

NORTH COUNTRY NEWS

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North Country Independent Living

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Adios Gloria



After 15 years with North Country Independent Living, Assistant Director Gloria Hakkila-Johnson has retired. Gloria started with North Country as a part time Independent Living Specialist in 2002. She went on to be a full time ILS, and then took over North Country's fledgling Personal Care Program, taking us from a billing entity to a full-fledged care provider.

In 2008 she became the Assistant Director until retiring. Gloria was a consummate advocate with a spine of steel. Spinning many plates throughout the years, she was always cheerful and her laughter is missed in the halls. Due to her efforts the coffee and the heart of advocacy remains strong at North Country. Enjoy your travels and adventures, Gloria. You deserve it and the coffee pot is always on.

APRIL CONFERENCE 2016

In the month of October, there was the Association of Programs for Rural Independent Living (APRIL) Conference. This year the conference took place October 20, 2016 through October 24, 2016 at Grand Sierra Resort in Reno, NV.

During the APRIL Conference of 2016, there were a number of breakout sessions, which is normal for conferences that last about 4 days. Transportation, Health Care, and Education were among the many topics discussed. One of the major discussions during the youth breakout sessions was Transportation. Transportation in the USA is a major issue for most of us (people with disabilities) and for those who do not have public transit access or their own vehicles.

This is a quote that stood out to me while I was in Reno, NV: "Disability Rights are Civil Rights". Transportation will affect everyone within the United States of America and perhaps may change the world in many years to come.

To help identify public transit issues please take this short survey https://unco.co.l.qualtrics.com/SE/?SID=SV_00wcGeTOzGL2IQ9.

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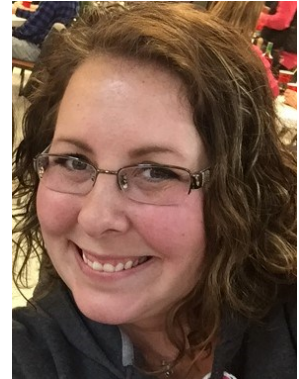
ALTERNATE FORMATS AVAILABLE

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

New Assistant Director – Elizabeth (Amys) Gilbertson

I am honored to say that starting January 1, 2017, I will officially start my position as NCIL's Assistant Director.

For over six years I have been with North Country as an Independent Living Specialist. I have some big shoes to fill, but I am looking forward to it! I'm excited to begin this new chapter with North Country and also to continue living and breathing our mission of empowering people with disabilities!



Independent Living Specialist

Hello! My name is Angie and I am very excited to be working here at North Country as an Independent Living Specialist!



I was born and raised in Duluth. I graduated from UW-Superior in 2015 with a Bachelor's degree in Social Work and a minor in Gender Studies. I did my internship at North Country in the summer of 2015 and I am thrilled to be back! Dancing is a huge passion of mine. I am a certified Zumba instructor and teach four nights a week. I also participate in an adult jazz competition class at a local dance studio.

If I'm not dancing I enjoy working out at the gym, going on walks, singing karaoke, hitting up a coffee shop with a friend, going to see live music, or going for a drive while listening to some of my favorite music (Stevie Nicks or Tori Amos). I love warm weather and spend most of my time at the beach in the summer. I also play on an all women's softball team every spring and summer.

Unfortunately I'm not a big fan of the winter and the cold weather it brings. However, I would eventually like to brave the cold and learn how to ski or snowboard. I'm very proud to be part of the amazing team here at NCIL! I look forward to meeting and working with you all!

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

Transportation Network Team

Thursdays: January 19th, March 16th, May 18th, July 20th, Sept. 21st, November 16th, 2017 at 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 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 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

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 second Thursdays 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 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

Transportation Update



2017 Transportation Voucher Program Rolls On

Bob Olsgard, Transportation Coordinator

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 to be 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 Link (formerly CCCW), many areas in our region and many consumers DO have access to at least some transportation.

Healthy Community Living

Over this last year, North Country Independent Living has been working on a team with 8 other Centers around the nation as well as Research and Training Center on Disability in Rural Communities (RTC: Rural) and the Association of Programs for Rural Independent Living (APRIL) to develop an online curriculum called Healthy Community Living.

We are creating two classes, **Community Living Skills** and **Living Well in the Community**. These classes will encourage people to explore skills for community living online and in person with peers and allies. These classes will be consistent with the Independent Living ideology, "nothing about us without us". We are looking for content from consumers and other people with disabilities.

