ADA Celebration and Family Day

MSCOD and the project partners have exciting plans for Sunday, **July 26**th. We are hosting the 25th Anniversary of the ADA Celebration and Family Day at the Minnesota History Center in St. Paul. Everyone is invited to the party from noon until 4:00 p.m. Admission is **FREE**!

**The Family Day includes:**

- Live entertainment
- An open mic so YOU can tell YOUR story
- Interactive arts activities
- Light refreshments served
- BBQ lunch is available for purchase
- Reasonable accommodations provided
- FREE parking and shuttle service
- A portion of [tpt’s upcoming documentary, The ADA at 25: Disability Rights in MN](#), will be premiered.

**Entertainers scheduled to appear include:**

- [Sam Jasmine](#), host of KFAI’s Disabled and Proud, “the radio show that brings you insights into, ideas about and discussions of disability culture.”
- [Mark Erickson](#), with a performance of Native American Drum and Vocals.
- [Paul Mabon: Vocalist with Keyboard Accompanist](#)
- [Workin’ Dogs: Musical Group](#)
- [Choice, Unlimited: Music and Dance from BOLD-choice](#)

  Theatre in Duluth. “BOLD-choice is an outreach theatre program that creates original productions and tours them at schools and organizations, spreading a message of acceptance, diversity, and personal pride.”
- [Treading North](#), a band based out of South Minneapolis. They describe their music as “Jazzy, Bluesy Anthem Rock” as well as “Dream Funk.”
- [Jeff Smith](#), who “uses magic, mixed with a healthy dose of comedy, to educate his audiences about the abilities, rather than the disabilities, of blind and physically challenged people, and to promote a respect and appreciation of all of our differences.”

Continued on next page
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
530 Robert Street North; St. Paul, MN 55101
651-603-2015 • 888-630-9793
www.adaminnesota.org
cindyt@mcil-mn.org
Looking for a knowledgeable PCA Agency that provides personalized choice services?

We accept:
Medical Assistance
Waivers
UCare
Private Pay

We offer Employees
* Holiday Incentives
* Competitive Wages
* Tuition Assistance
* Training Opportunities
* A chance for extra income with the On-call list

We offer Consumers
- Consumer Control over who you work with, what support you receive and staff schedules
- Assistance with creating and posting job ads, recruiting and screening.
- Handling payroll and Human Resource duties

www.pas.mcil-mn.org

For more information Call 651-646-8342

Metropolitan Center for Independent Living
1600 University Ave. West, Suite 16,
Saint Paul, MN 55104
Greetings readers, colleagues and community

By Nick Wilke, Systems Advocacy

Greetings Readers, Colleagues and Community,

The 2015 Legislative session is now in the history books. Staff at MCIL are reflecting on the outcomes that impact our community. Below are just a few of the results worth taking note:

On the Medical Assistance Reform front there was some movement and tons of advocacy efforts. The Medical Assistance premium increase is going to be repealed this coming September. The premium will return to what it was prior to the increase in October of 2014.

The Medical Assistance Excess Income Standard will move from 75% ($729/mo) of the Federal Poverty Guideline to 80% ($779/mo) on July 1st of next summer. This means that people affected by this will be able to keep $50 dollars more each month. It is also worth mentioning that community providers will incur reduced costs of unpaid spend-downs thanks to this change.

Riding the tremendous success of last year’s campaign the 5% campaign had a tougher time this session. When everything was complete a rate increase was not included. This is unfortunate but the community should reflect on how much work and awareness was brought forth because of coalitions of Direct Support Professionals (DSPs) and the consumers for which they work. People are passionate about this which is crucial for elected officials know that more than ever now.

The State Quality Council (SQC) received support in funding. This council is designated to provide oversight and guidance to community based services with an emphasis on the views and perspective of people with disabilities. They will survey consumers, collect information and take a detailed account of outcomes in our community.

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 around some of 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.

My email and phone remain the same: nickw@mcil-mn.org or 651-603-2018 I look forward to hearing from you.
MINNEAPOLIS (June 25, 2015) – The Minnesota State Council on Disability (MSCOD) and project partners representing the Minnesota disability community are planning events and activities to recognize the 25th anniversary of the Americans with Disabilities Act (ADA) signed into law on July 26, 1990 by President George H. W. Bush. These events and activities are made possible in part by Twin Cities Public Television (tpt) and the Minnesota History Center.

More about the ADA: The ADA is a landmark civil rights law granting protection against discrimination for people with disabilities. Among its provisions, the law prohibits discrimination in the workplace and establishes clear requirements for physical and programmatic accessibility and accommodations. It took many decades of activism to secure equal rights for people with disabilities that culminated in the signing of this historic civil rights legislation. The ADA provided and continues to provide inclusion of millions of people with disabilities into the mainstream of American life.

