

Northern Highlights

Center For Independent Living of NE MN
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Braille For The Feet

"It's literally Braille for your feet," said Jon Julnes, as he demonstrates the warning track for visually impaired which his company installed at the Woodinville Fire & Life Safety District headquarters.

Warning System Signals Potential Risk(s) to those who are Visually Impaired "Alto. Dur." You don't have to speak the language of the country to know the meaning. Whether the stop sign reads "Alto" in Mexico or "Dur" in Turkey, people around the world recognize the red octagonal shape and know to stop or face potential risk.

But what can signal potential risk or danger to pedestrians with limited or impaired vision? Jon Julnes, president of TILCO Vanguard Inc. in Maltby, has the answer. His company manufactures a detectable warning system that notifies sight-impaired pedestrians when they're about to intersect with a road, parking lot or railroad crossing. The product looks like a plastic floor mat with raised yellow domes the size of two quarters stacked together and set 2.35 inches apart. "It's literally Braille for your feet," said Julnes. "Blind pedestrians feel a regular pattern of bumps underfoot. They've been trained to know this means 'Stop! Beware! You're about to enter a dangerous vehicular way or grade change.'"

Julnes began his business at age 17 in 1976. While other teens applied for their first job at fast food restaurants, Julnes had bigger ideas. He wanted to have his own business while attending the local junior college. "My dad suggested I paint (residential) addresses on curbs, but then I saw a parking lot that needed painting. I decided to talk with the owner about painting his parking lot and he said, 'I'll take a bid from you.' That was the beginning of my company. I started with a four-inch paint roller and a gallon of traffic paint." Julnes named his company TILCO (for The Indelible Line Company) and began striping parking lots with a Donald Trump-like zeal.

When the American Disabilities Act (ADA) passed in 1990, companies wanted to get up to speed with the bill's federally mandated requirement for a tactile warning surface that would alert visually impaired pedestrians. TILCO got on board and began installing the "standard" detectable warning surfaces.

"At first, products with tiles came out," said Julnes. "But you could not get them to stay on the ground. And every time I installed it I couldn't figure out how to make it work. They were slippery. I'd often shake my head and think 'there's got to be another way.' Then one day I was driving out of Woodinville and everything struck me like a ton of bricks. I'd been dancing around various ideas. And it suddenly hit me: I know the product! And here's how we'll do it. Rather than have a product with glued on tiles, my idea was to make ours out of epoxy with truncated domes as detectable warnings."

In marketing his new product, Julnes came to some roadblocks. "Big Box' stores were familiar with the old product with plastic tiles," he explained. "It's like they were familiar with an old Model T with a crank and weren't willing to look at a newer car. They knew the old product had tiles that popped off and they thought they were dangerous. Their concern was to not install our product due to the maintenance costs they believed were involved."

Julnes noted the ADA requires private property in front of 'Big Box' stores to install a curb, railing or a detectable warning system on sidewalk ramps. "It's a federal mandate and they must do this," he said, adding, "And any time a new sidewalk ramp is put in by the city or for the city, they must have a detectable warning system."

He cited the headquarters station for Woodinville Fire & Life Safety District and the PUD administration building as two examples of locations with his "Braille for feet" warning system in place. "We've been installing the system since 1994 and began marketing it out of state in 1997," he said. "Along with easy maintenance, ours is non-skid which is great for people with cerebral palsy or an uneven gait. Also, a lot of cities have chosen systems with colors other than yellow. But yellow is the easiest for those with limited sight to see under any lighting conditions. Some cities have chosen to use black, but Seeing Eye dogs see black as a hole. Black is also a heat battery which is very hot to a dog's paws. If a dog is jittery, it upsets the blind person. I really like to avoid black if at all possible." Other companies manufacture plastic warning tracks made of injection-molded materials, but the competition hasn't stopped Vanguard from growing 250% a year.

Julnes sees the future as a wide-open market. "We're now moving to a point in history where we have the largest group of people retiring and older people with disabilities will be trying to be a part of their world."

