

AccessNorth

Center for Independent Living
of Northeastern Minnesota

Living My Life As I Choose

Assisting individuals with disabilities to live independently, pursue meaningful goals, and have equal opportunities and choices.

January 2012

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Greetings!

Happy New Year! It seems a long time already since 2012 came rushing in - January flew by! The weather had been awesome until the past week or so when it turned into real Minnesota winter weather. But that's OK - we have had plenty around here to keep us busy!

We have been getting situated in our new Brainerd office, hiring new staff and also deciding to have our Coleraine office move to Grand Rapids. A lot of changes, but they are all positive and to better serve our consumers and also to expand our services to help even more people with disabilities in Northern Minnesota.

Stay warm during this dreary and cold part of the winter! Stop by our [website](#) or our [Facebook](#) page for any updates as we keep moving and changing!

Sincerely,
Kim Tyler
CILNM Executive Director



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New Hibbing Support Group - Without Limits ...

A Life Without Limits

My mom, Carole McBride is an inspiration to many. She has raised four children, has a dozen grandchildren (as well as some great-grandkids). She is loved by all who know her. She is feisty and courageous. She has survived two major strokes, a heart attack and has literally cheated death twice. These are all amazing qualities but one quality in particular sticks out. My mother was born with cerebral palsy.

Born in 1941, my mom was raised in a time when people with disabilities were shunned and locked away in institutions. Yet, my grandparents fought for their daughter's right to live life the same as everyone else. My grandfather sat many hours on the steps of the school to ensure that my mother was allowed to remain. (Her disability made the other children uncomfortable and so they tried many times to make her leave.) She completed high school, but did not receive a diploma, because she could not pass the gym credits. When she finished school, she moved to what was the most dangerous place in the Cities, Hennepin. She moved there because she was told she couldn't make it not because she was a woman, but because she had a disability. She was determined to prove them wrong and she did. She then became a camp Courage Councilor, giving back to place that gave her such pride in herself, years before. In 1961, Mom then came home and married my dad and had her my siblings and I. At one point she was stopped by a perfect stranger and told "People like you, should never have children". My mother smiled and walked away, two small children and a baby in tow.

My mom has always been a strong advocate for the right of people with disabilities to be treated with respect and dignity. I remember many times people stared at her or mocked her, but mom never let it affect who she was. She taught me to bring awareness and educate others. "If they don't ask questions and we don't tell them, how will they ever know?" Mom has always said "we have a responsibility to people without disabilities to educate them". My mom is a perfect example of disability pride. While having Cerebral Palsy has never defined who she is, it is a part of her. She has embraced her disability and made it her own.

If you or someone you care for has Cerebral Palsy there is a new support group for you. Without Limits will focus on the challenges and successes faced by people with cerebral palsy. We will support each other and educate ourselves as well as our community. We will work together to help our members live a life Without Limits.

Without Limits begins February 8th at 11am. Please call Rinna at 218-262-6675 for more information.

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Get Professional Tax Preparation - and Give to AccessNorth at the same time ...



Help AccessNorth earn \$25 through
H&R Block's Non-Profit Referral Program



It's a Win-Win for everyone!

When it's time to do your taxes this year, you can help raise money for AccessNorth simply by having your taxes prepared at H&R Block and giving them this [referral form](#). H&R Block will donate \$25 to AccessNorth for every new client (someone who didn't have their 2010 taxes done at H&R Block) who has their taxes done and gives them the form. Offer expires April 18, 2012.

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TLC News ...

Dealing with Anxiety

I have anxiety and I learned a long time ago that I can manage it through different relaxation techniques. There are several types of relaxation techniques. Guided imagery, progressive muscle relaxation and deep breathing to name a few.

Progressive muscle relaxation includes a process of tightening and releasing various muscles in an effort to both physically and mentally allow your stressors to release from you. Progressive muscle relaxation is convenient as you can do it in your car, office, while watching TV etc. A few minutes of progressive muscle relaxation can make a huge difference in your day.

Deep Breathing incorporates into most relaxation techniques. It is amazing how breathing can affect your stress. When we stress we tend not to breathe correctly which limits oxygen and therefore causes a chain reaction of stress. When we relax, we take deep purposeful breathes increasing oxygen to our brain and releasing natural antidepressants such as endorphins.

Guided imagery is my favorite technique. This process allows you to mentally and auditory envision yourself someplace relaxing to you in particular. Some guided imagery is also visual. Imagine listening to the waves of the ocean while watching a vision of the waves crashing against the shore all the while someone (with a soothing voice) coaches you to breathe deeply and to relax.

This process allows you a mental getaway for a few minutes or an hour, whatever you need. A person doesn't have to have anxiety or a mental health disability to benefit from relaxation techniques. Everyday stress can be taxing. So send yourself on a mental getaway and relax already.

