Save the Dates for the ADA 25th anniversary events!

The Metropolitan Center for Independent Living and ADA Minnesota are proud to be a partner in the following events and activities:

Family Day
Minnesota State Council on Disability and community partners have exciting plans for July 26, with our yearlong festivities culminating in a 25th ADA Anniversary Celebration and Family Day at the Minnesota History Center. Everyone is invited to the party, which will run from noon until 4:00pm. Admission is FREE!

The Family Day will include:
• Live entertainment
• An open mic
• Interactive arts activities
• … and much more!

A portion of TPT’s upcoming documentary about the ADA will also be aired at the event as well. This celebration will be fun for the whole family, and we hope you join us! Stay tuned for more information.

Conference
On October 28, 2015, MSCOD and community partners will hold an ADA Policy Conference at a location to be determined. As October is National Disability Employment Awareness Month, the conference will be centered on employment. Also, in conjunction with the Minnesota Business Leadership Network (MNBLN), we are excited to announce that the event will also feature a career fair for people with disabilities.

The conference will also feature a keynote speaker, a live telecast from TPT, and breakout sessions. Details are being finalized and will be announced soon.

Employment Survey
What do you have to say about the ADA? Share your point of view!

In 2015, the Americans with Disabilities Act will reach a 25-year milestone of having become law. As part of an overall effort to describe the ADA’s role in Minnesota, the Minnesota State Council on Disability wants to know the impact of it on your experience as an employer or as a person with a disability who is currently employed or seeking employment.

Be a part of the future of the ADA in MN:
http://tinyurl.com/ADA25employmentMN

Call for Art
Calling all artists! MSCOD is commissioning artwork to display and distribute at events. The artwork will be used as a commemorative, public awareness poster campaign. The artwork must celebrate the ADA and how it has enhanced the lives of people with disabilities. Interested artists must deliver a statement of interest by March 27, 2015. Read more here: www.disability.state.mn.us/ada/call-for-art/

Please contact Andrew Mosca with any questions at andrew.mosca@state.mn.us or 651-361-7803.
As Executive Director for Metropolitan Center for Independent Living (MCIL), it is my honor to share with you my enthusiasm for MCIL, the Board of Directors, staff, volunteers, friends, supporters, funders, collaborators and as importantly, all who are assisted by our agency. I look forward to our collective journey to advance the mission MCIL, which is namely: “To assist people with disabilities to fulfill their desire to lead productive self-determined lives.” Our agency’s mission is most profound. It is one that I personally relate to, from growing-up with family members and siblings with disabilities, to a life-long dedication to the value of advancing the connectedness all people have with one another.

As an agency, we look forward assisting more people in meaningful ways throughout the Metropolitan area and also reaching more diverse communities too. We look forward to learning of opportunities for actively collaborating with more people and organizations in advancing our collective work together in further assisting people to fulfill their desire to lead productive, self-determined lives. MCIL is a member of the Minnesota Association of Centers for Independent Living (MACIL) and we look forward to being part of advancing the purpose of MACIL which is to advocate for the independent living needs of people with disabilities who are citizens of the State of Minnesota, to develop new resources, identify and provide access to existing resources which provide the services needed by persons with disabilities so that they may live independently in the situation and community of their choice.

Thank you for allowing me to share with you my enthusiasm for Metropolitan Center for Independent Living!

Jesse Bethke Gomez

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
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651-603-2015 • 888-630-9793
www.adaminnesota.org
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For more information Call 651-646-8342

Metropolitan Center for Independent Living
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Successes in helping people become more independent

By Kelly Krantz, IL/VR Manager

The Independent Living/Vocational Rehabilitation (IL/VR) program has been busy helping people with disabilities become more independent. Every month, IL/VR employees submit a success story about working collaboratively with VR and other MCIL staff to support our consumers. Here are a few recent examples of the good work that has occurred.

