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Everyone Welcome.
Join us for our 31st Anniversary celebration: Wed, October 24, 2012
Radisson Hotel Roseville
2540 North Cleveland Ave, Roseville, MN 55113 • www.radisson.com/rosevillemn
651-636-4567 • Free / Accessible parking at Hotel

Welcome/luncheon: Noon – 2:00p.m. • Cost - $20adv/$25 at door; Children: $7/$10
Limited Scholarships available • Registration is limited

Opening remarks/speaker: 1:00 p.m.
Awards: 1:45 p.m

Meal selections – Select one:
Chicken Oriental; Salmon; Vegetable Puff (Vegetarian)
Children’s Menu – Chicken Fingers

RSVP Meal Selection and Attendance by: Monday, October 15, 2012
RSVP: John at 651-646-8342 or e-mail mcilmain@mcil-mn.org
Inform John if you need an accommodation; please refrain from using scented products
Make checks payable to MCIL & mail to 1600 University Ave W; #16, St. Paul, MN 55104
From the Director’s Desk

Fall: time to celebrate, consider and prepare

By David Hancox

This is the fall issue of the MCIL and that means it time to prepare for our annual meeting/celebration. There is information in the newsletter about the event, and how to register.

It is also time to take a look back at the year behind us, and celebrate our successes, consider our challenges, and prepare for what lies ahead of us.

Our successes have been many. MCIL staff have assisted more than 170 individuals in their desire to leave a nursing home or other institutional setting, we have provided continuous self-directed PCA services to more than 100 consumers, we have seen MCIL Transition staff embedded in more than a half dozen public schools and T-Plus programs, we have served nearly 50,000 callers with the Disability Linkage Line (DLL), served nearly 1,000 consumers in the metro Workforce Centers, built dozens of ramps, focused efforts to serve Veteran’s with service related disabilities, provided critical information and assistance on the ADA, and served dozens more in our Peer Program.

MCIL staff represents our organization on more than 40 local, statewide, and national boards, councils, task forces and committees. This ensures that our message of Independent Living will continue to influence policy and service delivery design.

Administratively, we continue to operate with a modest administrative rate of less than 8%, and have cut our operating cost significantly by lowering our worker’s compensation rate by tens of thousands of dollars.

There have been challenges. For example, our efforts, along with many other concerned community partners, to address a 20% rate reduction for family members working as DSPs resulted in a temporary suspension in the implementation of the rules. Unfortunately, we will face this challenge again in the upcoming legislative session. Our community will also be facing additional changes in PCA services statewide, and changes in the delivery of nursing home relocation services.

We also lost a good and dear friend this year. George Hall, former board member, board chairperson and personal friend died in March of 2012. His contributions to MCIL were many and his presence is greatly missed.

As we move forward, new challenges and opportunities will engage us, and we will be ready.

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
Nick’s notes
By Nick Wilkie

Working with youth in the metro area continues to be a growing venture at MCIL. We have expanded our reach yet again and the results have been extremely positive; leaving youth and educators more aware and informed about their situations and how their actions play a positive role in the future. Here are just a few highlights:

The past year, we embarked on our second year of focused outreach to local schools and transition 18-21 programs. This approach put our staff in direct contact with youth and educators in the community and encouraged all parties to refer to, and build a relationship with, MCIL. On a daily, weekly, and monthly basis our staff sought these connections within five metro based programs. Within these settings, staff fostered connections by being available, assisting within the classroom, and facilitating community interactions while outside of the school setting. For a number of youth and educators, this contact has turned into more consistency of involvement with MCIL staff. Our staff can promote and encourage our programs and activities while engaged at the school, ultimately increasing the possibility that the youth community will take advantage of those services. This approach was received so well that we are looking to expand it in the coming year by increasing staff and capacity to visit more programs. In the last academic year, our staff was invited and attended almost 30 IEP meeting in the Twin Cities area. This is an average of three meetings a month. Never before have we had this many requests and believe that it is a sign of good things to come.

We also stayed committed to our core services by providing quality information and referral. By staying connected to over 40 different news sources for youth and disabilities we can keep a pulse on what is happening locally, nationally and internationally. We then can get this information out to our community through our two distributions that have over 570 contacts.

Our staff remains committed to the continuing challenge of getting youth engaged in their independence and their futures.

On another note: Every year MCIL has the chance to recognize a young person for their achievements and for what they offer to the community. This year we chose to recognize Krista Pyllki.

