Everyone Welcome.
Join us for our 30th Anniversary celebration: Wed, October 26, 2011
Radisson Hotel Roseville
2540 North Cleveland Ave, Roseville, MN 55113 • www.radisson.com/rosevillemn
Parking/Metro Mobility drop-off: Front of Hotel

Social Hour – 5:00 p.m. (Cash bar available)
Dinner – 5:45 p.m. • Cost - $20adv/$25 at door; Children: $7.50/$10
Limited Scholarships available • Registration is limited

Program: – 6:45 p.m. • Stories & Healing, Kevin Kling, MN humorist & story teller
7:15 p.m. • 30 years of MCIL

Awards: – 7:15 p.m

Meal selections – Select one:
Herbed Crusted Chicken; Pork Parma Marsala; Vegetable Cheese Ravioli (Vegetarian)
Children’s Menu – Chicken Fingers

RSVP Meal Selection and Attendance by: Monday, October 14, 2011
by calling John at 651-646-8342 or e-mail mcilmain@mcil-mn.org
Make checks payable to MCIL & mail to 1600 University Ave W; #16, St. Paul, MN 55104
As you have all heard, the Minnesota Department of Human Services (DHS) will impose a 20% reimbursement rate reduction for family members providing PAS services, effective October 1, 2011. Now, in all fairness, DHS is only performing its obligation to a legislative decision. It is the members of the Health and Human Services Committee, with the endorsement of a majority of their fellow legislators, who have to own this one. The truly disturbing fact behind this decision is the realization that any projected cost savings associated with the policy change was a secondary consideration. The primary reason that a majority of legislators voted for this change was their belief that family members have an obligation to care for their loved ones. In other words, they are making this a moral issue. They are saying that you have an obligation to care for your family member, and this action suggests that if you request equal pay for delivering those services, then you are possessed of impaired moral fiber.

Some old fashion terms there, but you get the point.

Clearly these legislators are not aware that many family members often forgo out-of-home employment opportunities so that they can stay at home and care for their loved one. By doing so, and being paid, they are acting as the sole source of income for the family. If they experience a 20% reduction in wages, like anyone else they will be forced to find ways to replace that loss of income. For many, it will mean that they will have to look for employment outside the home. When they secure the outside employment, the family will have to hire an individual to take over the duties they once performed and any projected savings are out the window.

Additionally, the security of the consumer who is receiving services from a trusted family member is under-mined . . . and choice and self direction is taken away by a somewhat capricious decision of the legislature.

Of course, the same legislators who believe that family members have a moral obligation to care for their family members will likely also assert that their secondary motivation is reducing fraud in the PCA services program. Are there some families who take advantage? I am sure that there are. Are instances of fraud rampant? Likely not. At least, I have never seen any data to support such a belief.

And, keep in mind; this legislation was passed without a public hearing, very little debate in committee, and no public comment period.

I think it is a very dangerous direction when we begin to moralize delivery of health related services. But, then, I am only being naive because health care access, availability, and delivery are already highly moralized in the US.

I suggest that family members who are affected….both consumers and DSPs…..should contact their elected officials and share their concerns about the upcoming policy change. They need to hear from you.
MCIL’s ice cream social was a success!

MCIL started its 30th anniversary celebrations with an ice cream social on September 7 at Como Park. Hotel Furniture Liquidators sponsored the ice cream social and Bud’s Brass Band played polkas, waltzes and other favorites. Here are some pictures provided by Pamela Johnson and Nancy Ekola.

 Above: Kevin Lamminen, MCIL staff

 Above: Malena Schmidtke and Jason Madore

 Above: Tom Platzer of Hotel Furniture Liquidators and David Hancox

 Above: Ellie Emanuel, Chair of MCIL Board

 Above: Rick Cardenas (ACT) and David Culver

 Above: Kevin Lamminen, MCIL staff

 At right: Abbee Johnson
Nick’s Notes

By Nick Wilkie

As the metro area schools are returning to action, I am happy to tell you that we in transition at MCIL are ready for a busy academic year.