Help us tell the story of healthy community living by sharing pictures and stories of you in various daily living activities. To see what people have already submitted, please check out one of these sites:

Website: www.healthycommunityliving.com

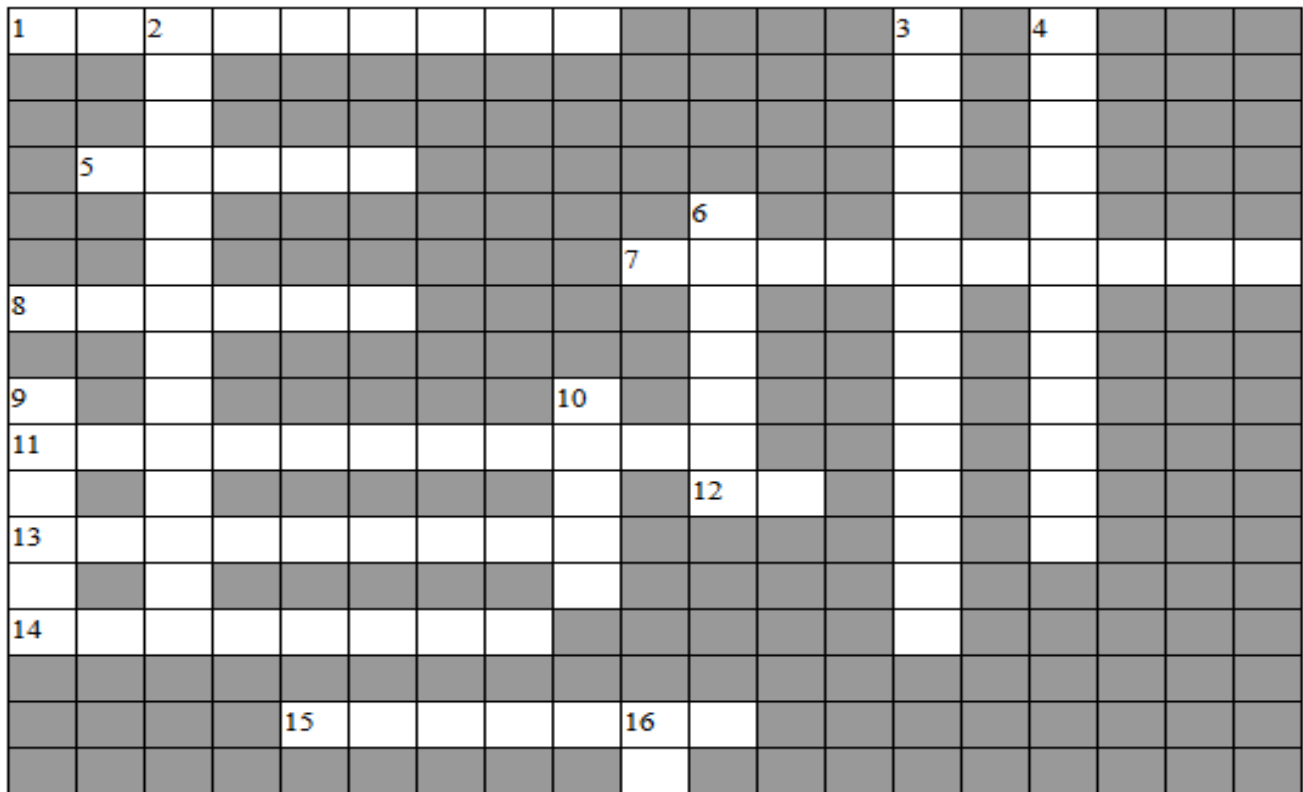
Facebook: www.facebook.com/HealthyCommunityLiving

Flickr: www.flickr.com/groups/healthycommunityliving

Get Involved & Newsletter: www.healthycommunityliving.com/get-involved.html

If you have unanswered questions, please feel free to contact Rich by phone 715-392-9118 or email, rich@northcountryil.org. Or you can send an email to: healthycommunityliving@mso.umt.edu

Crossword Puzzle



ACROSS:

- 1. Proper this can increase an individual's quality of life.
- 5. NCIL's new Independent Living Specialist.
- 7. One way for people who cannot access a computer keyboard to have access.
- 8. NCIL's Assistant Director that retired after 15 years.
- 11. If you enjoy online shopping use this website which contributes a portion of what you spend to NCIL.
- 12. NCIL's Personal Care Program is hiring for this position.
- 13. NCIL's new Assistant Director
- 14. NCIL's new project coordinator for NCIL's newest independent living project.
- 15. A low interest rate loan that assists WI residents with a disability to purchase AT or make home modifications.

