

# NORTH COUNTRY NEWS

A Publication of  
North Country Independent Living

Volume 26, Issue 3  
Summer 2017

## North Country Independent Living EXPO 2017



Join us for a day of fun, food and festivities on July 27<sup>th</sup> from 11:00 a.m. –4:00 p.m. here at the Mariner Mall in Superior!

We will have **FREE FOOD** featuring **Superior Meats hotdogs & sloppy joes!** **OVER \$6000 of PRIZES!** **GAMES** for the kids.

**EXHIBITORS;** We're anticipating over 50 tables of disability related services, vendors, agencies, people with disabilities

with products, art and services 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!!! **AWESOME ROLE MODELS!!**

This year's line up includes The **MAKI BROS BAND!!** Springsteen and Dylan cancelled (really never called back) but **ELVIS WILL BE IN THE BUILDING???** **KARATE , BELLY DANCERS, MUSICIANS, MASCOTS & CLOWNS.** **BUT MOST OF ALL COME AND ENJOY THE FUN!!!!!!**

## Got Transportation to Expo?

### Transportation Update Bob Olsgard, Transportation Coordinator

Perhaps you'd like to attend EXPO 2017 Thursday, July 27, 2017 at Mariner Mall in Superior to enjoy the food, music, adaptive recreation equipment demonstrations, entertainment, dancing, face painting, and all the rest of the fun. But for some, it's a long way to Superior.



If you're already using our voucher program we hope you'll consider making the trip. If you're not presently using our voucher program, let's talk about how we can help get you to EXPO and a lot of other places too.

For more information please call: 800-924-1220 or 218-390-6451 or email: bob@northcountryil.org. We want EXPO 2017 to be the best ever. So if transportation (or the lack of it) is a problem, let's work on it together.

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

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## ALTERNATE FORMATS AVAILABLE

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

## **NAIL– Native American Independent Living program update**

Boozhoo! Since our last newsletter we have hired LCO tribal member Suzanne Mills-Wemm. You can read more about her in this newsletter! Welcome Suzanne!

Some of our scheduled summer outreaches include: June 29 - LCO Dementia Conference at LCO Community College; June 30 – Red Cliff Pow-Wow; July 12-13 – St. Croix Caregiver Conference at St Croix Danbury Casino; July 15 – LCO Pow-Wow; July 28 - Bad River Health Fair at Bad River Health Center; and August 16 – 55+ Health Expo at Bay Area Civic Center & Bretting Community Center in Ashland. Come see us, say hi and learn about our new Native American program!

Finally, we are currently looking to add more tribal members to our advisory committee. Committee members will advise and assist the Native American program. Committee members will be reimbursed for travel expenses and have the opportunity to advocate for Native Americans with disabilities and have travel and training opportunities. 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

## **Welcome Suzanne!**

Suzanne Mills-Wemm joined North Country Independent Living on March 30, 2017 as an Independent Living Specialist (ILS) for the Native American Independent Living (NAIL) program. She is an enrolled tribal member of the Lac Courte Oreilles (LCO) Lake Superior Band of Ojibwa reservation located near Hayward, Wisconsin.

In her previous job, she contracted to the U.S. DoD Health Affairs in support of Military Health Systems. She lived in the Northern Virginia area and moved to Hayward, WI in 2010. Suzanne is a U.S. Navy veteran and a member of AMVETS (American Veterans) organization. For the past 6 years, she served as the AMVETS Post 1998 Commander.

Suzanne is a 1<sup>st</sup> degree Midewiwin of the Three Fires Lodge and attends ceremonies held east of the Bad River reservation. Midewiwin teachings maintain that women have direct responsibilities for water - the life blood of Mother Earth.

She studies the Ojibwa language and is an Eagle Staff carrier. Suzanne is also a member of a Native American women's hand drum group called, "Strawberry Moon Women Singers" who advocate for water. Suzanne was 1 of 4,000 other veterans who went to Standing Rock to protect the water protectors and danced with the Eagle Staff at an impromptu pow wow. Suzanne is excited to support the St. Croix and Lac Courte Oreilles tribal communities.