We met Krista over three years ago when she was just starting her high school career at Totino Grace. Since that time Krista has accomplished a variety of wonderful goals. Some of these include; increased confidence and ability to express and advocate for herself and her needs, disability awareness, knowledge of accommodations, transportation training, and post-secondary options. Krista achieved all these things, as well as rank number 10 in the world for the 400 meter trials in Christchurch New Zealand in the summer of 2011. She continues to amaze, but we should not be surprised. It is business as usual for Krista. This fall Krista took her skills to the College of St. Scholastica where she is pursuing a degree in religious studies and theology. We wish he all the best.

As always, 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. ■
Voter ID and people with disabilities

You have probably heard a lot about the Voter ID Constitutional Amendment. If it passes in November, it will mean Minnesota voters will need to bring a government approved photo ID with them to the polls.

At first, this may seem to be a good thing, preventing voter fraud or voter impersonation. The amendment has been called “a solution in search of a problem.” In 2006, there were six cases of alleged non-citizens voting out of 2,202,937 votes cast in Minnesota. In the 2008 election, seven voters were accused of voter impersonation, out of 2,921,498.

People with disabilities are among those who would be most impacted if this amendment passes. According to the League of Women voters, 10% of voters with disabilities do not have a photo ID, resulting in barriers to voting.

Getting a “free” government approved photo ID may be costly for voters. Consumers would need to travel to a county or state office. In many areas, this poses a problem, as the round trip travel could be up to 80 miles. Consumers would need documents to prove who they are. This could be a certified birth certificate ($26) and/or marriage licenses.

Requiring a current photo ID places barriers to many people with disabilities, effectively disenfranchising them. Others affected include absentee voters, the military, college students and older adults. If the amendment passes, it could affect more than 700,000 eligible voters.

For more information, visit the League of Woman voters website (www.lwvmn.org/DemocracyForAll) and the Our Vote Our Future website (www.ourvoteourfuture.org)

Rides to the Polls

The Minnesota Consortium for Citizens with Disabilities is offering free Rides to the Polls on November 6 in the Seven County Metropolitan Area. To sign up for a ride, call 1 855 50-RIDES (1-855-507-4337).

Factsheet: Helpful info for voters with disabilities

(take this with you to the polls)

1. To fix a problem at the polls, before you leave the polling place:
   a. Talk to the head election judge, and if they can’t fix it, ask them to contact a county or city election official. If that doesn’t work,
   b. Contact the Minnesota Disability Law Center Voter Hotline at 612-334-5970 or 1-800-292-4150 or TDD/TTY: 612-332-4668 or Email: mailto:mndlcl@mylegalaid.org
   c. Contact Election Protection at 1-866-OUR-VOTE (1-866-687-8683)
   d. File a written complaint at your polling place.

2. If you are pre-registered, you don’t need to bring ID to the polls. You have the right to register to vote and to vote on Election Day if you can provide the required proof of residence and identity. Check the Secretary of State’s website (www.mnvotes.org) to see what you will need to register on Election Day. If you live in a residential facility, an employee of the facility may vouch for you.

3. If you can’t get into your polling place, you can register and vote from your vehicle. Ask the head judge to find two election judges to come outside to help you.

4. If you are under a guardianship you still have the right to vote UNLESS your guardianship order says that the court has taken away your right to vote.

5. If someone challenges your right to vote, the election judge must
   a. Put you under oath and have you swear to tell the truth;
   b. Ask you whether you are under a court ordered guardianship where the court took away your right to vote;
   c. If you answer that you are eligible to vote, you MUST be allowed to vote.

6. If you cannot sign your name, you have the right to tell the election judge who you are and tell another person to sign your name for you on the roster.
7. You have the **right to ask for help** voting. Any person you choose can go with you into the voting booth except an agent of your employer or union, or a candidate.

8. It is **against the law for anyone** in the polling place to try to **influence** your vote.

9. You can **ask someone to mark your ballot for you**. It is against the law for them to mark the ballot for you if you cannot communicate to them who you want to vote for.

10. You have the **right to take a sample ballot into the voting booth** with you.

11. If you make a mistake and spoil your ballot before you submit it, **tell** an election judge that you need a new ballot and then vote on the new ballot.

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**Housing & Independence Workshop**

**Creating Environments to Maximize Your Accessibility, Independence & Safety**

**Tuesday October 16, 2012**

**4-6 P.M.**

Goodwill/Easter Seals Minnesota

553 Fairview Ave. N., St. Paul, MN

**Free!**

Modifications and assistive technology are important components to living independently.