Staff member, Shanna Weiss, shared with us: “I had a consumer who wanted to find cheaper housing. After speaking with him I discovered he owed back rent, had gone to court, and was ordered to pay the back rent or be evicted. Together Laura Conway, MCIL Housing Specialist, and I obtained funding to keep him in his apartment, avoid eviction and find more affordable housing.”

The work that Shanna and Laura did for this person will help him avoid getting an unlawful detainer (or eviction) on his record; UDs often prevent people from finding housing. This person can also focus on finding employment rather than scrambling to move (perhaps multiple times), find affordable transitional housing, go to court, or expending any more energy on his housing situation.

Staff member, Adrienne Wilcox, mentioned this: “I assisted a man who is illiterate complete his employment paperwork. He had just started with VR and didn’t have a placement person yet to help with an application, therefore, I stepped in and did it for him. Once he was interviewed and hired I helped with all of the hiring paperwork (the W2, death benefit beneficiary, etc.) the HR person had sent out for him to complete before his start date. Today, I’ll be helping him choose the health care plan offered through his new employer that is right for him.” Adrienne’s support helped this person find a job, prepare for that job, and will help him succeed at this great new opportunity.

Thanks to the IL/VR team and their continued efforts to support consumers on reaching their goals!

PAS program update

By Kat Gordon, Personal Assistant Services Manager

The PAS Program continues to grow and work with more consumers who receive either home making, PCA or both services. We look forward to several new projects in the future, including a collaboration with the Independent Living Department to provide MCIL PAS consumers, as well as consumers of other PCA agencies, trainings on how to manage direct support professionals in an independent living context.

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Greetings readers, colleagues and community

By Nick Wilke, Systems Advocacy

The 2015 Legislative session is now in full swing and staff here at MCIL are working diligently to keep tabs on issues that impact our consumers and community. Below are just a few of the many happenings worth noting:

One issue staff has been following very closely is the Medical Assistance Reform Campaign (MA). This is the leading campaign for the Minnesota Consortium for Citizens with Disabilities. MA provides adults with disabilities and seniors access to MA services and supports that are necessary for living in the community. The current law holds people with disabilities to income and asset standards that force some to “spend-down” limited resources to keep the vital services they need for independence. This matters for people with disabilities because if their income is a dollar more than $973/month they must “spend-down” their income on health care to $730/month. In addition they must keep their assets below $3,000 dollars to qualify for and keep MA services and supports. The goal of this campaign is to raise the MA income and asset standards to reduce the “spend-down” and improve the quality of life for people with disabilities in Minnesota.

In collaboration with the MA Reform campaign, MCIL staff, and a coalition of other organizations, worked very hard to promote awareness of this issue around the state. One of the ways this occurred was promoting the “Faces of Disability” event around the Capitol and State Office Building which took place in mid-March. Through this effort, elected officials hosted 48 of their constituents’ stories dealing with MA issues and concerns. These stories were very well received and helped further the idea this issue really affects people with disabilities across the state and honestly has for quite some time.

MCIL continues to be a strong supporter of the 5% campaign this session. This was the most important campaign in the state last year and its goal was to raise the wages of DSP/PCAS by 5% across the state. Even though we were successful last year, the push continues to continue to increase those wages. If we are able to do so, valuable staff will be able to keep their positions for longer periods of time versus taking other jobs that pay more. The people that they serve will also have a better quality of life because they will be able to hold on to their trained staff versus hire and train new people.

MCIL staff has taken this message to elected officials in meetings and events this session. One such event happened just last week. A rally for the 5% took place at the Armory by the Capitol. Over 800 people showed up wearing blue to support the cause. We heard from consumers, DSPs/PCAs and several elected officials. It was a great showing of solidarity.

If any of you are looking for ways to get involved in policy work, want to know more about who represents you, or even want to get some discussion going regarding your own concerns, please seek us out here at MCIL. We would love to assist you in increasing your community impact and raising your awareness.

If you would like more details or more background, please don’t hesitate to contact me. My email and phone remain the same: nickw@mcil-mn.org or 651-603-2018

I look forward to hearing from you.