Suzanne has 2 adult daughters (Rachel and Jacqueline) and is engaged to Bay Quaderer (Ojibwa). Both daughters live and work in the Washington D.C. area.



## **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 & Retail Center in Superior (same place the NCIL office is located) Thursday, July 27th—11:00 a.m.-4:00 p.m.

**Transportation Network Team**

Thursdays: July 20th, September 21st, November 16th, 2017. 10:00 a.m. to 11:30 a.m. North Country Independent Living Conference Room

**Courage Kenny Rehabilitation Institute,**

Duluth, MN has many adaptive sports and recreation events throughout the year. Contact Sports & Recreation coordinator: Mark Hanna, **218-726-4834** [Mark.Hanna@allina.com](mailto:Mark.Hanna@allina.com). See: [Allinahealth.org](http://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** (**D**isability **A**dvocacy **R**esources and **I**nclusion **G**roups). Contact: [daring@northcountryil.org](mailto: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](http://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 715-398-5043 or Michael 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 14<sup>th</sup> 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](mailto:ChrissyBarnard22@gmail.com) or Gen at 218-393-5499 [genmar2817@gmail.com](mailto: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 [nancymihan@gmail.com](mailto:nancymihan@gmail.com)

### MEMORY LOSS & YOU

Do you know someone who struggles with memory issues? Would you like to find out what devices may be helpful to a person with memory loss or Alzheimer's? Would you like North Country Independent Living to provide you & your family with an in-home safety assessment or present to your group or organization on this topic?

Many people struggle with memory issues and the numbers are growing. Bader Philanthropies and North Country Independent Living (NCIL) are teaming up in 2017 to provide outreach presentations to service providers, people with memory loss, their families and other interested parties on assistive technology (AT) specific to memory loss as a way to help people remain in their homes.

Living in a rural area with limited resources can be difficult. Information on assistive technology can be helpful. Thanks to Bader Philanthropies for their support of this project! For more information contact John Nedden-Durst at NCIL. 218-428-2960 or [jnd@northcountryil.org](mailto:jnd@northcountryil.org)

### ITEMS TO HELP WITH MEMORY LOSS

Have you ever heard about our Assistive Technology (AT) Device Loan & Demo Program? People who need AT can have some of the items demonstrated or borrow them for a month to see how well they work before buying them.

Some of our items are useful for folks who take care of their own health needs and could use reminders to do certain things, such as take their daily medications. With support from Bader Philanthropies, we have several options for medication alarms and boxes to organize or dispense medications. We also have some items that can assist people with memory loss in other areas of life such as:

- “Do Not Forget” Door Hanger for keys, glasses, wallet, etc.
- Weighted, Temperature-Adjustable Alzheimer's Teddy Bear
- Activity Apron & Muff
- Photo Phone & One-Touch Dialer
- Plug-In Timer for Electric Shut-Off
- Moth Balls in My Attic – Memory Conversations
- Analog Calendar Clock with Day & Date
- Talking Photo Album



You can look at our entire WisTech AT loan & demo items online with details and photos.

The website is [www.wisconsinat4all.com](http://www.wisconsinat4all.com). We have over 950 items listed under **North Country Independent Living's** AT loan/demo program. Please call or text John Nedden-Durst at 218.428.2960 (work cell) if you have any questions.