25th anniversary celebration activities/events

Family Day:
MSCOD, project partners and the MN disability community are hosting a Family Day on Sunday, July 26, 2015, at the Minnesota History Center in St. Paul.
• Activities from Noon—4 p.m. Free and open to the public. Fully accessible.
• Featuring interactive art exhibits, live entertainment, speakers, and clips from The ADA at 25: Disability Rights in MN, a documentary film produced by tpt.

TPT Partnership: “Short Whiteboard Video Essay by TPT Journalist David Gillette:
David Gillette has created a short video essay to commemorate the ADA titled, “Celebrate 25 Years of the ADA.”
• The video whiteboard essay highlights the impact of the ADA on the everyday lives of people with disabilities and the obstacles they face in the workplace.
• The video can be viewed at MSCOD25ADA.com, and is available to local media.

The ADA and Employment Survey:
MSCOD is conducting a survey of people with disabilities and employers across the state. Results of the survey will appear on the website and help MSCOD in its efforts to promote and improve employment opportunities for people with disabilities. The goals of the survey are:
• To gauge the general awareness of the ADA
• To understand perceptions about employing people with disabilities
• To identify ways to increase equality in the workplace.

Statewide conference: The ADA at 25 – Minnesota moving forward:
MSCOD, project partners and the MN disability community invites every employer in the state to host their own Brown Bag Lunch during the televised discussion taking place at the ADA-themed conference on Oct. 28, 2015, in Minneapolis.
• The free conference at the Minneapolis Convention Center will feature speakers and breakout sessions, with a focus on recruiting, hiring, promoting and retaining employees with disabilities.
• It will also include a career fair for people with disabilities.
• Find registration and schedule information at MSCOD25ADA.com

About the ADA celebration:
Find a full list of our project partners at MSCOD25ADA.com/project-partners This ADA celebration is funded in part by a grant from the Arts and Cultural Heritage Fund. The Minnesota Historical and Cultural Grants Program is made possible by the Arts and Cultural Heritage Fund through the vote of Minnesotans on November 4, 2008.
INDEPENDENTLY SPEAKING

Nursing home relocation and transition services

By Celeste denDaas and Mari Plaster

MCIL has been providing relocation service coordination (RSC) since 2007. RSC is a type of case management that helps people who want to move out of certain institutions and into the community. RSC helps people by searching for and securing housing in community settings, and arrange for the services and supports they need to be successful in their new home. The individuals that we serve generally are living in nursing homes although the program can assist people who are in hospitals, regional treatments centers and group home settings as well. Through MCIL Relocation Service Coordination between 25 and 45 individuals are moved on an annual basis. Of the individuals that we serve we move 76% into community based housing.

There are a number of reasons that individuals have not been able to move including, health issues necessitating a longer stay in the nursing home, being on a wait list for housing that has not opened up in the 180 day service timeline, leaving the nursing home before services have closed, and in some instances not being able to find appropriate housing in the 180 day timeline.

MCIL has been providing transitional services to individuals moving out of institutional settings since 2010. More often than not individuals moving out of institutional settings do not have the furniture or household goods that they need to start living in a place of their own. Transitional services is a program that will purchase necessary furniture and household goods for individuals to live on their own. As well as purchasing those items, transitional services can provide resources to have those items moved. It has been a very active couple of months in Transitional Services. In April MCIL broke its own record with a whopping 26 moves in one month! Transitional Services continues to grow each year with over 100 (and counting) moves so far in 2015.

Combined MCIL’s RSC and transitional services programs have assisted 1040 individuals in their move from institutional care to life in the community. The individuals that we work with comment on the boredom, lack of choices, and the disrespect they feel while living in the nursing home. They dream of simple things such as planting a garden, being able to use a juicer, not having a roommate, being able to have a pet, being able to come and go as they please, having friends and family close by and having possessions that they know will be safe when they leave their room. These are the things that most people take for granted. RSC and transitional services starts an individual on their way to achieving these simple dreams. These services find housing and support based on individual’s preferences, provide them with some resources to get going, and help them begin their journey to a new life.

MCIL staff are available to talk to agencies who are unfamiliar with transitional services or would like to update new employees on what the program can do and how they can refer individuals for services.
A great day for a photo class trip!

Photos from a recent core services’ photo class trip.
**In memoriam**

Mary Margaret O’Hara Anderson

Former MCIL board member Mary Margaret O’Hara Anderson has passed away.

