

Northern Highlights

We're on the Web!
www.accessnorth.net

Center For Independent Living of NE MN
September 2006 - Volume 22, Issue 3

Announcing, new URL's for public use:



Announcing: <http://assistivetechmn.net> AssistiveTechMN has a lot of information on assistive technology, with more to come. It has a forum, and assistive technology want ads. There are several ads with assistive technology to give away currently, if you will pick it up or pay shipping. The entire site is free!

There is a free Training site at <http://iltrain.net> with free disability related training producing certificates of completion. If people are interested in obtaining training or need continuing education (CEUs are coming).

A disability community with free personal adds, a chat, forum and more is located at <http://disabilitylink.net>

All of these sites are sponsored by <http://accessnorth.net> AccessNorth Center for Independent Living of Northeastern Minnesota. We are a private non-profit 501©3 organization dedicated to Assisting individuals with disabilities to live independently, pursue meaningful goals, and have equal opportunities and choices.

Please feel free to check out these helpful websites as needed!



Did you know?



- In England, the Speaker of the House is not allowed to speak.
- "Pants" used to be considered a bad word in England.
- Charles Osborne had the hiccups for 69 years.
- Americans choke on toothpicks more often than anything else.
- A blue whale's tongue weighs more than an elephant.
- Da Vinci spent 12 years painting Mona Lisa's lips.
- Walt Disney was afraid of mice.
- Dolly Parton once lost a Dolly Parton look-alike contest.
- Toto was paid \$125 a week during the filming of the Wizard of Oz.

**COUNTIES
SERVED**

Aitkin

Carlton

Cass

Cook

Crow Wing

Itasca

Koochiching

Lake

Pine

St. Louis



Stress Management Logics



A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?"

Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden." "So, before you return home tonight,

put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." So, my friend, Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Here are some great ways of dealing with the burdens of life:

- * Accept that some days you're the pigeon, and some days you're the statue.
- * Always keep your words soft and sweet, just in case you have to eat them.
- * Always read stuff that will make you look good if you die in the middle of it.
- * Drive carefully. It's not only cars that can be recalled by their maker.
- * If you can't be kind, at least have the decency to be vague.
- * If you lend someone \$20 and never see that person again, it was probably worth it.
- * It may be that your sole purpose in life is simply be kind to others.
- * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- * Nobody cares if you can't dance well. Just get up and dance.
- * Since it's the early worm that gets eaten by the bird, sleep late.
- * The second mouse gets the cheese.
- * When everything's coming your way, you're in the wrong lane.
- * Birthdays are good for you. The more you have, the longer you live.
- * You may be only one person in the world, but you may also be the world to one person.
- * Some mistakes are too much fun to only make once.
- * We could learn a lot from crayons...Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.


United Way

 Hibbing &
Northeastern MN

Assistive Technology Demonstration Lab

Our Assistive Technology Demonstration Lab is up and ready for use. We invite anybody who would like a demonstration of the devices we have on hand to call in and ask for Pam at (218)262-6675. We allow persons with disabilities to lend unused or unwanted equipment to the program and we're able to demonstrate a wide variety of devices upon request.

Call us or come see us if a specific device is wanted and we can either lend it to you so you might see if it will work for your situation or assist you in finding it or buying it. We will be coming up with a detailed list of what sort of equipment we have on hand and where it came from; in order to assist people with disabilities to get it for themselves.



Who said that?



“Victory goes to the player who makes the next-to-last mistake.” – Chess master Savielly Gringorievitch Tartakower

“If a man does his best, what else is there?” – General George S. Patton

“People demand freedom of speech to make up for the freedom of thought which they avoid.” – Soren Aabye Kierkegaard

“Give me chastity and continence, but not yet.” – Saint Augustine

“Not everything that can be counted counts and not everything that counts can be counted.” – Albert Einstein

“Give me a museum and I'll fill it.” – Pablo Picasso



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

Minutes In Motion

September 18 - October 29



Welcome to **Minutes in Motion**, another 6 week program sponsored by the Hibbing Healthy Lifestyles Coalition.

In May, Walkyerbunzoff participants kept track of miles, June/July Footsteps 4 Fitness walkers logged their steps and in this program everyone will track their daily minutes of activity.



Get Started
Its Easy, Its Fun, Its Free,
and You'll Feel Great!

Step One: Register beginning September 5th. It's simple to register! Stop at one of the following places for registration forms:

Hibbing Public Library

Community Education Office

Center for Independent Living - Ask for Carlene and she'll get you the form and your minutes log sheet!

Family Investment Center

If you provide an e-mail address on your registration you will receive weekly tips and encouragement!

Step Two: Set both a short-term and a long-term goal for yourself to keep you on track and to motivate you.

