

Northern Highlights



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Center For Independent Living of NE MN
May, 2005 - Volume 19, Issue 2

The Hibbing Rolling Rangers PowerHockey Team

Hi everyone,

My name is Ray Rogers. I'm the team captain for the Hibbing Rolling Rangers. I would like to tell you that our hockey team won our first Championship on October 3rd, 2004! Our team did a great job! I encouraged my players to try to practice every week at the local gym in Hibbing during the season. It worked out well! I believe our team will have another great season this year. Our season starts on June 4th in Golden Valley, MN at Courage Center gym.

I would like to tell you that our team started in 2002 when Brian Nelson was the team captain. He initiated the idea of starting a team in Hibbing. Thanks to him, he is a great guy and great friend to me! He died on December 10, 2002. I sure do miss him. Someone by the name of Damain Craig was interested in playing for our team. He never played the game for us. He died on December 16th, 2001. He was a good friend and liked to have fun. Both of these guys are in my heart!

I also won the Sportsmanship Award in 2002 and 2004 by all the captains of the Minnesota Electric Wheelchair Hockey League! It sure was exciting to receive that award from the captain. I earned it because I enjoy the game and just have fun during the game! I believe everyone should get a chance to play during the game(s). There was Larry Shaw, our goalie, who would dance around in circles as a goalie. It was funny. He passed away in the summer of 2002. He was a funny guy and a nice man!

And then there was our goalie named Leo Quirk, a backup goalie for me during the playoff. He did a terrific job as a goalie to win our first title. He passed away in January of 2005. He was a funny guy, loved to tell jokes to everyone and loved the game of hockey! He will be missed by all of us.

I would like to say that our teams need your support by making donations for gas expenses, and hockey equipment. Last year, our team bought the official hockey nets! Team members are: Rob Tommila (Coach), Ray Rogers (Team Captain), Shawn Duncan, Dave Scogman, Mike Fosnot, Chris Kram, Chester Antus, and Everett Gillen (Rookie).

Thank you to the volunteers that helped out with the spaghetti feed last December 7th! Also the volunteers that helped us through the years! Thanks to all who have supported us!

If you want to help our team (Hibbing Rolling Rangers), please send your donations to:
Center for Independent Living of Northeastern Minnesota

Hibbing Rolling Rangers
1101 E. 37th St., Suite #25
Mesabi Mall
Hibbing, MN 55746

This year, our team will be participating at the Side Lake Parade on the 4th of July and then we will be in the Hibbing Mines and Pines Parades on July 9th!

If you know anybody that is in a powered chair in their daily life and is interested in playing hockey, feel free to give me a call at (218) 263-8153 or talk to Carlene at (218) 262-6675.

Have a great day! And thanks for reading this!

COUNTIES SERVED

Aitkin

Carlton

Cook

Itasca

Koochiching

Lake

Pine

St. Louis

Health Fair 2005

At the new Aitkin office, Aimee and Brian (Brian pictured in blue jacket below) have been marketing and meeting with consumers in Aitkin, Crosby and Brainerd. They are working with Brainerd Workforce referrals helping consumers for transitioning and independent living skills. They have been to all of the schools, community programs, counties, HRA, etc. marketing and to let people know our services are available for them. The word is getting out and Aimee and Brian are very excited to see the results of their efforts!



Did you know????

Americans eat enough ice cream each year to fill the Grand Canyon!!

About 400,000 Americans admit to having Multiple Sclerosis, every week about 200 people are diagnosed. MS may affect 2.5 million individuals.

Q: Why are giraffes highly susceptible to throat infections?

A: They have long throats & they can't cough.



United Way
Hibbing &
Northeastern MN

Power Wheelchair Soccer

I'm looking for someone who is interested in playing Power Wheelchair Soccer in Hibbing. If anyone is interested, please call Carlene at (218)262-6675 or call Ray at (218)263-8153.

I am also looking for donation(s) to purchase the following items:

Molten Power Soccer Ball (2) \$300.00

Power Soccer ball is 18" to 19" and 4 lbs

PS-Force Guard Pack w/ SS Hardware Kits (8) \$999.99

This nearly universal guard will give you full control of the ball while providing excellent protection of your legs and feet for the powered wheelchair users.

Any donation would be greatly appreciated! Please send the donation(s) to:

Center for Independent Living of Northeastern Minnesota (CILNM)

1101 E. 37th St, Suite 25

Mesabi Mall

Hibbing, MN 55746

Soccer is a fun sport for all ages that have need for use of a power wheelchair in their daily lives!

Thanks for your time and have a great day!

Team captain, Ray Rogers

How to Stay Young...

- Keep only cheerful friends. The grouches pull you down.
- Enjoy the simple things.
- Surround yourself with what you love, whether it's family, pets, music, plants. Your home is your refuge.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- Don't take guilt trips. Take a trip to the mall, to the next county, to ALASKA, but not to where the guilt is.
- Tell the people you love that you love them, at every opportunity. And always remember... Life is not measured by the number of breaths we take, but by the moments that take our breath away. Unknown
- All great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, and hope.

