



Summer Safety: 6 Tips For a Fun Filled Season

As you renew your pool pass, plan a cook-out or take your boat out, don't forget to consider summer safety. Check out our guide for tips to stay accident-free.

The schools are empty, and the long summer days offer a tantalizing air of anticipation. Outside, kids run and shout, and the evening smells like fresh-cut lawns and outdoor grills. While you're out there enjoying the season, follow these common-sense precautions to keep you and your family safe and well.

Be Sensible About Sun Exposure

A bad sunburn can keep your skin tender for days. It may even send you to the hospital. But the temporary discomfort pales alongside the cumulative effect of frequent and severe sunburns: skin cancer. Sun exposure, particularly large but irregular doses of it without sunscreen, is the No. 1 cause of skin cancer. Sunscreen, long-sleeved clothing and wide-brimmed hats are examples of things you can wear or apply to protect yourself from the sun's damaging rays.

Watch Out for High Temperature & Humidity

Even grown-ups may get so caught up in having fun that they ignore the signs of overexertion and heat-related illness. Whether you're working or playing outdoors, pay attention to your thirst, rest often and stop when you feel weak, dizzy or fatigued.

Be Wise in the Water

Nothing's more enjoyable than a cool dip on a hot day, but the fun can evaporate with terrifying speed. Don't let it happen. Learn to swim. Supervise those who don't know how. And review the rules for safe boating.

Beware of Bugs

Mosquitoes swarming in your garden? Usually they're just a nuisance. A wasp's nest run over by your lawn mower? Now that's an entirely different story. Here's how to deal with insects, both flying and creeping. (Insect repellent, protective clothing, removing standing water where they can breed & bug zappers are all good ways to start.)

Bike With Brains: Protect Your Head

It's great exercise, and when you're hurried, it sure beats walking. But if you whiz along on your bicycle without a helmet, you're courting a concussion- or worse. The same holds true for skate boarding, rollerblading and other sports on wheels. Of course, protective gear won't prevent biking accidents from occurring in the first place. Pay attention to your surroundings.

Fend Off Food Poisoning

That's a tempting burger, pink in the middle, sizzling on the grill. Grab a bun, scoop up the patty and - whoa there, partner! You might regret it. In warm weather, careless food preparation - such as an undercooked burger - and improper food storage can be disastrous. Don't let an outbreak of food poisoning ruin your good time.

And Finally: Have a Ball!

The things you do this summer may give you memories you'll cherish forever. Unfortunately, a moment's carelessness can have the opposite effect. While you can't eliminate all risks, you can certainly reduce the odds of a potentially tragic accident. What's more, the measures that save the most lives are also some of the simplest - wearing a bike helmet, for instance, or putting on a life jacket. When safety automatically comes first, you can truly start to have fun.

Taken from

<http://www.mayoclinic.com/health/childrens-health/CC00018>

COUNTIES SERVED

Aitkin

Carlton

Cass

Cook

Crow Wing

Itasca

Koochiching

Lake

Pine

St. Louis

Baked French Toast Casserole with Maple Syrup

Recipe courtesy Paula Deen

Recipe Summary

Difficulty: Easy

Prep Time: 20 minutes

Inactive Prep Time: 8 hours

Cook Time: 40 minutes

Yield: 6 to 8 servings

User Rating: 5 Stars

1 loaf French bread (13 to 16 ounces)

8 large eggs

2 cups half-and-half

1 cup milk

2 tablespoons granulated sugar

1 teaspoon vanilla extract

1/4 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

Dash salt

Praline Topping:

1/2 pound (2 sticks) butter

1 cup packed light brown sugar

1 cup chopped pecans

2 tablespoons light corn syrup

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

Combine all ingredients in a medium bowl and blend well. Makes enough for Baked French Toast Casserole.

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Slice French bread into 20 slices, 1-inch each. (Use any extra bread for garlic toast or bread crumbs). Arrange slices in a generously buttered 9 by 13-inch flat baking dish in 2 rows, overlapping the slices. In a large bowl, combine the eggs, half-and-half, milk, sugar, vanilla, cinnamon, nutmeg and salt and beat with a rotary beater or whisk until blended but not too bubbly.

Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Spoon some of the mixture in between the slices. Cover with foil and refrigerate overnight.

The next day, preheat oven to 350 degrees F.

Spread Praline Topping evenly over the bread and bake for 40 minutes, until puffed and lightly golden. Serve with maple syrup.



Did you know????

- * One new person is diagnosed with MS every hour of every day.
- * Having good posture helps alleviate stress and helps you to lose weight.
- * Autism is the fastest-growing developmental disability.
- * An estimated 2.5 million people in the United States have an intellectual disability- approximately 1% of the United States population.
- * There are 54 million Americans living with a disability.
- * If you are an average American, in your whole life, you'll spend an average of 6 months waiting at red lights.
- * A "jiffy" is an actual unit of time for 1/100th of a second.
- * "Dreamt" is the only English word that ends in the letters "MT".



United Way

Hibbing &
Northeastern MN

Welcome To Holland

by Emily Perl Kingsley

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Matthew and I are often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this.....

When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guide books and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting.

After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay. The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. You must learn a whole new language; and you will meet a whole new group of people you would never have met.

