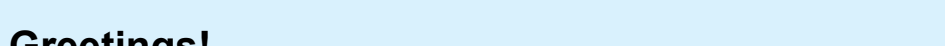


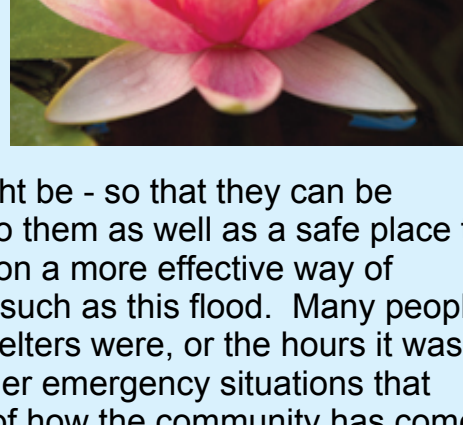
# AccessNorth

Center for Independent Living  
of Northeastern Minnesota



## Greetings!

Hello again. I would like to start out by saying that our hearts and prayers go out to all of those affected by the recent flooding in our region. All of us here at AccessNorth have been working hard to help those that have had emergencies come up - whatever those might be - so that they can be informed of options available to them as well as a safe place to be. We are currently working on a more effective way of communication during a crisis such as this flood. Many people were unaware of where the shelters were, or the hours it was in operation, as well as many other emergency situations that came up. We are also proud of how the community has come together to help out not only our neighbors, but also perfect strangers.



Please contact us if you need us for any assistance. We are here to help. In the meantime, please enjoy the June Edition of our Newsletter.

Roberta Cich  
Executive Director

## IN THIS MONTH'S ISSUE ...

**[Meet Our New QP in Hibbing](#)**

**[Take our 2012 Consumer Satisfaction Survey](#)**

**[Notice of the TBI Group in Hibbing](#)**

**[Group Listings](#)**

**[Walker Open House](#)**

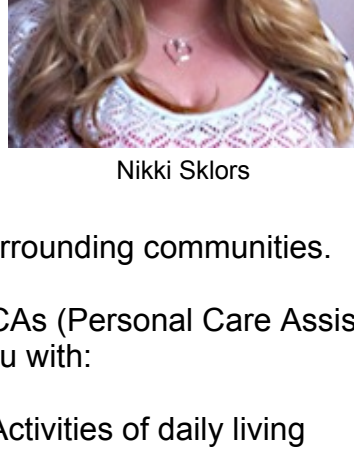
**[Recipe of the Month - Sweet Potato Salad](#)**

**[ProjectCare offering Free KiGong Classes](#)**

**[AccessNorth Services](#)**

## AccessNorth's PCA Choice Program adds another QP in Hibbing

### Meet Nikki - our new Registered Nurse/Qualified Professional in our Hibbing office



Nikki Sklors

Hello - I'm Nikki Sklors, a new RN/QP at AccessNorth in the Hibbing office. I am very excited to be joining the team at AccessNorth

I received my Associate Degree of Science in Nursing in 2011 at the Hibbing Community College. From there I worked as a Registered Nurse in Duluth on a young adult unit specializing in traumatic brain injuries. I decided to make an exciting change and join Access North. I have always lived on the Iron Range and look forward to serving the

surrounding communities.

PCAs (Personal Care Assistants) provide services and supports to help you with:

- \* Activities of daily living
- \* Health related procedures and tasks
- \* Observation and redirection of behaviors
- \* Instrumental activities of daily living

Our PCA Choice Program allows individuals who receive PCA services control and choice in choosing, hiring, training and supervising their PCAs. If you are in need of PCA Services - please contact us at 218-262-6675. We can give you the information you need to start the process as well as have you talk to one of our professionals. You can find out more information on our [website](#). Nikki can be reached at 218-262-6675 or by email at [nsklor@accessnorth.net](mailto:nsklor@accessnorth.net).

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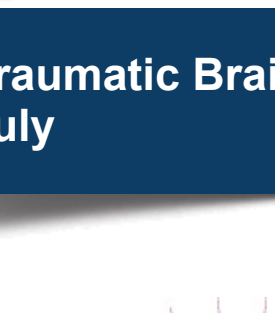
## Watch for our Open House in our new Walker Office ...

# OPEN HOUSE

Watch our Newsletter and Facebook page for the dates and times of our upcoming Open House in our new Walker office!

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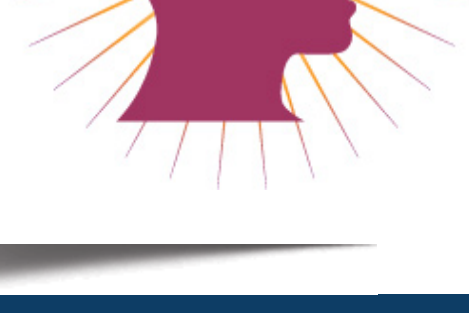
## 2012 Consumer Satisfaction Survey



If you haven't had a chance to take our [Survey](#) yet, now is as good a time as any! It's a great way to let us know what services we can offer to serve you better!

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## Traumatic Brain Injury Group to take a break for July



The Traumatic Brain Injury support group being held in our Hibbing office will not hold meetings during the month of July. They will start back up in August. Flyers will be sent out to notify members of the meeting times and dates!

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## Summer Group Listings



For a listing of support groups that are being offered this summer as well as other groups offered to individuals of all disabilities - visit our [webpage](#).

If there is a group that you would like to see started up in your area, please contact us. You can call us at 218-262-6675, 1-800-390-3681 or email us at [info@accessnorth.net](mailto:info@accessnorth.net).

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## ProjectCare Free Clinic in Hibbing Offers Free Martial Arts Classes

### KiGong Classes held on Wednesdays throughout the summer

Present your offer, ensure it is specific, and includes a call to action and time frame.

[KiGong Flyer Information...](#)

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## Recipe of the Month

### Picnic Sweet Potato Salad

*Sweet potatoes are all the rage lately, and also a very healthy vegetable to add to our menus! Here is a twist on the traditional potato salad we usually have in the summer.*



- 4 medium sweet potatoes, peeled and cubed
- 3 medium apples, chopped
- 6 bacon strips, cooked and crumbled
- 1/4 cup chopped onion
- 3 tablespoons minced fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2/3 cup canola oil
- 2 tablespoons red wine vinegar

Place sweet potatoes in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or just until tender. Drain.

Transfer to a large bowl; cool to room temperature. Add the apples, bacon, onion, parsley, salt and pepper to the potatoes. In a small bowl, whisk oil and vinegar. Pour over salad; toss gently to coat. Chill until serving.

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## Join our mailing list ....

To keep up with the latest news and information from the AccessNorth community - follow this [link](#) to be on our mailing list. That way, all the news will come right to your inbox!

And let's not forget about up-to-the minute updates on our Facebook page ...



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## Services we offer ....

This is just a partial listing of all of the services we offer ....

- \*Advocacy
- \*PCA Choice Program
- \*Assistive Technology
- \*Peer/Group Support
- \*Ramp Project
- \*Nursing Home Relocation
- \*Consumer Directed Community Supports
- \*Information & Referral
- \*Employment Services
- \*Independent Living Skills
- \*Transition Services
- \*Veteran's Services

[www.accessnorth.net](http://www.accessnorth.net)

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## Our offices are located in ....

Hibbing 218.262.6675 V/TTY      Duluth 218.625.1400 V/TTY  
Brainerd 218.824.5228      Grand Rapids 218.326.5183  
Walker 218.547.2810

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