(accesspress.org)

COUNTIES SERVED

Aitkin

Carlton

Cook

Crow Wing

Itasca

Koochiching

Lake

Pine

St. Louis

Cuts To Medicaid Benefits

On December 21, 2005 the United States Senate passed an agreement with the United States House of Representatives relating to the Deficit Reduction Act of 2005. The Act could have negative consequences for people with a disability. Senator Norm Coleman voted to pass the agreement while Senator Mark Dayton voted to object to the agreement. The agreement succeeded by a very slight margin: 50 Senators voted "yes," 50 voted "no," and the Vice President casting the deciding vote of "yes". The bill was opposed by the Consortium for Citizens with Disabilities (CCD) as well as the National Council on Independent Living (NCIL). Some of the features in the agreement may do the following:

- enable states to charge larger premiums, deductibles, and co-payments for Medicaid/Medical Assistance recipients;
- allow medical providers to deny non-emergency care for Medicaid/Medical Assistance recipients unable to pay the deductibles or co-payments more easily;
- make it more difficult for people to qualify for Medicaid/Medical Assistance by not permitting the transfer of their assets due to tighter asset rules;
- change the Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) program by making certain benefits optional for states;
- increase reliance on managed care programs for Medicaid/Medical Assistance recipients, which may slow the ability to get necessary care in a timely fashion;
- allow greater use of provisions on enrollment caps and waiting lists for home and community-based services; and,
- change the Temporary Assistance for Needy Families (TANF) program to increase work requirements, reduce child care funding, and restrict Federal foster care support for grandparents and other relatives. Most agree that the Deficit Reduction Act proposal contains several positive items, including the Family Opportunity Act and the Money Follows the Person Rebalancing Demonstration. Opponents stress, however, that the benefits of the positive portions do not undo the cuts to programs depended upon by families and individuals in need.

Supporters of the budget agreement stress the immediate need to slow government spending in order to control the nation's deficit. Nearly all opponents agree federal spending must be controlled and they support reducing the deficit, but feel spending cuts should not cause harm, or abandon, those in need. Moreover, opponents state their belief that tax cuts benefiting wealthy families, individuals, and corporations will be proposed this spring. The proposed budget cuts will save an estimated \$40 billion over the next five years, while the rumored tax cuts are estimated to reduce federal income by \$70 billion a year. If true, the tax cuts would outweigh the savings from the budget cuts by about \$30 billion; meaning wealthy Americans will benefit because of service and benefit reductions impacting low-income families, individuals with disabilities, children, and elderly—giving back to the rich by neglecting those in need and actually increasing the deficit! Ultimately, the two actions would widen the gap between the "haves" and "have-nots"—without solving the deficit problem.

Besides the Deficit Reduction Act, the Legislature also approved the annual budget for certain programs administered by the Department of Labor, Department of Health and Human Services, and Department of Education. Overall, the approved budget reduces these departments' annual spending by \$1.5 billion. Each department must cut a few of their programs by 1%, excluding Veterans Affairs' programs. The Substance Abuse and Mental Health Services Administration will receive \$30 million less than last year while the Social Services Block Grants will not experience any cuts or increases. The Traumatic Brain Injury Program, which is run by the Bureau of Maternal and Child Health, will lose approximately \$300,000 from last year.

These bills highlight the importance that each and every individual must be involved in the full democratic process—not just during election season—to ensure that our elected representatives understand and act appropriately upon our individual needs and concerns. For example, contact your representatives a few times during the year to discuss your concerns and needs as well as to learn about upcoming legislation that may affect you.

(accesspress.org)



United Way

**Hibbing &
Northeastern MN**

Web Sites You Can Use

Projects Supported by the National Institute on Disability & Rehabilitation Research (NIDRR)

- <http://www.abledata.com/> Provides information on assistive Technology and rehabilitation equipment.
ABLEDATA
- <http://cirrie.buffalo.edu/> CIRRIE Database: international research in all areas of rehabilitation.
Center for International Rehabilitation
Research Information & Exchange
- <http://disability.law.uiowa.edu/itworks/> Provides resources for daily living addressing assistive technology, legal needs, employment, children & other disability topics.
IT Works
- <http://marrtc.org/> Online courses addressing living & working with arthritis and related issues.
Missouri Arthritis Rehab. Resources on topics such as arthritis medications, pain & mobility.
Research & Training Center
- <http://www.adata.org/> General information, training & technical materials on the Americans with
National ADA Program Disability Act (ADA), accessible information technology and disability legi-
Assistance Coordinator slation
- <http://www.healthwellness.org/> Health information in areas including nutrition, managed care & women
with disabilities
Library of publications, and links to a wide variety of resources
- <http://www.disabilitystatistics.org/> Comprehensive, up-to-date U.S. disability statistics via graphs & charts,
tables, & written descriptions
- <http://rtc.umn.edu/> National & state statistics on public & private residential services, Medicaid
RTC on community living program utilization, expenditures & more.
- <http://www.tbinc.org/> The Traumatic Brain Injury Research & Publications Registry
Traumatic Brain Injury National
Data Center

WHERE TO FIND IT.