Much like last year, we have positioned ourselves to be out in the community on a regular basis. We are building on last year’s successes of finding students in their environments and encouraging them to form a relationship with us. This consists of a variety of activities: school site time, attending community recreation events, invitations to IEP (Individual Education Plan) meetings, coordinating individual student meetings, and participation in metro wide information fairs.

Transition staff is also actively combing over 30 different sources of information for news and video related to youth, disabilities and community culture. Our Transition Discussion Board now has over 450 different topics on everything from employment, activism and recreation. Our staff also looks to video based sites for clips to post and chat about with students. You might be surprised what you find when you give it a look.

Our staff has also had the opportunity to submit articles for Impact Magazine and The Journal of Pediatrics. The issues of Impact Magazine focused on Sexuality, Gender and Disability and also Identity and Disability Culture. In the Journal of Pediatrics, we contributed to their understanding of youth participation in the medical model. Simply, the sooner you address the young person’s understanding of their situation and diagnosis, the better they will be able to advocate for what they need. If anyone would like copies of any of these articles or would like to hear more, please use the contact information below.

On October 26, MCIL is hosting our 30th anniversary annual dinner. At this year’s event we will recognize a young man that has made significant strides in his independence, his education, and his community. To find out more about this individual and to attend our dinner contact John Worley and reserve your tickets today. Call 651-646-8342

Thanks for reading and staying informed about transition services here at MCIL. Should you have a suggestion or feedback, please contact me at, nickw@mcil-mn.org or 651.603.2018. I look forward to hearing from you.

ADA Minnesota

ADA Minnesota provides you and your organization with assistance to implement the Americans with Disabilities Act.

It provides the following services:
- Technical assistance & information about what the ADA covers & what is required for compliance.
- Education, trainings & presentations
- Publications with information on employment, accessibility, reasonable accommodations & more.
- Connections to a network of local & national agencies.
- Resources on accessible information & electronic technology in education centers.

Contact us! We can help.

ADA Minnesota
1600 University Ave. W., Suite 16; St. Paul, MN 55104 651-603-2015 • 888-630-9793
www.adaminnesota.org • cindyt@mcil-mn.org

Disability Linkage Line™
Finding the right resources just got easier.
www.MinnesotaHelp.info®
1.886.333.2466 (toll-free)
Disability Linkage Line news

By Chris Persons

The Metro Disability Linkage Line is trying to reach more people in the Metro area. Kevin Lamminen and Julia Washenberger have outreach sites at the Rondo Library and the Wyoming Fairview Clinic. Their collaboration with the Rondo Library and Wyoming Clinic has been very successful. Kevin and Julia have set times each month making it more convenient for people to access information. Kevin Lamminen is at the Rondo Library the 2nd and 4th Tuesday of each month. Julia Washenberger is at the Fairview Clinic in Wyoming the 2nd and 4th Monday each month.

Meet MCIL’s new staff

Hi! My name is John Worley and I’m the MCIL receptionist. I was born in Texas, but grew up here in Minnesota. I worked through the 90s in the mailroom of an insurance company in St. Louis Park, until health issues forced me out. A couple of years ago, I met MCIL staff person, Barb Schifano, at the Workforce Center, and she introduced me to the wonderful world of MCIL. I then volunteered for Pamela Johnson and was adopted by Corbett Laubignat, who helped me work on my independent living skills. After much volunteering I was able to gain the skills needed to apply for the front desk position and I’m so happy to be here helping with all the important work conducted at MCIL. If there is something I can help you with, please come see me!

My name is Sarah Ditto and I’m the new Independent Living/Veterans Specialist here at MCIL. I’m honored that Ann Roscoe and David Hancox have given me the opportunity to serve our veterans with disabilities. I was in the Minnesota Army National Guard for eight years before coming to MCIL. I did one tour of duty in Iraq and was deployed for a total of 1 year. Working with veterans is near and dear to my heart, because I can relate.

