



Center for Independent Living of Northeastern Minnesota

Mid-Summer Update



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Greetings!

Summer is flying by! We would like to take this opportunity to bring you updates from all of the AccessNorth offices and our communities.



As you'll see in this issue of the newsletter, we have combined the Grand Rapids office with the Hibbing office. This gives the Grand Rapids staff more resources and the support they need to best provide services. We are also finishing up the new building in Hibbing. Look for an Open House celebration to be scheduled in September.

Make sure you check out our [Facebook](#) page for the latest updates! You can always contact us at info@accessnorth.net for further information or suggestions on any of our programs or take a look at our [website](#).

Roberta Cich
Executive Director



in this issue ...

GRAND RAPIDS OFFICE UPDATE

The Grand Rapids office has combined with the main office in Hibbing. This move was made to offer the staff currently working in Grand Rapids more resources and the support necessary to provide services in this region. We expect to see programs and services continue to grow in the Grand Rapids area. If you would like to contact the staff who were working in Grand Rapids, they can be reached at the Hibbing office (218-262-6675) or by email as usual.



HIBBING OFFICE UPDATE

After over a year of construction and many challenges, the new main office in Hibbing is nearing completion. This office will offer increased accessibility, multiple meeting and training rooms, an accessible kitchen and plenty of parking. We are excited for everyone to see it. Please watch for our Open House that will be scheduled in September.

THE SIDEWALKS ON HOWARD STREET IN HIBBING MADE MORE ACCESSIBLE

The sidewalks on Howard Street are more accessible thanks to the coordination and team work of Access North CILNM, and the city of Hibbing Public Works Dept. Superintendent Pete Hyduke.

When a concerned citizen brought to our attention that his medical transport could not drop him off on the same block as his appointment due to obstacles, Access

North took action. They spoke with other individuals and businesses and found this to be a common problem.

Several garbage cans as well as benches limited safe access at parking spaces designed to be used by those who have disabilities. Access North decided to advocate for a change. We wrote letters and finally connected with Superintendent Pete Hyduke. He immediately met with staff. Pete, Access North staff and a concerned parent, tested each spot for accessibility and made plans as to what changes needed to be made. You will find that the spots are now more accessible. Simple changes made a big difference!

A huge Thank You to the City of Hibbing and Pete Hyduke for recognizing the need to make downtown accessible for all. Thank you to the individual who brought this to our attention. One voice really can make a difference.



Expanding Horizons plans Mesabi Trail tour on Saturday, August 4th



Wheels on Trails Tours in the Duluth and Iron Range areas are planning the Mesabi Trail tour on Saturday, August 4th at 2:00 p.m.. The Tour starts in Mt. Iron (shorter start near Virginia if preferred) and will end in a BBQ and entertainment in Virginia. Transportation is available to and from Hibbing, Chisholm and also Duluth leaving at 12:30. **Please call AccessNorth at 262-6675 for more information on bus schedules and locations and to register by Wednesday, August**

1st. They are also having the Gitchi Gami Trail Ride up the North Shore on Saturday, August 18th. You can see their [flyer](#) here for more details on either ride or visit their website at www.wheelsontrails.org on this exciting and fun program! Mentors are also needed as volunteers.

TRAUMATIC BRAIN INJURY (TBI) SUPPORT GROUP PICNIC SCHEDULED

The Traumatic Brain Injury Support Group (Itasca County) will be having a picnic for people with any disability on Saturday, August 18th, from Noon - 4:00 p.m. in Longyear Park in Coleraine. People of any age and their friends and families are all welcome to attend! Chips, pop and hot dogs will be provided. Feel free to bring a dish to share - and don't forget a chair!!



Contact Wayne Stoltz at (218) 245-0251 or stoltzwd@lcp2.net or Judy Rupert, AccessNorth (218) 262-6675 or judy@accessnorth.net for more information.

The Americans with Disabilities Act Marks 22nd Anniversary of Signing

The Americans with Disabilities Act (ADA), or Public Law 101-336, was signed into law on July 26, 1990, by President George H.W. Bush. The official title was "A bill to establish a clear and comprehensive prohibition of discrimination on the basis of disability," and that is what it aimed to do.

The law was proposed to remove many of the barriers that blocked people with disabilities from fully participating in society. Since the number of people living with disabilities is so large, and grows every day, it was time for the civil rights of people with disabilities to be addressed.

Forms of discrimination against people with disabilities existed despite previous legislation, especially in areas such as employment, housing, public spaces, education, transportation, communications, health care, and public services.

This landmark legislation was decades in the making and eagerly anticipated by members of the Disability Rights Movement. It represented a major step toward the inclusion of people with disabilities in society.

The ADA established the framework for civil rights for people with disabilities to allow them equal opportunities and was based in large part on the Civil Rights Act of 1964.

With the passage of the ADA, the civil rights movement expanded to include the largest minority in America, people with disabilities. It has led to drastic improvements in the built environment, allowing more people to participate in society and to communicate fully. The Americans with Disabilities Act stands as one of the most important documents in the civil rights movement in America for its far-reaching implications.



RECIPE OF THE MONTH - Rhubarb Cheesecake Squares

- 1-1/4 cups all-purpose flour
- 1/2 cup old-fashioned oats
- 3/4 cup packed brown sugar
- 1/2 cup cold butter
- 1 package (8 ounces) cream cheese, softened
- 3/4 cup sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 egg, lightly beaten
- 1-1/2 cups finely chopped fresh or frozen rhubarb



In a small bowl, combine the flour, oats and brown sugar. Cut in butter until crumbly. Set aside 1 cup crumb mixture; press remaining mixture onto the bottom of a greased 9-in. square baking pan. Set aside.

For filling, in a small bowl, beat cream cheese and sugar until smooth. Beat in the vanilla, cinnamon and nutmeg. Add egg; beat on low speed just until combined. Stir in rhubarb. Pour over crust. Sprinkle with reserved crumb mixture. Bake at 350° for 35-40 minutes or until set. Cool on a wire rack for 1 hour. Refrigerate for at least 2 hours. Cut into squares.