Step Three: Beginning September 18th record your daily minutes of continuous activity on the Minutes Form.

Step Four: Email your weekly minutes to nriesgra@arrowhead.lib.mn.us or drop them off at the Center for Independent Living. Visit <http://hibbing.mn.us> and see the Minutes in Motion section for the count of weekly minutes of activity or check the sign at the Hibbing Public Library for the total community minutes of activity performed every week.

Step Five: Return your completed minutes form to the Center for Independent Living or any of the above listed places by November 7th to be entered in the drawing for Chamber Bucks.

Questions? Contact Center for Independent Living by phone & ask for Carlene at 218 262-6675 or email carlene@accessnorth.net

Pumpkin Bars

Recipe courtesy Patty Ronning as adapted by Paula Deen

Recipe Summary

Difficulty: Easy

Prep Time: 15 minutes

Cook Time: 30 minutes

Yield: 48 small bars or 24 large bars

User Rating: 5 stars.



Bars:

4 eggs

1 2/3 cups granulated sugar

1 cup vegetable oil

15-ounce can pumpkin

2 cups sifted all-purpose flour

2 teaspoons baking powder

2 teaspoons ground cinnamon

1 teaspoon salt

1 teaspoon baking soda

Icing:

8-ounce package cream cheese, softened

1/2 cup butter or margarine, softened

2 cups sifted confectioners' sugar

1 teaspoon vanilla extract

Preheat the oven to 350 degrees F.

Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch pan. Bake for 30 minutes. Let cool completely before frosting. Cut into bars.

To make the icing: Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again. Spread on cooled pumpkin bars.

Recipe courtesy of Television Food Network, G.P.

Aitkin Area Activities & Groups



Vision Loss Group

This group meets with Peer Leader Gary on the second Wednesday of each month at 1 pm. 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. 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 ask for Cindy.

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.

Tongue Twisters



Attempt to say any one of these three times fast! And have lots of fun while you're at it.

*A big black bug bit a big black bear,
made the big black bear bleed blood.*

*I slit the sheet, the sheet I slit, and on the
slitted sheet I sit.*

*She sells sea shells by the sea shore.
The shells she sells are surely seashells.
So if she sells shells on the seashore,
I'm sure she sells seashore shells.*

OUR OFFICES

Main Office
Hibbing
1101 E 37th St.
Hibbing, MN 55746

Duluth

Aitkin

Satellite Offices

Cloquet

Intl Falls

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. at the **Virginia Regional Medical Center**.

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. See page 4 for more information regarding fitness.

Coffee / Crafts Group

This group will meet at the **CILNM office** in Hibbing on the **first Monday** of each month beginning October 2 to make craft projects and have fun! Call Carlene for dates and times 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 on alternating Mondays beginning on September 11.

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

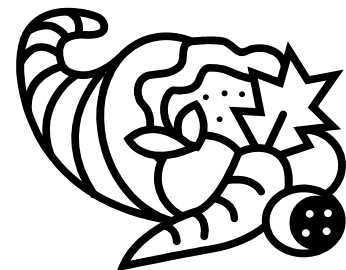
This group meets the **second Wednesday** of each month from 2:00 to 3:30 P.M. at the **CILNM Office** in Hibbing.



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 & Fall Groups

Fall Groups

Duluth Fall Groups begin Oct. 2nd, call for details!!

Game of Life

This is a social/recreational group for teens (ages 14-21) with a lot of fun & exciting activities planned.

Kids Soc Rec 10-13

This is a social/recreational group for kids ages 10 to 13, with a lot of fun & exciting activities planned.

Computer Basics

Learn the basics of operating a computer and some features of Microsoft Word and other programs.

Crafts

For anyone interested in making crafts and meeting some new people. Take the craft home with you!

"Dta bus training"

Individual training is available to assist in learning to use public transportation in Duluth

Employment Seminars

Are you ready to get a job? This **one day** seminar will help you learn about job searching, applications, resumes, interviews, & more. Seminars will be held in Duluth, Cloquet and Two Harbors.

Independent Living Workshops

Topics to be covered in the one day seminars will be Assistive Technology, Community Resources and Self-Advocacy.

Please call the Duluth Office for meeting dates and times for any of the above groups or to get on a list for flyers and/or reminder calls at (218)625-1400.

On Going Support Groups

MEN'S GROUP - Meets on the **2nd & 4th Thursday's** of the month at **2:00pm** in the CILNM Office. **Please call ahead if you plan to attend!**

Chronic Fatigue and Fibromyalgia Support - Meets the **1st Thursday** of the month from **4pm-5pm**, at CILNM office.

"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.

For additional information contact:

CILNM
Duluth Branch Office
2016 W. Superior St.
Duluth, MN 55806

(218) 625-1400

Voice/TTY

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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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