DOWN:

- 2. This is a major issue in the USA for most of us (people with disabilities) and for those who don't have public transit access or their own vehicle.
- 3. NCIL's newest independent living project.
- 4. This type of communication is used by people who cannot speak.
- 6. NCIL has offered this transportation program to consumers for 10 years.
- 9. Reading these can help you make healthy food choices.
- 10. How many ounces of water should you drink before a snack between meals?
- 16. This NCIL programs lets you try items before you buy them from a vendor. (acronym)

Healthy Living Corner - Nutrition

Individuals with primary disabilities often experience “secondary conditions” – additional physical and psychological problems that limit a person’s enjoyment of life and participation in activities. Health research conducted with people with disabilities shows that diet affects many, and they frequently report secondary conditions, such as fatigue, weight problems, and constipation or diarrhea. Proper nutrition can increase an individual’s quality of life by improving existing secondary conditions and preventing additional conditions from developing. Some things to think about when making nutrition choices:

Read Food Labels Many food products these days have so many ingredients that make it harder for the body to process; the lower number of ingredients the better, and always go for raw/fresh produce whenever possible. If you must make a choice between canned fruits/vegetables and frozen, go for the frozen option as there are less added ingredients and the freezing process holds in more nutrients than canned goods.

Drink Enough Water The body can often get confused as to when we are thirsty or hungry. The best way to ensure you are in fact hungry and not just thirsty is to drink at least 8 ounces of water before reaching for snacks between meals. Drinking enough water and a tall glass of water before each meal will help prevent over-eating.

Ban Pre-Packaged Meals Many of us live very busy lifestyles or don’t know how to cook nutritious meals for ourselves, so we opt for pre-packaged type meals that we only need to heat up on the stove or in the microwave. These foods are often high in preservatives, salt, and other ingredients that are not good for the body and can increase blood pressure and cholesterol. Try meal planning/re-cooking your own meals and freezing them so you can have the same easy quick meal, only much healthier.

If you would like more information on nutrition, meal planning, shopping for the right foods, or even how to cook better meals for yourself, contact Dawn for more information.

Source: http://mtdh.ruralinstitute.umn.edu/?page_id=813

North Country Independent Living Personal Care Program

We provide services for individuals of all ages and disabilities. Our goal is to give our consumers a choice in how his or her services are provided. We provide services in your home, with set schedules that can be flexible. We work as a team to find caregivers who you want assisting you. We will hire your friends and family members if you want them to help you. Trained caregivers meet all consumers prior to working. We train all the caregivers to your routine. Contact the Personal Care Program for more information. 715-392-2533 V/TTY 800-924-1220

RN Wanted

NCIL Personal Care Program is now hiring a Wisconsin Licensed Registered Nurse (RN) for a casual position. Approximately 4-6 hours per month, very flexible schedule. RN is needed for Consumers that require a 50 to 60 day Nurse supervisory visits. Please call for more information 715-392-2533.

ITEMS IN LOAN & DEMO PROGRAM

Have you ever heard about our assistive technology (AT) loan and demonstration program? People who need assistive technology can have some of the items demonstrated or borrow some of the items to try them out to see whether or not they work well. That way you can try before you buy. We do not sell the items, but can help you locate the items you need in a catalog or on the Internet.

We have items and devices in 18 different categories, such as visual aids, amplified telephones or memory loss aids. Several of our items are useful for folks who need reminders to do certain things, such as take their daily medications.

We have a small pager-type device called the Invisible Clock that fits in your pocket and can be programmed with up to 12 vibrating alarms each day. We also have a Cadex wrist watch with 12 alarms and text messages or the Medcenter talking alarm clock that sits on your table and can be programmed to say 'take your pills' when the alarm sounds, and even a small capsule-shaped pillbox that has a timer/ alarm on it for when you are out of the house.

Some of our other items include captioned telephones, large-button TV remote, a soft indoor bell ball, ergonomic keyboards and a wireless vertical computer mouse.

We have over 900 items listed for North Country Independent Living's AT loan/demo program. Please contact John Nedden-Durst if you have any questions.

TECHNOLOGY GOES MAINSTREAM

Over the last several years there has been a subtle, yet important, shift in assistive technology devices. It used to be that a person with a disability who needed specialized equipment or computer programs had to purchase a device or software program designed specifically for that purpose.

These devices and programs, while important tools to assist people in obtaining independence, were often very expensive. Today there are many useful devices and programs that can perform some of these same functions which are used by people with, and without, disabilities.

For example, when voice input for computers first came along, it was only used by people who could not otherwise access the keyboard. Today, typing by voice is also used by students and professionals because it is faster and more efficient than typing by hand on a computer or smart phone.

Another example is augmentative communication which is used by people who cannot speak. This used to only be available on a dedicated communication device and now you can find this kind of software available for computer, smart phones or on tablets.

With all the innovations, assistive technology is now more a part of the mainstream society than ever. That is not to say that it will work for everyone. 'Traditional' assistive technology is still relevant and important for many people. The shift in technology just means that there are more choices, and more affordable ones, available for more people – and that is a very good thing.