I will be focusing on two main areas, both dealing with veterans’ issues. Veterans Court in Hennepin County is one part. I’ll be recruiting mentors, training them matching them with veterans going through the court process. The other is the “Veterans Building Ramps for Veterans” program. This entails recruiting veterans who want to offer their time and skills to help build a ramp or specialized steps for a fellow veteran. Currently we are working to expand this program to include work inside the veterans’ homes. I am also helping to find funding for these programs and veterans that need our assistance with their home.

I look forward to my time at MCIL and can’t wait to meet more of our volunteers and consumers.

Nursing Home Relocation (NHR) & Transitional Services update

By, Pamela Johnson

In the third quarter, the NHR program received a total of two referrals for Relocation Coordination (RSC) services. There were a total of two RSC moves, with both consumers moving into Assisted Living Facilities. The NHR program ended the third quarter with two current consumers.

Going into the fourth quarter, we are working on scheduling a NHR/RSC Training as well as Transitional Services to open doors for new social workers to learn about, and be acquainted with, our programs. We are hoping to increase last year’s numbers of consumers served and are close with still two months to go.

The Transitional Services Program continues to do very well. There were a total of 24 consumer referrals for the transitional services program in the third quarter.
PCA services...where are we now?

By, Sarah Murphy

With the end of the longest ever MN State shutdown, we have a highly compromised and controversial budget in place. It is clear that neither of the major parties are particularly happy with the budget, nor are many (if any) Minnesotans happy with the outcome. After the long shutdown, the governor and the two legislative majorities still have not created a long term solution. Senator Linda Berglin has decided to retire from the senate and those who have the least are being handed the largest bill.

Many of you may be wondering how this budget will affect PCA services. As a consumer of, or DSP providing supports for, PCA Choice services there are three changes that will directly affect PCA services.

Let start with the good news, or at least the not so terrible news, considering what could have happened. Back in 2009, there was the legislative plan to change the assessment tool, the effects of which most of us have already felt. There was one change that wouldn’t go into effect until July 1, 2011. The final change was: no one with a level one behavior, one ADL, or both would qualify for PCA services. Instead, an alternative service to PCA was to be implemented. This alternative service was never created. Because an alternative plan was not created, it was decided that 30 minutes per day would be allotted to those who would have lost services all together. If you were assessed in June or July, prior to this decision, the Public Health Nurse who assessed you should be contacted to mark this change in your assessment. Currently DHS is looking at the plan to reinstate services, and you will be alerted when DHS has created a plan for reinstatement. Clearly this is not great news for those who will receive a cut in hours without an alternative service put in place, but it will provide many with some support when there was the threat of none.

Now for the bad news: There was a 1.5% cut to the hourly reimbursement rate for all PCA services. This cut was applied on September 1, 2011. This cut will generously be reduced to a 1% cut in the 2014-2015 biennium, BUT there is the possibility of an additional 1.67% cut going into effect during the 2013 fiscal year. So, for the remainder of SFY (state fiscal year) 2012, a 1.5% cut; SFY 2013, possibly an additional 1.67% cut (= 3.14% for the biennium); biennium 2014-2015, restoration of 5%. This 1.5% cut will affect all PCAs in the state and in turn all PCA consumers, and PCA agencies. This is the third reduction to the reimbursement rate implemented over the past four years, leaving some of the hardest working people getting paid less than their already reduced wage. There are many consumers fighting in vain for higher wages to maintain qualified staff, and agencies struggling to provide decent wages without losing money in the process. MCIL did not pass on the first two reductions to its DSPs. Now with yet another reduction, MCIL has no choice but to pass this on to reduce wages. The current reduction is the only one that will be passed on to staff.