Childs Play: Great websites for kids



www.nick.com
www.nationalgeographics.com/kids/index.html
<http://kids.discovery.com/>
<http://www.kids.gov/>



SERVICES OFFERED

Advocacy

Assistive Technology

Independent Living Skills Training

Information and Referral

Peer and Group Support

Nursing Home Relocation

Adaptive Recreation Programs

Transition Services

Public Education

PCA Choice Program

Ramp Project

Disability Linkage Line Opens site for Northern MN

Disability Linkage Line, and information and referral service for people with disabilities, has opened an additional service site in northern Minnesota. Disability Linkage Line was launched a year ago by the Minnesota Department of Human Services. It has provided service to the entire state from three locations. The new fourth location, based in Bemidji, will respond to calls across the northern part of the state.

“We have been committed to creating community sites for Disability Linkage Line so staff can develop an intimate knowledge of community resources.” said Shirley York, director of the DHS Disability Services Division. “They can also develop community partnerships and provide face-to-face service for many Minnesotans.”

Disability Linkage Line can be reached statewide by calling toll-free, 1-866-333-2466. A resource specialist will be available during regular business hours (8:30am to 4:30pm) to provide one-to-one assistance to help people learn about their options and connect with the supports and services they choose.

There is no wrong call to Disability Linkage Line. Inquiries include requests for information and referrals on disability benefits programs, home modifications, assistive technology, personal assistance services, transition services, accessible housing, employment, social activities and disability rights.

For people prefer looking for resources over the Internet, Disability Linkage Line is a partner in the statewide resource database found at www.minnesotahelp.info.

Disability Linkage Line providers are The Metropolitan Center for Independent Living and the Southeastern Minnesota Center for Independent Living. Both work in collaboration with Senior LinkAge Line, a specialty information and assistance service for seniors. They also work with other local information and referral agencies to enhance effective and consistent delivery of disability-related information and assistance services.

This information is available on the DHS Web site: www.dhs.state.mn.us

WHO SAID THAT?



“Happiness is having a large, loving, caring close-knit family in another city”

George Burns

“The greatest challenge to any thinker is stating the problem in a way that will allow a solution.”

Bertrand Russell

“It is easier to forgive an enemy than to forgive a friend.”

William Blake

C.I.L.N.M. Range Area Activities

If you have any needs and/or ideas for a support group, please contact Alice at (218)262-6675 for assistance in setting them up!

Multiple Sclerosis Support/Educational Group

Multiple Sclerosis Support/Educational Group meets the **last Thursday** of each month at the **CILNM Office** from 1:00 to 2:30 pm.

Virginia Brain Injury Support Group

A social / support group for individuals with Brain Injury meets the **second Wednesday** of each month from 6:30 – 8:00 p.m. and the **fourth Wednesday** of each month from 2:00 to 3:30 pm at the **Virginia Regional Medical Center**.

Grand Rapids Brain Injury Group

A social/support group for individuals with Brain Injury meets the **third Thursday** of each month from 1:30 p.m. - 3:00 p.m. at the Itasca Resource Center, 1209 S.E. 2nd Avenue in Grand Rapids. For more information contact Alice or Pam at (218)262-6675.

Functional Fitness for Older Adults

Classes are being offered at no charge to participating older adults. Please call for locations and times. Contact Carlene at (218)262-6675.

Fibromyalgia and Chronic Pain Support Group

Through participation in this group, you can learn more about Fibromyalgia and Chronic Pain Syndrome and have the opportunity to talk freely about problems, concerns and frustrations. This group meets at **Our Saviors Lutheran Church in Virginia** (1111 S. 8 St) the **second Thursday** of the month from 10:30 am to 12:00 pm

Vision Loss Support Group

This group meets the **second Wednesday** of each month from 2:00 to 3:30 P.M. at the **CILNM Office** in Hibbing.

UPCOMING GROUP:

Young Adult Recreation Group in the Virginia area. Contact Alice at (218) 262-6675.

Coffee / Crafts Group

We will be having the groups on the following dates, & tentative activities.