Native American Independent Living Project

North Country serves the Red Cliff, Bad River, Lac Courte Oreilles and St Croix tribes. Last year 14% of our consumers were Native Americans. We conduct routine outreach visits to these communities and have a history of Native American representation on our board. Presently Mary Jane Grande, a disabled vet and local advocate, is a Bad River member and Megan Taylor, the director of LCO Vocational Rehabilitation, serve on our board.

While we are proud of our efforts in Indian Country, we recognize the extreme and unique needs of Native Americans with disabilities and we need to do much more.

That's why we are excited to be one of 3 Independent Living Centers in a nationwide competition to be awarded a 3 year demonstration project to increase our impact in Indian Country and develop a national model.

We have hired Sunshine Lemieux as project coordinator. We are excited to have someone of Sunshine's abilities (see her article below!). We are in the process of hiring 2 more positions to provide IL core services and increase our assistance to Indian Country.

We will also develop an advisory committee of Native Americans with disabilities to offer advice and guidance to the project. The knowledge from both the disability experience and the Native American experience are vital to the success of this project.

For more information or to become involved in this project please contact John Nousaine or Sunshine Lemieux.

WELCOME SUNSHINE

Sunshine Lemieux, J.D. is joining North Country Independent Living after working as a Staff Attorney in the Indian Law Office of Wisconsin Judicare, Inc. for the past 11 years. During her employment at Wisconsin Judicare, aside from client casework, Sunshine presented on various legal topics at seminars, held legal clinics at tribal health and disability fairs, and traveled across the state to discuss health and income maintenance topics with Wisconsin tribal members. She also provided program management, legal backup, and training to the Tribal Elder Benefit Specialists and Tribal Disability Benefit Specialists.



Sunshine is excited to bring her knowledge and experience to her new position and use it to contribute to the Native American community and consumers served by North Country Independent Living.

Sunshine Lemieux is an enrolled member of the Bad River Band of Lake Superior Chippewa. A 2005 graduate of the University of Wisconsin Law School, Sunshine received her Bachelor of Science in Mass Communications from the University of Wisconsin-Superior in 2000. She is married to Chris Dysh and has three children Kyler, Jackson and Emma and one grandchild, Carsen.

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:

1. nutrition
5. Angie
7. voiceinput
8. Gloira
11. AmazonSmile
12. RN
13. Elizabeth
14. Sunshine
15. WisLoan

Down:

2. transportation
3. nativeamerican
4. augmentative
6. vouchers
9. labels
10. eight
16. AT

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.

NORTH COUNTRY NEWS

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~~~~~  
69 N 28th St., Suite 28  
Superior, WI 54880  
(715) 392-9118 Voice  
(715) 392-9271 TTY  
1-800-924-1220 V/TTY

**[www.northcountryil.org](http://www.northcountryil.org)**  
**Email: [ncil@northcountryil.org](mailto:ncil@northcountryil.org)**

**John Nousaine**  
Director  
[john@northcountryil.org](mailto:john@northcountryil.org)

**Liz Gilbertson**  
Assistant Director  
[liz@northcountryil.org](mailto:liz@northcountryil.org)

**Jim Glaeser**  
Accountant  
[jim@northcountryil.org](mailto:jim@northcountryil.org)

**Sunshine Lemieux**  
Native American Independent Living  
Project Coordinator  
[sunshine@northcountryil.org](mailto:sunshine@northcountryil.org)

**Bob Olsgard**  
Transportation Coordinator &  
Wisconsin Certified Mobility Manager  
[bob@northcountryil.org](mailto:bob@northcountryil.org)

**Russ Stover**  
Transportation Office Assistant  
[russ@northcountryil.org](mailto:russ@northcountryil.org)

**Angie Musolf**  
Independent Living Specialist  
[angiem@northcountryil.org](mailto:angiem@northcountryil.org)

**Dawn Magnuson**  
Independent Living Specialist  
[dawn@northcountryil.org](mailto:dawn@northcountryil.org)

**Rich Skerbitz**  
Independent Living Specialist  
[rich@northcountryil.org](mailto:rich@northcountryil.org)

**John Nedden-Durst, ATP**  
Assistive Technology & Benefits Specialist  
[jnd@northcountryil.org](mailto:jnd@northcountryil.org)

**Martha Oie**  
Grassroots Organizer &  
Independent Living Specialist  
[martha@northcountryil.org](mailto:martha@northcountryil.org)

**North Country Independent Living  
Personal Care Program**  
**715.392.2533**

**Jodi Zukowski**  
Personal Care Program Specialist  
[jodi@northcountryil.org](mailto:jodi@northcountryil.org)

**Angie Zylka**  
Personal Care Program Specialist  
[angie@northcountryil.org](mailto:angie@northcountryil.org)

**Holly Paxton-Dalton**  
Personal Care Program Specialist  
[holly@northcountryil.org](mailto:holly@northcountryil.org)

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