The final change I’d like to note will affect mainly Choice consumers and their DSPs. This cut is an additional 20% cut to immediate family members providing supports. This means that any sibling, parent, grandparent, child, or grandchild providing support would be paid less starting October 1, 2011 for providing the same supports any other DSP would provide. Although on average, family members who are paid DSPs sacrifice their daily schedules, the chance to work more lucrative jobs, and at times their own health to provide reliable support to their loved one, it’s been decided to save money the state should slash their wages. Chances are many of those affected will be forced to look at other ways to earn money, leaving consumers without

Continued on next page
the reliable help they currently have. The legislators who proposed this cut believe that it will save money without harming anyone, consumer or DSP. Perhaps this is true in some cases, but by and large it’s not.

If you would like to submit comments on how the 20% cut will affect you, please contact DHS before October 17th, 2011 at DSD.PublicComments@state.mn.us In addition to this please consider send your stories to your legislators and to Anni Simons at asimons@arcmn.org Your stories will be used to lobby on this issue. We will be seeking consumer and DSP stories. Relative is defined as “the parent or adoptive parent of an adult child, a sibling an adult child, a grandparent, or a grandchild”

These cuts show us that the legislators truly believe that PCAs will provide support for little to nothing because they are so committed to the people they serve. Their generous hearts will be rewarded at some point but surely their pocket books will feel the hit. Please consider letting your legislator know that DSPs have needs as well.

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Update: IL-VRS Collaboration Project

Taylor Kearns

The IL-VRS Collaboration Project continued its success in 2011 and is looking forward to another great year in 2012. When this project started in 2007, the idea was for IL services to be provided to Vocational Rehabilitation Services (VRS) consumers within the VRS environment as a way of addressing the many barriers people with disabilities encounter when looking for work. The main goal of this design was to provide VRS staff and consumers with immediate access to IL services and to build a stronger relationship between Centers for Independent Living (CILs) and VRS. This combined IL-VRS approach is a “best practice” in assisting people with disabilities in achieving their employment goals. Since we started serving consumers in the spring of 2008, we have served over 2800 consumers. It is our belief that these consumers are not only more prepared to be successful in employment, but also at home and in the community.

In support of this belief, data produced by the VRS Division within the MN Department of Employment and Economic Development (DEED) in 2011 indicates an approximate successful employment outcome rate of 57% for individuals who receive services from the IL/VRS Collaboration. This compared to a 46% successful employment outcome rate for individuals who receive VR services that do not include IL services. This data demonstrates a clear impact of the value of the IL-VRS Collaboration project on employment outcomes. VRS staff have also communicated that IL staff are critical in serving VRS consumers.

Much of the credit for this success goes to our IL Specialists. Their dedication, skills, and knowledge are key components to the overall impact of this project. Current staffers Adrienne Wilcox, Kelly Krantz, Shanna Weiss, Halley Ramsey, Patti White, and Barb Schifano have proven to be huge assets to the project. Without their hard work and professionalism, this project would not have been as successful as it is. Having a great program design only goes so far without great people and I want to thank them for their efforts. In addition, MCIL’s Executive Director, David Hancox, and the metro VRS Regional Area Managers (RAMs) have provided the critical leadership and vision to enable this project to be a systems changer.

Now going into our 5th year, we continue to see the vital nature of these IL services with the VRS environment. The important point here is that VR also sees the vital nature of having IL services available to their consumers as well. In the coming year, we hope to see an expansion of our capacities in delivering IL services through increasing our staffing levels and broadening our service delivery model. We are excited about the new possibilities and as we work to impact consumers in a positive manner.
Is PCA Choice Right for You?

Does your agency treat you like a customer or a client?
Can you schedule your DSPs when you need them?
Do DSP’s show up?
Do you choose who will work with you?
Are DSPs paid fair wages?

- Bring your DSPs with you, or tell us who you want to work with.
- We provide assistance with developing job descriptions, posting job ads, recruiting and screening.
- You make all hiring & firing decisions!
- You make your own schedules.
- We provide assistance finding coverage on the weekends or during the week.
- We provide all processing, payroll and co-supervisory supports.