Born 12/06/45, Mary passed away peacefully on 6/25/15 after a long health battle. She is preceded in death by parents John and Eleanor O’Hara; Brother, Eugene and dearly loved nephew, Patrick O’Hara, in-laws, Robert and Elaine Anderson, Pam and Gary Classen. Survived by best friend and husband Michael Anderson; Stepson, Paul Anderson; Nephew, Erik Classen (raised by Mike and Mary); Brother, Michael (Julie) O’Hara; Sisters, Anita (Tim) Buel, Kathy (Roger) Stauff, Colleen (Tom) Joyce and Eileen O’Hara. Also survived by nieces and nephews Sara, Michael and Katie O’Hara, Valerie Vedder, Stephanie Buel, Kim Nelson, Jeff, Ryan and Paul Stauff. Erin VonBank, Emily and Ed Joyce, Chris, Shane, Michael, Isaiah, and Ella O’Hara. Dear friends Dr. Colleen Wieck, Mary Jo Nichols, Freddie Lissimore, and her many friends at Arbor Point Apts.

Mary worked tirelessly for people with disabilities and was honored by her good friend Congressman, Jim Ramstad in the congressional record. Governor Rudy Perpich declared February 8th 1980 “Mary O’Hara-Anderson Day” in MN. In 2013 Mike and Mary ranked 3rd in a national survey for customer service as long time managers of Arbor Pointe Apartments.

Special thanks to all the doctors who helped Mary, especially Dr. Bryan Steeleman & Aaron Milbank for their excellent care and kindness.

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**MCIL workshops, classes and events**

All events are free and accessible.

**Location:** Most of the following events are held at MCIL’s **NEW** location at **530 Robert Street N.** in **St. Paul.** We are located on the bus line, so please check bus schedules for exact drop off locations. Or call Metro Transit for trip planning assistance.

**Please RSVP** at least 2 days **PRIOR** to activity. Unless otherwise specified, all activities will be held at MCIL. If you are interested in learning more about these and other events, please visit our website at **www.mcil-mn.org** or RSVP at 651-603-2030.

- Interpreter or alternative formatted materials must be requested at least two weeks prior to the scheduled activity.
- 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!**
Workshops and Classes

Shopping and cooking

COOKING CLASS is CANCELLED for JULY, AUGUST and SEPTEMBER of 2015 as we are REMODELING OUR KITCHEN FACILITIES. 
THANK YOU FOR UNDERSTANDING.

Housing Walk-In

Thursdays 10am – 1pm
July 9th @ MCIL
July 30th @ E. Lake Library, 2727 E. Lake St, Mpls 55406
Aug 6th, 13th, 27th • Sept 3rd • Sept 10th, 24th @ TBA

Having a hard time finding affordable housing? Come to our housing walk-in hours on Thursdays from 10am to 1pm to meet with our Housing Specialist. No appointments are necessary. Just stop by. The Housing Specialist can answer questions regarding Section 8 and Public Housing as well as help you in your search to find a place that fits your needs. Assistance with filling out applications can also be provided.

>> Location May Vary <<
Please call for location if unsure or not listed

Housing 101

Thur • 10am – 1pm • at MCIL
July 23rd • Aug 20th • Sept 17th

The Housing 101 class is designed for individuals who are just beginning their housing search and for those who have been searching but are looking to expand their options. In the class, we cover topics such as: public housing, section 8 housing choice voucher program, section 42 housing, project-based section 8 housing, the CHSP program, things to consider when looking at units, how long waiting lists typically are, and how to talk to landlords. Market rate housing is briefly discussed, however, the target audience for this introduction to housing course are those seeking low-income housing options.

Drivers Education

Fridays from 12pm-2pm
Series 1: July 10th, 17th, 24th and 31st
Series 2: Aug 7th, 14th, 21st and 28th
Series 3: Sept 4th, 11th, 18th and 25th

This class will be run as a study session to learn the laws and regulations of driving in Minnesota in preparation to obtain a driving permit. We will breakdown the Minnesota Driver’s Education manual, including practice quizzes, review videos, and use flash cards to cover the material in the driver’s manual.

This is a four part series.
All four sessions must be attended to complete the class.

Bus/Lightrail 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. 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. Call to schedule an appointment.

MCIL Orientation

2pm – 4pm • 2nd Mon.: July 13th, Aug 10th, Sept 8th

Are you new to MCIL? Do you have questions about our services and how to get involved? Are you a professional or a member of the community and would like to learn how to get people you work with involved in our services? If so, than join us in exploring the services and opportunities at MCIL. During this one part workshop, we will also look at the Independent Living movement and how it has shaped the way people with disabilities have changed history.

Please note that this is a 1 part, repeating workshop.

Continued on next page
Social Events & Support Groups

Music in the Park
Mon., July 13th • 6pm-9pm: “Beasley’s Big Band”
Como Lakeside Pavilion, St. Paul
Como lakeside pavilion is located at 1360 Lexington Parkway N, St. Paul 55103. This group will meet at Como Lakeside Pavilion, in an area that is to be determined. Please call to register or for details. Go to www.comozooconservatory.org/plan/#/visitor-guide for information on parking and bus routes.