**Learn:**

- What your options are
- What resources are available – financial assistance and agencies
- About high and low tech assistive devices to maximize mobility & communication
- Modifications to make your home accessible

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<th>Time</th>
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<td>4 p.m.-4:45 p.m.</td>
<td>Resources through MinnesotaHelp.info© – Julia Washenberger, Options Counselor, Disability Linkage Line</td>
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<tr>
<td>4:45 p.m.- 5:15 p.m.</td>
<td>Assistive technology/devices in 2012</td>
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<tr>
<td>5:15 p.m.-6 p.m.</td>
<td>Home modifications - Carissa Rasmussen, Accessible Homes</td>
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**To register, call or email us about this event!**

Contact: John, Metropolitan Center for Independent Living
Phone: 651-646-8342 email: johnw@mcil-mn.org

Please let him know if you need any accommodations.
Your information will not be used for any purpose other than to send future event notices.
IL/VR collaboration

Kelly Krantz IL/VR Program Manager

The IL/VR program just wrapped up their fifth year, and we’re looking forward to Year 6! We’re serving more people than ever, assisting job-seekers in setting and achieving goals related to increasing independence. Our IL Specialists remain embedded in metro-area Vocational Rehabilitation Services office, teaming up with VR staff and other vendors to serve our program participants.

In the last newsletter, I discussed some basic tips to get organized. One topic I’d like to expand upon is the importance of keeping an updated and accurate planner. It seems to be an idea that intimidates some people, and there are a lot of components that go into it. If you put the effort in, it will pay off. Life is so much easier when you know you’re not forgetting anything, won’t be late, and when you know what to expect for the day or the week.

Start with something that you can carry with you. You might have a phone that is useful for tracking appointments. I personally like using a small book that has each week placed on two pages. The process tends to break down when you try to remember something to write down later at home, or struggle to keep track of cryptic notes scribbled on scraps of paper everywhere. If you must keep the planner at home or in the car, try to get appointments written down on business cards, keep that card somewhere where you will be sure to notice it later that day, and transfer the appointment promptly to the planner.

You also have to take the time to look at the planner in order for it to be useful. It can be difficult to get into this routine, but once it is habit, it will feel natural. I like to check my planner before I go to bed so I can start preparing for the next day, and then refresh my memory in the morning. Is there anything due? Do you have to adjust your schedule in order to get somewhere unusual in the morning? I look at the day ahead but also make sure I check the upcoming week.

Of course you want to use your planner for pre-set appointments, meetings, and anything mandatory. You can also fill in other tasks that will help organize your life. You can use the planner slots as a daily or weekly to-do list. Assign yourself urgent and important tasks to ensure that they get completed. I often remind myself things like, “Make sure to do laundry tonight,” or “Call and make a dentist appointment” in my planner. Even if it isn’t crucial that the task gets down at a certain hour or on a certain day, writing it down will increase the chances that you’ll actually tackle it in a timely manner!

A few more tips for prioritizing tasks in your planner; make sure you’re complete the urgent tasks before less important things. Consider when you are most productive and alert during the day and do your most challenging work at that point. Schedule easy tasks in between difficult ones to give yourself a break. Schedule in break time, down time, friends and family time, fun time. Don’t forget to leave time for unexpected delays or mishaps; avoid an impossibly tight timetable. What you jot down does not have to be set in stone if your circumstances change; make sure you revise your list as necessary. And here comes the best part: check off completed tasks to help you visualize what you have accomplished. Nothing feels better to me than crossing an item off my to-do list.

I hope that these tips have inspired you to start keeping a planner or calendar, and to start tackling all those tasks that are important for living the kind of life you want to live.
Meet MCIL’s newest members

I am Maria Green and the new Disability Linkage Line Options Counselor. I came from Case Management on an Assertive Community Treatment team.

Some interesting facts about me are: I recently got married (January of this year) in Las Vegas and my husband is in the Air Force National Guard, so I have been inside a C-130 several times. I am excited to be joining the MCIL family!

I am Warren Moe and the new Ramp Specialist. I am enjoying coordinating the construction of the ramps, and seeing the difference they make for the people we serve.

Previously I worked as a carpenter for ten years. When this became an unreliable career choice, I decided to go back to school. I earned my Associate of Applied Science in accounting last May. In addition, I work overnight sleep hours three nights a week at a group home for Opportunity Partners. I also own a small vending machine business and tune pianos. I am married with one daughter age four.

I am Lance Roper and the new Case Manager/Supervisor for the Case Management Services at MCIL. In 1999, I started my career in the social services field. I have worked in Adult Mental Health and with the Homeless population. I’ve really enjoyed working in a career where I can help others to improve their quality of life and reach their goals.