For more information about MCIL’s Personal Assistant Services:

1600 University Ave. West, Suite 16. Saint Paul
To arrange an in-home visit please call 651.788.8424

www.pas.mcil-mn.org
TTY: 651.788.8424

We are located on the first floor in the Spruce Tree Building.
Accessible parking, entrances & scent-free office.
MCIL classes/workshops: Please join us!

Join us for education and fun this Fall 2011. All events are free and accessible.

Most of the following events meet at MCIL 1600 University Ave W. Suite 16 in St. Paul. We are on #21, #16, #50, #53, #84 bus lines, please check bus schedules for exact drop off locations.

Please RSVP, and if needed, request an interpreter or alternative formatted materials two weeks prior to the scheduled activities. To RSVP, contact the staff person listed for each event. You must register at least two days prior to the event. For questions, contact: Corbett Laubignat (low-bin-ya) at 651-603-2028, corbettl@mcil-mn.org

• Classes will be cancelled if less than two people are registered.
• Check our website www.mcil-mn.org for the E-Calendar or come in and get the most current calendar of events at our front desk.
• Meeting dates are subject to change due to weather or unforeseen problems.

MCIL events attempt to be scent-free. Please remember to avoid wearing scented personal and hygiene items such as soaps, deodorants, shampoos, hair gels, lotions, “natural” fragrances and cologne/shaving products to MCIL events. This way everyone can have equal access to the services provided by MCIL. The staff and consumers thank you.

We look forward to seeing you soon!

Regular Monthly Events

Living well with a disaility
From 10am-12pm
• October 19th Open House- come and learn what this program can provide to the people we work with and to you as a consumer 10-11:30
• November 9th group 1 check in
• December 21st deadline for January-February workshop signup

Knitting/crafts group
Join us in learning simple techniques, patterns and designs. This class is for everyone, so if you have always wanted to learn or if you are an old hat at this, come enjoy a relaxing and social time. Please feel free to bring yarn in the color of your choice. We meet twice a month for two hours at a time. We have adaptive equipment for people who would like an alternative to knitting needles. All crafts welcome!
• October 11th 10-12 & 24th 1-3
• November 1st 1-3 & 14th 1-3
• December 5th 10-12 & 19th 1-3
• January 9th 10-12 & 23rd 1-3

Nicollet Mall farmers market adventures
11-1:00pm
Join us in exploring Minnesota grown produce and learn how to eat fresh and healthy produce and save money. Please bring cash just in case something catches your eye.
• September 15th: meet at MCIL

Wii fun
Join us for snack and games! It’s a great way to meet new people, have fun and even get in a workout. Yes, it’s accessible too.
• September 27th: 4-6
• October 20th: 11-1
• January 5th: 12-2

Continued on next page
The weekenders
Are you sick of sitting home all weekend? Do you see fun activities and wish you had someone to do them with? Do you find yourself wanting someone to talk to? Well, this is the group for you. Come meet other people who share your interests and want someone to hang out with. We will meet once a month to share, talk, plan, do activities or outings throughout the month. Guests are welcome and encouraged.

• September 17th: Minnehaha Falls Picnic 12-3
• October 22nd: Lyndale Rose Gardens for pumpkin painting 1-3
• November 19th: Egg and I Restaurant in St. Paul 11-2
• December 10th: Mall of America for lunch and a movie 1-4

Peer Mentor trainings
• September 20th: 9-12:15 and 1:00-3:15 Beating the Blues
• November 15th: 9-12:15 and 1:00-3:15 Healthy Communication
• January 17th: 9-12:15 and 1:00-3:15 Seeking information

Peer Team activity
Join your fellow mentees and mentors in a day of fun, snacks and exploration. We will be creating dream webs and discussing the experiences we have had in the mentoring program.
• September 14th: 11-2
• January 25th: 11-2

Self-esteem
How do you see yourself? Does your inner voice say hurtful things? Come and join us as we discuss ways to change that inner voice and make it a supportive voice instead. Please bring an open mind and a willingness to change.
• October 17th: 10-12