Find us on the web!

Website: www.mcil-mn.org
Facebook: www.facebook.com/MCILMN
Twitter: www.twitter.com/MCILMN
Newsletter: http://mcil-mn.org/index.php/is-archive
An update from Case Management

By Amber Jepperson, Case Management Manager

I was recently referred a client eager to engage in the community. She is lives independently, but has struggled to manage daily living due to mental health challenges. This client has not participated in structured activity for several years, but with the help of the CADI waiver, she has been attending a day program four days per week and she is flourishing. She is on a more regular sleep schedule, is taking her medications and her mental health is more stable. What a success!

Another client was discharged from a security hospital after 16 years of living out of the community. He has made an excellent transition back in to the community with the support of his team. He is living in a group home setting and has become increasingly self-sufficient with independent living skills, such as ordering and administering his medications, riding the bus, and managing his finances. He even has found a part time job! He is proud of his successes and it is a pleasure to support him in reaching his goals.

In other news, the Case Management department attended a six hour training class at the Eagan Community Center this past March. The relationship between humor, laughter and health was the topic for the class.

Several points were discussed, including the importance of using humor throughout the day and not taking life to seriously; how humor reduces stress-related hormones, enhances trust, increases pleasure and improves immune system health; how humor reduces pain in children and adults; and how humor, laughter and related positive states can reduce generalized anxiety, phobic anxiety and depression.
Welcome our new staff member

My name is Jessica Brellen-thin, and I am very excited to be a part of the MCIL team! I moved from WI to MN about a year ago, though I grew up in Apple Valley. After graduating with a BS in Psychology I decided it was time to move back to the cities to be closer to my family. I have a father, step mother, a mother and an eight year old brother all living in the area. I also have a step sister who goes to school at UW Madison, a sister who goes to school at UW Eau Claire and a sister who lives in Boston, MA. When I first moved to MN a year ago, I began working for a vocational rehabilitation service for individuals with disabilities. I look forward to working with everyone here.

My name is Ashley Charwood and I graduated from Bemidji State University with a Social Work degree and I am also a Licensed Social Worker. I have worked with the older adult population, foster and adoptive children and parents, with domestic abuse survivors and I have taught comprehensive sexual health education. I enjoy reading, writing, dancing in Zumba, rollerblading and spending time with my family. I am so excited to be a part of the team and I look forward to working with the staff here. I am most excited to learn more about the services and programs that are available in our state, and to be able to assist people in accessing them.

My name is Marcy LaCroix (la-croy), and in addition to being a new Options Counselor for Disability Linkage Line, I am also a Certified Laughter Yoga Leader. I am also active in the community in suicide prevention and support for those who have lost a friend or loved one to suicide. I live in Bemidji and have lived here all of my life. Now my husband (who is my high school sweet-heart) and I are raising our 4 teenage children here. I have supported people with disabilities in their homes, at work and while they are enjoying their free time through activities and social involvement outside of work or home. I have now known many of the people I have supported for over 20 years! DLL is giving me the opportunity to help fill the gaps in their lives that exist for a variety of reasons in our area. I look forward to learning from each and every person I encounter through DLL.

My name is Grace Taylor and I am a new Case Manager with MCIL. I have a Bachelor’s Degree in Psychology from Carthage College. I have experience as a Behavior Therapist for children with autism, and most recently, worked as a pre-vocational Service Coordinator for adults with traumatic brain injuries. In my spare time, I enjoy running with my husband, baking cookies, singing with my choir and volunteering at races. I look forward to being a part of the MCIL Case Management team.

Stay informed!
Visit MCIL on Facebook.

facebook

A free social network site - connect with friends, share ideas, support issues/cause.

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Wilkie, Nick ..................... Systems Advocate/Transition ... 651-603-2018 .......... nickw@mcil-mn.org

Disability Linkage Line ........ 1-866-333-2466

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