertson at NCIL. This outreach & education project is sponsored by the Public Service Commission of Wisconsin through the Universal Service Fund.

Captions Need to Make Videos Accessible - by Denise Johnson, Milwaukee

Statistics show that between 38 and 48 million Americans are deaf or hard of hearing. That is a very large number of people who may rely on closed-captioning on television, movies and online videos to understand what is being said. Today, there are many of us who are deaf and hard of hearing who use social media and we depend on videos to gain information and gather resources.

We often see videos that are not captioned. Please consider adding captions to your videos. Learn How To Caption Your Own Video for Free: <http://www.washington.edu/accessibility/videos/free-captioning/>

Update on the Affordable Care Act & Long Term Care News for Wisconsin

With the Trump Administration having stated they want to move swiftly to repeal the Affordable Care Act (also known as Obama Care), consumers using this and other health insurances in WI may be uncertain or confused. The news seems to change hourly on whether or not any changes will be implemented or when this might happen. We want to update our readers about what is known regarding our WI long term care systems and the Affordable Care Act. The only workable solution for now is to pass along a few of the Internet sites we have found to have the most up-to-date information. Find updates at <http://www.natlawreview.com/article/status-affordable-care-act-repeal-efforts> and <http://www.politico.com/news/affordable-care-act> as well as Wisconsin's Dept of Health Services at <https://www.dhs.wisconsin.gov/>.

Advocacy groups abound on social media sites. For more on potential changes to IRIS, Managed Care Organizations (Family Care), BadgerCare and other entitlement programs for persons with disabilities, a good place to start a search is through the Survival Coalition. The Survival Coalition of Wisconsin Disability Organizations is a cross-disability coalition of more than 40 state and local organizations and groups. For more than 20 years The Survival Coalition has been focused on changing and improving policies and practices that support people with disabilities of all ages to be full participants in community life. Find out more at <http://www.survivalcoalitionwi.org/>. Bottom line, nothing is likely to change any time soon, but these web resources are our best guess for keeping up to date on upcoming changes.

Superior Days

Superior Days is an annual grassroots approach to community development in Northwest Wisconsin that has been a success since 1985. Superior Days helps bridge the distance that local residents feel geographically and politically from the southern half of the state. Superior Days embodies action and change, and the messages are delivered directly and personally throughout the party lines. Embracing diversity and commitment; Superior Days enhances local knowledge of issues in need of resolution, local leadership, and regional cooperation between citizens and government leaders to solve common problems. For advocates like us at North Country it's a chance to unite with our community as allies and a chance to show our neighbors how effective grassroots advocacy can be.

This year from February 21st-23rd North Country staff Bob Olsgard, John Nousaine and Sunshine Lemieux joined 150 or so other local citizens in representing the North! North Country has been a participant for many years and we are most recognizable for staffing the "lamination station" making Superior lovers luggage tags for the masses. It is a great opportunity to get involved, have fun and I highly recommend it!

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:
North Country Independent Living
69 N. 28th St. Suite 28
Superior, WI 54880

___ I would like to volunteer at North Country

Crossword Answers:

Across:

- 4. disability
- 5. expo
- 6. captioned
- 8. Boozhoo

- 10. Steve
- 11. Superior Days
- 12. Transition

Down:

- 1. caregivers
- 2. million
- 3. Miigwec
- 4. Doug

- 7. flexibility
- 9 aerobic
- 11. survival

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. **218-390-6451** or visit:
www.northcountryil.org/transportation

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.

NORTH COUNTRY NEWS

North Country Independent Living
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