Meal planning
Creating a weekly menu and shopping with a list
Do you end up with more in your cart than you planned? Do you run out of ideas midweek? Join us in learning how to expand your meals without expanding your expenses.
• January 11th: 11-2

Meals planning
What to do with leftovers
Do you end up throwing away leftovers? Would you like some techniques on how to use food more effectively? This is a class that will teach you how to be safe and creative with leftovers.
• November 16th: 10-12

Homemade gifts
Is your budget tight? Do you have people you’d like to show appreciation to but don’t have a whole lot of cash? In this class you will learn how to make fun homemade gifts out of items you have in your home or with inexpensive materials.* If you have any old men’s neck ties please bring them.
• December 12th: 1-3

Winter blues workshop
Winter can get very isolating and the snow can become a real downer. Join us in discovering techniques and places that can help us all feel better about winter’s grip.
• December 7th: 10-12 and 14th 1-3

Bus trainings
Available upon request. Have some fun and increase your understanding and experience with Metro Transit the public bus line and light rail. This will be your chance to expand beyond Metro Mobility. Many options and more freedom will be opened to you. Join us for a trip from MCIL to the Mall of America. We will eat lunch, do a little shopping and return to MCIL. Please call if you are interested in a lesson. We also have Mentors available that can work one on one with you to achieve independence on the bus and light rail.

Healthy relationships
MCIL presents a series of classes centered around building interpersonal effectiveness, discussing sexuality and disability, and creating healthy boundaries.
• November 8th: 10-12 How to create, respect and maintain boundaries

Continued on next page
You are invited to an evening of fun! MCIL is opening its doors for anyone who would like a place to come socialize, use our computers, watch a movie, eat, gather information, find an outlet or just chill. You are welcome to stay the whole time, come for an hour or just stop in for a few minutes. We look forward to seeing you! Please RSVP: 651-603-2028 or email corbettl@mcil-mn.org

Location is subject to change please call ahead; if it is raining please call ahead to find out where we will meet. Most likely we will meet at MCIL.

- **September 27**th: at MCIL 1-6pm Apples, apples, and apples
- **October 25**th: at MCIL 1-6pm Halloween party
- **November 29**th: at MCIL 1-6pm Thanksgiving theme
- **December 20**th: at MCIL 1-6pm Bake and take cookies and festive fun
- **January 31**st: at MCIL 1-6pm

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**Support Group**

**GLBT support group**

- **September 13**th
- **October 11**th
- **November 1**st
- **December 6**th
- **January 10**th
- **Feb 7**th
- **March 6**th
- **April 3**rd
- **May 1**st
- **June 5**th

Gay, Lesbian, Bisexual and Transgender (GLBT) with disabilities Support Group meets almost always on the first Tuesday of the month. We will meet at the Metropolitan Center for Independent Living MCIL, 1600 University Ave W., Suite #16, St Paul, MN 55104. This group will sometimes meet in the community, please call ahead for definite locations. We will still meet from 6-7:30 pm

If you will be late or you are lost, please call Corbett at 651-603-2028.

A new policy: If no one shows up after 6:35pm, the support group will be canceled for the evening.

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**Check us out on the web!**

www.mcil-mn.org

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<tbody>
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<td>President</td>
<td>Ellie Emanuel</td>
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<td>Vice President</td>
<td>Scott Ruhsam</td>
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<td>Treasurer</td>
<td>Scott Dehn</td>
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<td>Secretary</td>
<td>Joani Werner</td>
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<td>Members at Large</td>
<td>Tim Benjamin, Dave Houghton, Roberta Juarez, Shelley Madore, Sheri Smith and David Swanson</td>
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<td>Ex-Officio</td>
<td>David Hancox</td>
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**MCIL administration/program staff**

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<th>Name</th>
<th>Position</th>
<th>Phone Number</th>
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<tbody>
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**Contact Information**

- ADA Minnesota: 651-603-2015 or 1-888-630-9793 Toll-free  
- Disability Linkage Line: 1-866-333-2466