— Winston Churchill

The above excerpt was taken from the Whitney Whistler, April 2005. Page 15

SERVICES OFFERED

Advocacy

Independent
Living Skills
Training

Information
and Referral

Peer and
Group
Support

Accessible
Housing
Registry

Adaptive
Recreation
Programs

Internet
Community

Mental Health
Support

Public
Education

Ramp
Project

Let's talk fitness...

TRYING TO SHED EXTRA POUNDS? TRY THESE HEALTHY HINTS

1. Drink lots of water.

Don't just sip on your water bottle during the day. Drink a full, 8-oz glass of water when you first get up in the morning, before every meal, before every snack, and before you go to bed at night. Another little trick is to take a drink of water between every bite of food. All this water will help you eat less and improve your digestion, too.

2. Eat smaller portions. First, serve yourself small portions and cut the servings into several small pieces. (You can always go back for another serving if you are really that hungry.) Of course, this is a ploy to fool your brain into thinking you are eating more than you are. But it does work, because generally you will eat less if you eat smaller portions. Eat more slowly, too, instead of trying to wolf down your food as if there were no tomorrow. What's the hurry anyways? Enjoy!

3. Always eat breakfast. Studies show that people who eat breakfast are less likely to be overweight. But you don't feel like eating breakfast, you say? Do it anyway. Start small, with something like a glass of orange juice and a bagel, but eat something. Gradually increase your consumption until you are eating a full, healthy breakfast. If you don't eat breakfast, you force your body into a self-preservation mode, so it stores more fat when you do eat. The main reason many people don't eat breakfast is they are always in a hurry and are simply out of the habit. Remember, you probably ate breakfast every morning as a youngster. What happened?

4. Walk in place. Don't become a couch potato! Fight back. For instance, while watching your favorite television programs just stand in the middle of the room during every commercial and walk in place. It might sound stupid, but think how many commercials appear on each program. You can log a lot of miles and burn a lot of calories without even leaving the house.

5. Stand up and suck it in. It sounds simple, because it is simple. Many people walk around slouched over, shuffling along, dragging their feet with absolutely no sense of energy. They are sleepwalking through life. Make a concentrated effort to stand straight, throw your shoulders back, hold your chest high, suck in your tummy and walk with purpose. Walk like you mean it. It takes a little more effort in the beginning, but it will become a habit after a while.

6. Climb stairs the “right” way. You probably didn’t know there was a right way and a wrong way to climb stairs, did you? Typically, you put one foot on the step in front of you, lean forward on your toes and lift the other foot off the ground to advance to the next step. Wrong! You will probably have knee problems if you continue climbing stairs this way. Instead, stand straight and push off your instep, not your toes, using the larger hip and thigh muscles to lift you to the next level. As these muscles become more accustomed to being used, they will become stronger and more supportive, and it will be much easier for you to climb stairs. You don’t need a stair climbing machine to get a workout if you learn to climb properly.

Adapted from an article by Jim Evans, the author of the syndicated column “Senior Fitness”, written for the International Council on Active Aging.

Submitted by Carlene Jaros, ILS, Hibbing
Center for Independent Living of NE Minnesota

PCA Choice Program

The PCA Choice Program continues to grow in leaps and bounds. It has helped many families to have more choices selecting their own PCA’s. If you’re interested in more information, please contact Cindy at AccessNorth (218)262-6675.

MSTRAM Bike Tour

July 24–29, 2005

Experience Minnesota’s Iron Range and North Shore during a beautiful week of bicycling.

Sunday: Drive to **Duluth**, register and hop on a bus to the start location in Grand Rapids.

Monday: Ride the Mesabi Trail to the historic town of **Hibbing** for a night very close to the “Grand Canyon of the North”.

Tuesday: You’re back on the Mesabi Trail to **Giants Ridge Golf & Ski Resort in Biwabik.**
Wednesday: Cycle to **Tower** and the southern shores of Lake Vermillion before looping back for a second night at Giants Ridge.
Thursday: Experience the new scenic by-way through the **Superior National Forest to Two Harbors.**
Friday: Enjoy a short tour along Lake Superior to the festive finish in **Duluth.**

On Monday, July 25th, all people, those with MS and their families are invited to come to Bennett Park in Hibbing to greet the riders as they come in and get ready to spend the night in Hibbing! They will be starting to arrive at 10am and throughout the afternoon. Food will be served, festivities will be going on and a fun time will be had by all!!

Thanks very much,
Renee Fredrickson

Open House in Aitkin

Please join us on Thursday, July 28th from 11:00am to 4:00pm at our new branch office in Aitkin, 105 4th Street N.W., Aitkin, MN 56431 for an open house & Independent Living Celebration. Meet the staff at our newest branch office and enjoy food, beverages and door prizes!