Wed., July 29th • 6pm-9pm: “Rich Lewis Band”
Thur., Aug 27th • 6pm-9pm: “Mike Munson”
Wed. Sept 2nd • 6pm-9pm: “Sweet Rhubarb”

Art and You
Thur., July 16th: 4:30pm-9pm @ Walker Art Center
Meet at the Walker Art Center on “Target Free Thursday Nights” to explore the galleries and the Minneapolis Sculpture Garden completely free of charge. This night, we will partake in a super fun artwork scavenger hunt with a SECRET theme. The person who finds all of the artwork at the end and can guess the theme will get a prize! Walker Art Center address: 725 Vineland Pl, Minneapolis, MN 55403

Minnehaha Falls Park is located at 4801 S Minnehaha Park Dr., Minneapolis 55417. This group will meet at Minnehaha Falls Park in an area that is to be determined. Please call to register or for details. Go to www.minneapolisparks.org/parks_and_destinations/parks_and_lakes/minnehaha_regional_park/ for information on parking and bus routes.

Movie in the Park
Fri., Aug 28th
approx. 7:30pm-10pm
“The Wizard of Oz” @ Pedro Park, St. Paul
Meet at MCIL and stroll across the street to beautiful Pedro Park to watch everyone’s favorite classic, “The Wizard of Oz”. The movie starts at sundown. Free Parking at MCIL will be available, however it is limited. To guarantee a spot, please arrive early. We are less than five blocks away from light rail and various bus stops. For those who receive rides, drop off and pick up at MCIL is appropriate. Popcorn and water will be provided. Bring a blanket or a chair to sit on while watching the movie. Hope to see you there!

Continued on next page
MCIL Peer Mentoring Training Workshops

**Initial Peer Mentor Training**
July 20th • Aug & Sept To Be Determined
**FOR PEER MENTORS ONLY!**
This is a mandatory training for all mentors who are new to the program. This training is intended to provide information on the rights, responsibilities, and expectations of our mentors. We will also discuss the Independent Living movement, advocacy, and confidentiality. This is intended to prepare mentors for their mentoring experience. After attending this training, mentors will be well versed in basic mentoring skills and the IL philosophy.

**Peer Mentor Group**
4pm – 6pm • 1st & 3rd Tuesdays:
April 7th & 21st • May 5th & 19th • June 2nd & 16th
**FOR PEER MENTORS ONLY!**
Are you a mentor who is looking to improve and/or maintain your skills like listening, problem solving, disability adjustment, and much more? This is an ongoing group for people with disabilities who are interested in lifelong learning and want to maintain their mentoring status and improve or expand their skills.

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**2015 JULY**

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RSVP Events: By calling MCIL at 651-646-8342 or Check our website [www.mcil-mn.org](http://www.mcil-mn.org) and click on “Classes Groups and Sessions” for updated information or to print this calendar. Please give 2 weeks notice if alternative format or other accommodations are needed. Events are free, accessible and mostly scent-free. Most events meet @ MCIL. **MCIL is located at 530 N. Robert Street. St Paul, MN 55101.**
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MCIL Board

Ellie Emanuel ....... Board Chair (extended term)
Scott Ruhsam ................... Chair Elect
Shelley Madore .......... Secretary

Members at Large ................. Jeff Bangsberg,
Tim Benjamin, Charles Braun and Walt Seibert
Ex-Officio .................... Jesse Bethke Gomez

MCIL administration/program staff

Bergman, Jenna ............... IL Specialist ............... 651-603-2028 ........ jennab@mcil-mn.org
Brellenthin, Jessica .......... Work/Benefits Specialists DLL ................... abigailh@mcil-mn.org
Brown, Amber .................. Ramp Specialist ................... 651-603-2029 ........ amberb@mcil-mn.org
Charwood, Ashley ............. Options Counselor, Bemidji ...... 218-444-2171 ........ ashleyc@mcil-org
Clark, Elizabeth ......... Case Manager ....................... 651-603-2003 .......... elizabethc@mcil-mn.org
Conway, Laura ............... Housing Specialist/IL Specialist 651-318-3646 ........ laurac@mcil-org
Davis, Carolyn ............... PAS Staffing Specialist ........... 651-788-8424 .......... carolynd@mcil-mn.org
denDaas, Celeste .......... NHR Manager ....................... 651-603-2016 .......... celested@mcil-mn.org
Gordon, Catherine .......... PAS Services Manager ........... 651-603-2039 .......... catherineg@mcil-mn.org
Gordon, Jack ................. Peer Coordinator .................. 651-603-2011 .......... jackg@mcil-mn.org
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