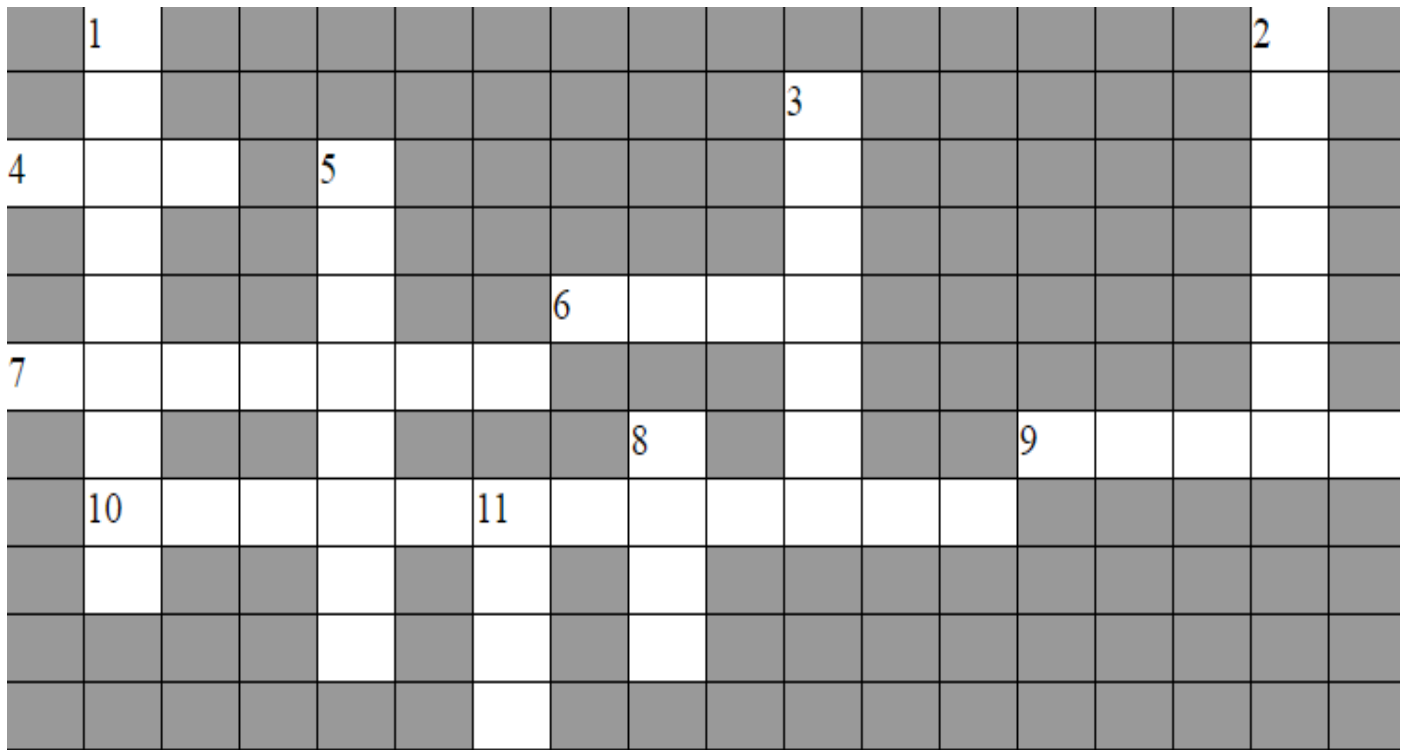
### HAVE YOU THANKED YOUR PCW TODAY?

North Country Independent Living Personal Care Program would like to thank all of our Personal Care Workers (PCW) for all the hard work and dedication they provide to the consumers in our service area. All of you are awesome! Each and every one of you has helped our mission by empowering people with disabilities, we would not be able to provide these services or live this mission without all of you. As a thank you, NCIL hosted an open house on May 16, 2017 from 10am-5pm it was a huge success. Thank you everyone who came and enjoyed the day with us.

As always, NCIL is hiring, we are looking for compassionate candidates to join our TEAM

(“**T**ogether **E**veryone **A**chieves **M**ore”), so let the referrals and hiring begin, start having your friends, family members and neighbor's come and join the NCIL team.

**Crossword Puzzle**



**ACROSS:**

- 4. Their mission is that they are dedicated to assisting people with disabilities. (acronym)
- 6. Free event that is open to the public on Tuesdays at Yoga Tree in Superior
- 7. Activity that took place on May 19, 2017 on the Chippewa Flowage outside of Hayward, WI.
- 9. One type of reminder to help people remember to take their medications.
- 10. NCIL was awarded a grant from Bader Philanthropies to provide these assessments.

**DOWN:**

- 1. These teachings maintain that woman have direct responsibilities for water - the life blood of Mother Earth.
- 2. If transportation is a problem for you this NCIL program may help.
- 3. The newest Independent Living Specialist at NCIL.
- 5. NCIL is looking for more tribal members for this committee.
- 8. NCIL's newest IL program. (acronym)
- 11. Event taking place on July 27, 2017.