Monday, February 13th - CLOCKS

Monday, March 13th- VALENTINES DAY GIFT

Monday, April 10th- SPRING TIME CRAFT

The groups are from 6:00-7:30pm at the Center for Independent Living, located in the Mesabi Mall.

PLEASE RSVP ALICE (218) 262-6675

For more info - CILNM

Main Office - Mesabi Mall, 1101 East 37th Street, Suite 25

Hibbing, MN 55746 (218) 262-6675 Voice/TTY

Chocolate Strawberry Shortcake

(Recipe found on allrecipes.com)

INGREDIENTS:

2 cups all-purpose flour

1/3 cup white sugar

1/4 cup cocoa powder

1 tablespoon baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/2 cup butter

2 pints strawberries, sliced

1/4 cup white sugar

1 (12 ounce) container frozen whipped topping, thawed

2 tablespoons chocolate syrup

DIRECTIONS:

Preheat an oven to 400 degrees F (200 degrees C). Grease two 9 inch layer pans.

In a and whipped topping. Drizzle with chocolate topping. In a large mixing bowl, combine flour, 1/3 cup sugar, cocoa, baking powder, baking soda and salt. Cut in butter or margarine until the mixture resembles coarse crumbs. Add milk, mixing until just moistened. Spread batter evenly into two prepared layer pans.

Bake at 400 degrees F (200 degrees C) for 15 minutes, or until a toothpick inserted in the center comes out clean. Cool.

In a medium-size mixing bowl, combine strawberries and 1/4 cup sugar. Let the mixture stand 10 minutes. Cover the bottom shortcake layer with half of strawberry mixture and half of whipped topping. Top with second shortcake layer, remaining strawberry mixture and whipped topping. Drizzle with chocolate topping.



C.I.L.N.M. Duluth Area Activities



Duluth area Winter Groups will be starting Tuesday January 17th 2006!

- Computer Basics
- Surfs Up in Duluth (internet/email skills)
- Get Crafty
- Game of Life (soc/rec for teens)
- Adults Only (soc/rec)
- Tell it like it is (self-advocacy)
- Get Healthy (fitness group)
- Creative Writing Workshop

Please call 218-625-1400 for details on any of the above groups.

Space is limited so please call ahead!

NEW! - Employment Seminars on Wednesdays 9am-3:30pm

Are you ready to get a job? This one day seminar will help you learn about job searching, applications, resumes, interviews, accomodations, and more!

Lunch will be provided! You must call ahead to sign up. 218-625-1400

Tentative dates are as follows:

- Duluth — January 25th
- Cloquet — February 8th
- Duluth — February 22nd
- Two Harbors — March 8th
- Duluth — March 22nd

~~DATE~~ ~~PLACE~~ ~~TIME~~

On Going Support Groups

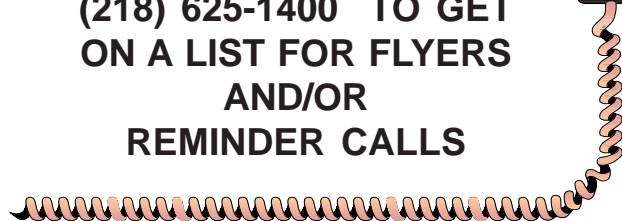
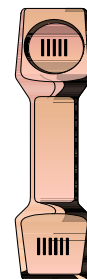
Chronic Fatigue Syndrome & Fibromyalgia Support- Meets the 1st Wednesday of the month from 3:30-4:30pm. **Held at St Luke's Hospital 3-East Conference Room.** Ca;; 625-1400 for more information.

"FOR WOMEN ONLY" - Meets the 2nd Thursday of the month from 2:30-3:30pm. **Held at Pine Grove Apts. Please call ahead!**

TBIGROUP - Meets Tuesdays at 3:30pm in the 1st Floor Conference Room at Polinsky Medical Center.

VISION LOSS GROUP - Meets the 2nd Monday of the month at 1:30pm at the Lighthouse for the Blind office.

IF YOU ARE INTERESTED IN ANY OF THE ONGOING SUPPORT GROUPS, PLEASE CALL (218) 625-1400 TO GET ON A LIST FOR FLYERS AND/OR REMINDER CALLS



Center For Independent Living of NE MN
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Highlights

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OUR MISSION:

To assist individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all persons.

This publication is available in alternate formats upon request.

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