To learn some techniques such as those I mentioned, check out [innerhealthstudio.com](#) or come to TLC on the second Tuesday of every month at 5:30.

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Question of the Month ...

What is the SOAR Program and do you assist with it?

SSI (Supplemental Security Income)/SSDI (Social Security Disability Insurance) Outreach, Access, and Recovery (SOAR) is a national project funded by the Substance Abuse and Mental Health Services Administration that is designed to increase access to SSI/SSDI for eligible adults/individuals who are able to apply for benefits as an adult under SSA rules. Access North CILNM staff has been fully trained to assist in completing the Social Security Disability and Social Security Income application process. We make referrals to qualified professionals if a claim is denied. We keep in touch and assist every step of the way. We make the process as simple as possible for our consumers.

This includes 17-year-olds who are within one month of their 18th birthday. Youth aging out of the foster care system may apply within 90 days of their 18th birthday. who are homeless or at risk of homelessness SOAR uses the same definition of homelessness as the Federal Projects for Assistance in the Transition from Homelessness (PATH) program: persons who are "homeless or at imminent risk of becoming homeless" (Public Health Service Act, Part C, Section 522(a)(2)), and have a mental illness, and/or a co-occurring substance use disorder. Using a 3-pronged approach of Strategic Planning, Training, and Technical Assistance (TA), the SOAR TA Center coordinates this effort at the state and community level.

Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) are disability income benefit programs administered by the Social Security Administration (SSA) that also provide Medicaid and/or Medicare health insurance to individuals who are eligible.

The SSI/SSDI application process is complicated and difficult to navigate, particularly for people who are homeless or who are returning to the community from institutions (jails, prisons or hospitals). For those who have a mental illness, substance use issues, or co-occurring disorders that impair cognition, the application process poses an even greater challenge...

If you need help applying for SSI/SSDI, give us a call at any of our locations and we can assist you. Our toll-free number is 1-800-390-3681.

source: [SOAR Website](#)

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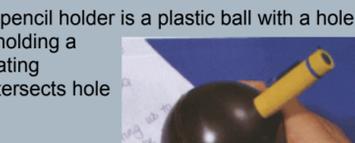
Arthwriter Pen and Pencil Holder ...



Sometimes Assistive Technology is not complicated ...

the Arthwriter pen and pencil holder is a plastic ball with a hole through the center for holding a pencil, toothbrush or eating utensils. Side screw intersects hole to clamp utensil.

Call (218) 262-6675 or talk with your Independent Living Specialist if this utensil will make your life easier!!



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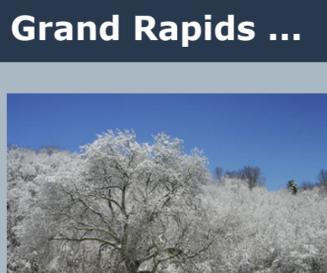
Coleraine office set to move to Grand Rapids ...

Coming soon ...

Our Coleraine office will be moving during the month of February from our office in the Greenway high school to 516 South Pokegama Avenue in Grand Rapids

. We are very excited for this move and look forward to expanding our services in the Grand Rapids area. We have not received our new phone number yet, but you can call us toll-free 1-800-390-3681 or you can email Judy Rupert at [judyr@accessnorth.net](#). Look for updates on our [Facebook](#) page. Stay tuned.

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January's Recipe of the Month ...

Tuna Linguine

This recipe came over from Italy and has been made in the family for generations! It's quick and easy, but oh so good! A great dish to serve athletes the night before a big event - lots of carbs and also protein.

Two 6 oz. cans tuna, packed in oil (preferably olive oil) - don't drain!
2 cloves garlic (or more)
2 tablespoons parsley
1 tablespoon basil
28 oz. can tomato sauce
1 lb. linguine



Empty cans of tuna with oil in medium frying pan. If you are using water-packed tuna, drain tuna and put 2-3 tablespoons of olive oil in the pan with the tuna. Sauté the garlic on medium-high heat for a few minutes until it starts to sizzle a bit, but being careful not to burn the garlic(!). Add parsley, basil and salt and pepper to taste. Add can of tomato sauce, allowing to be mixed into the tuna a little at a time. Continue to simmer for 20 minutes (or more) or as long as it takes the linguine to cook. Serve with fresh grated parmesan or Romano cheese. (The old-country Italian rule is to not serve cheese with pasta cooked with fish - but this Italian country has to have her cheese!)

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Contact us at these locations ...

Main Office - Hibbing
218.262.6675 V/TTY (toll free) 800.390.3681

Duluth - 218.625.1400 V/TTY (toll free) 888.625.1401
Brainerd - 218.824.5228 Coleraine - 218.245.0211

Cass Lake - 218.975.1011



Thank you so much to all those who contributed to this Newsletter. If there is anything you would like to see discussed in a future edition - please email info@accessnorth.net.