When I am not at work, I love to be out riding my motorcycle and going away for weekend road trips. I am an avid outdoors person who loves to camp and be by the water. I am very excited to be a part of the team at MCIL and looking forward to meeting everyone.

I am Quillan Garrett and the new IL/VR Specialist based at the South Minneapolis Workforce Center. I’ve been working in the Human Services field since 2008, primarily in the area of job development. My most recent employer was Rise Inc. (the Spring Lake Park location) where I worked as Placement Specialist while also working with students in transition. In my free time I enjoy running, being outdoors, and spending time with friends and family. I am excited to begin working with you all and look forward to meeting everyone!

Nursing home relocation & Transitional services

It is hard to believe we are already heading into the 4th Quarter. Our team has been working like a bunch of busy bees attending to their honey on behalf of the people we serve! We have successfully completed 100 Transitions this year alone, basically that’s 100 consumers liberated and living back into the community independently. I have to admit that it’s because we have an amazing staff; Michelle, Molly, Linda and Jodi are wonderful and should be recognized for their dedication, hard work, and level of commitment to our consumer’s needs.

2013 will bring its own challenges and changes. We will prepare ourselves once again to be proactive, as well as determined, to have our consumers with choices move back to the community and to remain living independently. If you have a loved one in a nursing facility and would like them to know their options, please contact Pamela Johnson at 651-603-2016 for more information and to determine if they are eligible for our Nursing Home Relocation or Transitional Services program.

Disability Linkage Line
Finding the right resources just got easier.
www.MinnesotaHelp.info®
1.886.333.2466 (toll-free)
Is PCA Choice Right for You?

Does your PCA agency listen to what you?
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?

MCIL Offers Direct Support Professionals DSPs

Paid Holidays
Competitive Wages
Benefits
Additional hours

- 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 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.
What’s new?

MCIL’s Personal Assistant Services (PAS) Program is happy to announce that we are now offering group professional development trainings for Direct Support Professionals (DSPs). The trainings are being offered to assist DSPs in improving their direct support skills and increase their knowledge on disability topics. The first set of trainings being offered includes:

- Transfer training.
- What does it take to live independently?
- What to know about Personality Disorders.
- Educational Film: Lives Worth Living: The Great Fight for Disability Rights.

If you are interested in learning more please visit the Personal Assistant Services website at www.pas.mcil-mn.org and click on The News tab.

Wait there is more big news from the PAS team…………..

We now have a Facebook page and twitter feed! Please friend us, and follow us for reminders regarding time sheets, great information about disability rights, info on our trainings, and other awesome opportunities for DSPs!

Our twitter handle is: mcil_pas

You can friend our page on Facebook here: www.facebook.com/pages/Metropolitan-Center-for-Independent-Living-PAS-Program/139047919573963

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MCIL classes/workshops: Please join us!

Join us for education and fun this winter. 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!

Continued on next page
Introducing “Working Well with a Disability” workshop
January 16th 1-2:30
We welcome both consumers and providers to come and learn about this workshop. It is designed to provide a toolbox for people with disabilities to join the workforce and maintain life in and out of the office.

Knitting/crafts group
Join us in learning simple adaptive 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 8th 10-12 & 23rd 1-3
- November 7th 10-12 & 28th 1-3
- December 5th 10-12 & 19th 1-3
- January 9th 10-12 & 30th 1-3

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.
- October 25th 1-3
- November 14th 1-3
- January 17th 1-3

Turning Disability into Feistiness
January 15th 1-3:30
Join us in exploring what it takes to speak your mind. We will examine what it is that may stop us from asking for what we need or want.

Peer Mentor trainings
- November 5th: 9:00-12:15 and 1:00-3:00 (Monday)
- January 22nd: 9:00-12:15 and 1:00-3:00 (Tuesday)
- March 19th: 9:00-12:15 and 1:00-3:00 (Tuesday)

Personal management series
Are you doing what you want to be doing? Do feel in control of your life? Join us to explore how mastering personal, emotional and time management techniques can help you feel more in control and can help others to see you as a decision maker. Join us for this three part series and see how your life starts to turn around. Please bring an open mind and a willingness to change.
- September 11th from 10am-12: Personal/Disability Related management—caring for your mobility devices, the extra stuff that one needs to think about, hygiene challenges.
- October 9th from 10am-12: Emotional management—relaxation, advocacy, expression of needs in an effective way.
- October 16th from 10am-12: Time Management—what does this mean; how does disability play a part, how can we find short cuts?
- November 5th, 12th, 19th and 26th 1-3 Control Anger before It Controls your life. MCIL is offering a look into anger. What is it, where does it come from and tools to understand and manage the big thing we call anger. It is a four week workshop that will explore this topic.