**FREE ADAPTIVE COMMUNITY YOGA  
EVERY TUESDAY 2PM @ YOGA TREE  
69 N 28 ST, Superior, WI  
right next to North Country Independent Living**

Yoga can be beneficial for individuals with disabilities or chronic health conditions through both the physical postures and breath-work. Each pose can be modified or adapted to meet the needs of the student. Yoga asanas (movements) can be performed while seated in a chair or wheelchair. In a yoga class for individuals with disabilities, yoga asanas are modified or adapted, and may be performed with the instructor's active assistance as needed. Contact Dawn at 715-392-9118 Ext 27 for more details.





## Fishing has no Boundaries

On Friday, May 19<sup>th</sup>, NCIL staff Steve Carlson and Suzanne-Mills-Wemm attended the 30<sup>th</sup> annual Fishing has no Boundaries event at the Lake Chippewa campground on the Chippewa Flowage outside of Hayward, WI.

First started in 1988 in Hayward, FHNB has expanded over the last three decades to 29 annual events across the country. Hayward Chapter Vice President Bill Annala (pictured above) stopped by the NCIL display table to introduce himself and share stories and thoughts about the event. "We're like a family" said Annala. "Coming to this event is like coming home. And it's so exhilarating"

he continued, nodding to the participants. "Most of these folks work harder to get through their day than most people ever will and they do it with a grin on their face."

Though the day was cold and windy, the crowd didn't seem to mind. An honor guard of veterans from the Lac Courte Oreilles AmVets Post 1998 began the event by raising the colors as the crowd sang the Star Spangled Banner. Then it was off for a full day of fishing, friends and fun.

NCIL's Suzanne-Mills-Wemm, who has attended FHNB previously as the former commander of LCO AmVets Post 1998, had maybe the most memorable quote of the day. "FHNB is a place of subtle empowerment" she said. "You don't see it but you know it because the energy is so positive..... sort of like when you know the lightning will bring thunder."



## People with Disabilities for Change

Looking to make a difference? People with Disabilities for Change (PDC), is a grassroots advocacy group that works on issues affecting people with disabilities. Their top priorities include transportation, accessibility, education & awareness of disabilities, and promoting the Americans with Disabilities Act.

PDC was founded in 1993 and are 24 years strong! Their mission is that they are dedicated to assisting people with all disabilities. They support equal and full participation in society, thus ensuring respect, dignity, and the quality of life afforded all individuals. One advocacy issue they have recently been working on has been getting an accessible swing in a Duluth Park. Look for them at the North Country Independent Living Expo in July where they will have a booth and the St. Louis County Health and Human Services Conference in October where they will be presenting.

PDC meets every third Friday of the month, (sometimes 4TH Friday, holiday permitting) from 11:30am-1:00pm at Miller Dwan, 407 E 3rd St, Duluth, MN 55805, meeting rooms 1-3. Meeting dates for this year are the following: June 23<sup>rd</sup>, July 28<sup>th</sup>, August 25<sup>th</sup>, September 22<sup>nd</sup>, October 27<sup>th</sup>, November 17<sup>th</sup> and no meeting in December. To contact PDC their address is 2002 West Superior Street Suite 8, Duluth MN 55806, e-mail : [pdcnorthland@aol.com](mailto:pdcnorthland@aol.com), or contact Desi Menuey the president of the group at (218) 310-3276 or email [zocitribal@gmail.com](mailto:zocitribal@gmail.com). They are always looking for new members and new ideas. All are welcomed!

### 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. PDC
- 6. yoga
- 7. fishing
- 9. alarm
- 10. inhomesafety

**Down:**

- 1. Midewiwin
- 2. voucher
- 3. Suzanne
- 5. advisory
- 8. NAIL
- 11. Expo

### VOLUNTEER DRIVERS NEEDED!

North Country Independent Living is looking for drivers to help give rides to elders and people with disabilities. 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.*

# NORTH COUNTRY NEWS

North Country Independent Living  
69 North 28th Street, Suite 28  
Superior, WI 54880

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