It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. So for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

The pain of that will never, ever, ever, ever go away... because the loss of that dream is a very very significant loss. But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.



Who Said That????

"Moral indignation is jealousy with a halo." -
H.G. Wells (1866-1946)

"Glory is fleeting, but obscurity is forever." -
Napoleon Bonaparte (1769-1821)

"I can write better than anybody who can write faster, and I can write faster than anybody who can write better." -
A. J. Liebling (1904-1963)

"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former."

Albert Einstein (1879-1955)

"In theory, there is no difference between theory and practice. But, in practice, there is." -
Jan L.A. van de Snepscheut

"Do, or do not. There is no 'try'." -
Yoda ('The Empire Strikes Back')

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**

PCA Choice

The State now requires that we have annual doctor's orders and care plans in our consumer files.

PCA's are now requested to have numbers from the State for billing purposes. Another change is that PCA's may not work until their paperwork for a background check is in. The State will not back pay for PCA services. Fortunately, this is a quick process once the paperwork is turned into CILNM. If you have access to a computer, you can log on at accessnorth.net, click on PCA and it will give you information on the PCA Choice Program and allow you to connect to the DHS website for new laws and regulations.

Any questions please call Cindy at (218) 262-6675

Update for Hibbing MS Walk '06

Thanks to nearly 10,000 walkers and 1,300 volunteers we're moving one step closer to a cure for Multiple Sclerosis (MS). The 2006 Christopher & Banks MS Walk participants raised an estimated \$1.9 million to fund programs and services for people with MS in Minnesota and western Wisconsin plus research to help find a cure. The cure is very near now, by the end of the year a person with MS's genome will be mapped, then compared with a person who doesn't have MS to find out what's different.

The Bouncing Bean Team raised **\$2,950.00** dollars to donate for the cause on May 7th, 2006. There were walks held in 18 different cities throughout Minnesota. In all cities the choice of miles was anywhere from 1 to 9 miles. In Hibbing it was 1, 4 or 5 miles through the city. The day of the walk we were able to choose on an individual basis how far we wanted to walk. Together we made a huge difference and took a great step forward!

Thanks to the thousands of people who helped out! Next year we hope to make even more of a difference!

MS150 Bike Tour June 9-11, 2006

The 2,600 riders and over 1,000 volunteers for the MS150 also were able to raise nearly \$2 million dollars to fund programs and services for more than 7,500 people with MS in Minnesota and Western Wisconsin.

All who rode 150 miles for such a wonderful cause are inspirations!



12 Rules of Happiness



- Make up your mind to be happy - learn to find pleasure in simple things.
- Make the best of circumstances. No one has everything, and everyone has something of sorrow.
- Don't hold postmortems or spend time brooding over sorrow and mistakes.
- Don't let criticism worry you - you can't please everybody.
- Don't let your neighbors set your standard. Be yourself.
- Do the things you enjoy doing, but stay out of debt.
- Don't borrow trouble. Imaginary things are harder to bear than actual ones.
- Don't take yourself too seriously.
- Have many interests. If you can't travel, read about places.
- Since hate poisons the soul, do not cherish enmities and grudges. Avoid people who make you unhappy.
- Don't be the one who never gets over things.
- Keep busy at something. A busy person never has time to be unhappy.

Aitkin Area Activities & Groups



Vision Loss Group

This group meets on the 2nd Tuesday of the month at 10:00am in the Aitkin office. For more information please call (218) 927-3748.

Hope for the Future

This group meets on the 1st and 3rd Thursday's of the month at 1:00pm in the Aitkin office with peer leader Gary. For more information call (218) 927-3748.

MS Support Group

This group meets on the 3rd Monday of the month at 1:00pm in the Aitkin office. For more information call (218) 927-3748.

Young at Heart

This activity group is composed of arts and crafts, activities such as bowling, movie, picnic, walk around the park, etc and times and dates will be available at a later time. Call to find out when at (218) 927-3748.

New Group Coming Soon!

CILNM is starting a new skills group in the Duluth area this summer. This group is for kids with disabilities ages ten through thirteen to provide social and recreational activities. This group will help kids increase appropriate social skills, communication skills, and create new peer relationships. The group will do a variety of activities in the community; including bowling, game nights, movie nights, and more! If you're interested in more information please call Erin in the Duluth office (218) 625-1400.

Cycling Event at Bennett Park

CILNM will be teaming up with Courage Duluth for a cycling event for people with physical disabilities on

July 28 from 11:00AM to 2:00PM at Bennett Park in Hibbing

Refreshments will be served and this event is free of charge.

Freedom Cars will be on site to show the therapy bikes and other adaptive cycling equipment.

For more information, please contact Pam at (218)262-6675.

OUR STAFF

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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.

Finding Joy Group

The depression support group is provided **FREE** of charge, meets at the **CILNM office** at 10:30 am every Monday. **Will not meet during the summer, call for info on when it'll start again!**

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

Will not meet in July or August
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.

Will not meet in June or July
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. **Will not meet in July or August, if you want to sign up for dates & times of start up in September, call Alice at (218)262-6675**

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!

For additional information contact:

CILNM

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



(218) 262-6675
Voice/TTY

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
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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.

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