Continued on next page
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 open 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. We also provide training to people who would like to learn a certain route(s). We assist with identifying some safety concerns and assist people in working towards traveling independently. 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.

- September 26th 10am-3
- October 10th 10am-3

Social skills & building relationships with yourself and others series
MCIL presents a series of classes centered around building interpersonal effectiveness, discussing disability, establishing/nurturing relationships and creating healthy boundaries.

- December 3rd 10-12: Self-esteem can make all the difference
- December 10th 10-12: Assertiveness vs. aggressiveness
- December 17th 10-12: Conflict resolution: the ball in your court
- January 8th 10-12: Communication: styles, how to meet people, workplace, with friends and family

Cooking/social group
1pm - 6pm
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 so please call ahead; if it is raining call to find out where we will meet. Most likely we will meet at MCIL.

- September 25th: at MCIL; Apples, apples, apples!
- October 30th: at MCIL; You are encouraged to wear a costume and be ready to have fun!

BUDGET
It’s Your Money- Manage it!

- September 18th: 10-12- Budgeting Basics- Learn how to make a budget, keep track of spending, write out a check and manage a check register.
- October 15th: 10-12- Budgeting check-in, how is it going? Is it helping you change your relationship with money or your bills?
- November 14th: 10-12- Budgeting Basics- Learn how to make a budget, keep track of spending, write out a check and manage a check register.
- December 11th: 10-12- Budgeting check-in, how is it going? Is it helping you change your relationship with money or your bills?

Farmers Market & lunch Join Us!
September 20th & October 18th
Join us in exploring the Nicollet Mall’s farmers market. We will locate local produce and talk about how shopping locally can help save money.

Community Social – at MCIL
Do you want to meet new people? Are you ready to have fun and socialize? This is the get together for you. Come and celebrate fall. Prizes and refreshments will be served. This event is for both consumers and the community members.

- October 31st from 1pm-4:30pm; Halloween Party; Please RSVP by October 25th at 2:00pm
- January 16th from 1pm-4:30pm; New Year gathering; Please RSVP by January 5th at 2:00pm

Walking & Rolling at MOA (Mall of America)
Come get out of the cold and join us while we enjoy the warmth, good company and get a little exercise. Open to all abilities and mobility devices.

- November 8th & 29th: 1:30-3:30
- December 13th & 27th: 1:30-3:30
- January 14th & 28th: 1:30-3:30

Continued on next page
GLBT support group
October 2nd • November 6th
December 4th • January 8th

Gay, Lesbian, Bisexual and Transgender (GLBT) with disabilities (GLBT) is a support/social group that meets once a month to discuss topics related to being a part of the GLBT community and dealing with a disability. It’s a great place to meet new people who understand and can provide support and a social outlet. Dinner is provided. The group does not meet in July or August. We do ask that you RSVP at least 2-3 days in advance, if we do not have at least 3 people signed up to attend, the group will be canceled. The meetings are held at MCIL’s office, 1600 University Ave W #16, St. Paul MN 55104, which is on the 50, 16, 84, 21A and 54 bus routes. For more info or to sign up, contact Corbett Laubignat MS at 651-603-2028 or corbettl@mcil-mn.org.

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 6:30pm, the Support Group will be canceled for the evening. Please be aware of weather conditions as it may dictate whether we will meet or postpone.

Parents with disabilities
5-7pm

This is a group for parents with disabilities. Join us in discussing how to balance life with a disability and being a parent. This group meets at MCIL. October 29th, November 12th, December 10th and January 21st.

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American Chronic Pain Association

PEER SUPPORT GROUP FOR PEOPLE WITH CHRONIC PAIN

MEETS THE 1ST & 3RD TUESDAY STARTING ON TUESDAY OCTOBER 2ND 6:30-8 PM

MEETING AT METRO CENTER FOR INDEPENDENT LIVING
1600 UNIVERSITY AVE W. #16
ST. PAUL, MN

IN CONFERENCE ROOM
LIGHT SNACKS PROVIDED

Contact: cindyl@mcil-mn.org, 651-603-2037
### MCIL Board

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<th>Name</th>
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<tr>
<td>Ellie Emanuel</td>
<td>President</td>
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<tr>
<td>Scott Ruhsam</td>
<td>Vice President</td>
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<td>Scott Dehn</td>
<td>Treasurer</td>
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<td>Members at Large</td>
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### MCIL Administration/Program Staff

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