Thanks!
Alice

OUR STAFF

Kimberly Tyler
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Pamela Parson
Consumer Services
Director

Alice Prtine
IL Specialist - Hibbing

Erin Thompson
IL Specialist - Duluth

Brian Crowley
IL Specialist - Aitkin

Liz Hammer
Office Manager - Duluth

Aimee Espeseth
IL Specialist - Aitkin

Tracy Tyler
Accountant

Darlene Warmuth
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Karen Racek
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Duluth

Carlene Jaros
IL Specialist - Hibbing

Robert Brown
Access Coordinator
STS Crew Leader

Norm Mota
IL Specialist - Hibbing

Linda Leffler
Qualified Professional

Dewey Collyard
IL Specialist - Duluth



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

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.

Depression Support Group

The depression support group is provided **FREE** of charge, meets at the **CILNM office** at 10:30 am. **every other Monday**.

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** 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.

Spinal Cord Injury Support Group

Second Monday of each month from **12:30 to 2:00 pm** at the **CILNM Office** Please come in and check it out. We hope to not only have some speakers come to the group, but also talk about trying new recreation stuff.

Coffee / Crafts Group

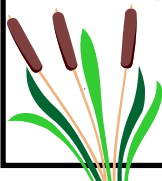
This group will meet at the **CILNM office** in Hibbing on the **third Wednesday** of each month to make craft projects and have fun! Call Alice for dates and times at (218)262-6675.

For additional information contact:

CILNM

**Main Office - Mesabi Mall,
1101 East 37th Street, Suite 25
Hibbing, MN 55746**


**(218) 262-6675
Voice/TTY**



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!



Duluth Area Activities & Summer Groups



MONDAY Skill Groups

“Game of Life” This is a social/recreational group for teens (ages 14-21) with a lot of fun & exciting activities planned. Meeting location varies. **Dates:** 7/11, 7/25, 8/8, 8/22. **Time:** 4-6pm **Cost:** \$20

“Adults Only” A great opportunity for adults (21+) to meet new people & socialize out in the community. Meeting location varies. **Dates:** 7/18, 8/1, 8/15, 8/29. **Time:** 5-7pm **Cost:** \$20

TUESDAY Skill Groups

“Employment Readiness” Are you ready to get a job? This group will help you learn about job searching, applications, resumes, interviews and more! **Dates:** 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16. **Time:** 1-2:30pm. **FREE!**

“Computer Basics” Want to learn the basics of operating a computer? Do you know how to create and save documents and use different programs? **Dates:** 7/5, 7/12, 7/19, 7/26, at the Main Public Library. **Time:** 10:30am-12pm. **FREE!**

“Surfs up in Duluth” Want to learn what the internet can do for you? Learn how to surf the web, find information, send & receive emails, & much more! **Dates:** 8/2, 8/9, 8/16, 8/23 at the Main Public Library. **Time:** 10:30am-12pm. **FREE!**

WEDNESDAY Skill Groups

“Around the Town” This class teaches the ins and outs of the DTA and how to use public transportation to get to where you need to be. **Cost is \$6 for bus fare. July PM Class: 12:30-2:30pm. Dates:** 7/6, 7/13, 7/20, 7/27

-OR-

August AM Class: 10am-12pm. Dates: 8/3, 8/10, 8/17, 8/24

“Get Crafty” For anyone interested in making crafts and meeting some new people this group is for you. Take the craft home to keep or give as a gift! **Dates:** 7/13, 7/27, 8/10, 8/24. **Time:** 1:30-3:30pm. **Cost:** \$10 for supplies.

Thursday Skill Groups

“Get Healthy!” This is a group to help you stay active and learn ways to keep your body healthy. Great for beginners! Walking the Skywalk/Lake walk, stretching, eating healthy and more. **Dates:** 7/7, 7/14, 7/21, 7/28, 8/4. **Time:** 10-11:30am. **FREE!**

“Life Skills” Learn the real life skills you need to be independent. Where am I going to live? How can I get around town? Where do I go for help with housing, \$\$, getting involved in the community? What can I do to keep track of my money? Do you have the answers to all of these questions? **Dates:** 7/7, 7/14, 7/21, 7/28, 8/4, 8/11. **Time:** 2:30-4pm. **Cost:** \$5

“Speak Your Mind” Learn how to advocate for your needs and stand up for your rights without being taken advantage of. **Dates:** 7/14, 7/21, 7/28, 8/4, 8/11. **Time:** 1-2pm. **FREE!**

On Going Support Groups

MEN’S GROUP - Meets on the 4th Monday of the month at 12:30pm in the CILNM Office. **Please call ahead if you plan to attend!**

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

TBI GROUP - 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 625-1400 TO GET ON A LIST FOR FLYERS AND/OR REMINDER CALLS

Center For Independent Living of NE MN
Mesabi Mall
1101 East 37th Street - Suite 25
Hibbing, Minnesota 55746

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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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