



May, 2012

Volume 3 - Issue 11

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New Grand Rapids Office holds Open House



Program Coordinator and IL Specialist Judy Rupert and receptionist Patricia Jewett

A special thank you to all those who came to visit during our Open House on May 9th. Also thanks to the staff at AccessNorth who worked so hard to pull it all together! You're the best!!



IL Specialist Peter Strassburg helping a consumer.

Stop by 516 South Pokegama Avenue anytime between the hours of 8:00 a.m. and 4:30 p.m. Monday - Friday. Or you can call (218) 326-5183.



Our Good Luck Duck!

[AccessNorth Grand Rapids Staff Page](#)

Vision Impairment Support Group starting in Bigfork

Do you know someone who has trouble telling time, reading their mail, etc.?



Do you know someone with Macular Degeneration?

IS YOUR VISION IMPACTING YOUR DAILY LIFE?

COMMUNITY SUPPORT GROUP FOR PERSONS WITH VISUAL IMPAIRMENTS

Bigfork Valley Villa
258 Pinetree Dr., Bigfork
Downstairs Conference Room

Scheduled Dates & Times:
Thursday, June 14th
2:00-3:30 PM
Thursday, July 12th
2:00-3:30 PM

Recipe of the Month



Marinated Chicken Wings

- 3-4 lbs chicken wings (cleaned)
- 1 cup water
- 1 cup soy sauce
- 1 cup sugar
- 1/2 cup pineapple juice
- 1/4 cup vegetable oil
- 1 teaspoon garlic
- 1 teaspoon ginger

Put chicken wings in a large bowl or sealable bag. In another bowl combine water, soy sauce, sugar, pineapple juice, oil, garlic, and ginger. Mix well and pour over chicken wings. Cover and refrigerate. Allow to marinate overnight.

Pre-heat the oven to 350 degrees. Arrange chicken wings on a foil lined baking sheet. Place into the oven and bake at 350 degrees for 1 to 1 1/2 hours. Turn halfway through baking time if desired.

Top with sliced green onion and serve with ranch or bleu cheese dip.



T.L.C. Corner

Spring brings Bluebirds of Sadness

This time of year is, for most people, a fantastic thing. The birds are singing, flowers are peaking out of the ground and the sun is shining (most days anyway). Yes, for most people spring brings feelings of comfort and peace. Yet, for some of us, spring brings on increased anxiety, irritability, insomnia, weight loss, weight gain and agitation. In other words, spring can exacerbate our depression symptoms.

Most people think of Seasonal Affective Disorder (SAD) as the "winter blues". That is mostly true. For the majority of people that live with S.A.D, it is directly connected to the lack of sunshine during the winter months. According to the Mayo clinic, reduced sunlight affects your internal clock, serotonin (brain chemical) and melatonin (natural hormone affecting sleep and mood) levels. As winter ends and the sun shines, most people with S.A.D feel better.

But what most people don't know is that S.A.D is just a term to describe depression that is affected by changes in season. Many people start to have symptoms in the spring or even year round.

According to the Mayo Clinic, People who live with S.A.D that worsens in spring, tend to be anxious because people are out and enjoying the weather. Now they are expected to do the same and they become noticeable. It makes them anxious and they feel like they are the only ones feeling this way.

The same risks that come with any depression are true for Seasonal Affective Disorder. They could include thoughts of harming one's self, seclusion and poor choices and anxiety. So what are your treatment options?

First off, you should seek treatment if your depression is such that it lasts more than two weeks or you feel you want to harm yourself. Otherwise, light therapy has been known to help. Some people use light therapy lamps. If you don't have one, open blinds or just get outside when the sun shines. Some studies have shown vitamin D to be helpful. Others use therapy or medications. Exercise increases serotonin level lessening depression symptoms. Many people use a combination of all of the above.

However you treat your symptoms, you can cope by: following your treatment plan, getting out and socializing with others. You can join a local support group and connect with people who are going through the same things. Mostly, you need to recognize you are not alone.

Quick Links to our Services

- AccessNorth Services
- PCA Choice
- Assistive Technology
- Nursing Home Relocation
- Relocation Services
- Support Groups
- Ramp Project
- Consumer Direction - CDCS

Greetings!

Hello to all!

Thank you for taking the time to check out this month's Newsletter. I know that you are all busy, so it means a lot to us that you are interested in what Access North has going on. In this issue, we have information to share about our offices, services, a wonderful story from one of our Personal Care Assistants, as well as other bits of information.

Please let us know if there is information you would like included in a future issue. Maybe you would like to submit a story. Let us know.

Sincerely,
Roberta Cich
Executive Director



A PCA Choice Champion

People have the right to choose who provides care to them. The PCA choice program offers this option. Who better to care for you or your loved one than someone who you respect and trust? The consumers utilizing this program know that the PCA's themselves are a crucial part in making it work. We want to acknowledge these PCA Champions.

Meet Sarah McBride. She has lived in Hibbing since 2000, when she moved from Minneapolis. She has been in the health care field as a certified nursing assistant since immediately after graduating from Hibbing High School in 2005. She has worked with people with Alzheimer's disease at an assisted living facility and as a CNA in a local Nursing home. She started PCA work with Access North in December of 2011. She has been married to Jamie McBride since 2010 and lives in Hibbing with her dogs Dakota and Izzy. She is currently in school for a major in Massage Therapy and minor in social work.

Why did you become a PCA?

I chose to become a PCA mainly because my passion is working with and helping people, and by being a PCA, I am, for the most part, able to do that to the best of my ability unlike in a nursing home setting.

What is your philosophy on independent living as it pertains to PCA CHOICE?

In my opinion, PCA choice is one of the best ways to ensure that the consumers that are being served feel like they really are living independently. What I mean by this is, PCA Choice allows a person to make ALL choices, down to who is caring for them. Most other places that use PCAs have a "pool" of assistants waiting to be placed, where PCA Choice gives people a chance to hire someone they know and trust instead of a total stranger.

What is your favorite part of your job?

The one thing that I enjoy most is the great feeling I get out of helping someone in need. It's a great gift to be able to make a difference in anyone's life, especially to those who truly need and appreciate it.

What is the most difficult part of your job?

Becoming emotionally attached to people is the biggest challenge I have in my job. Also, seeing people I care about suffer is very difficult (was more so in the nursing home).

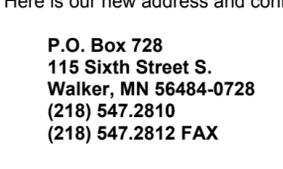
With budget cuts in the state all the time, it is becoming more difficult for people to get services (including PCA), if you could talk to a law maker about PCA choice what would you say? What points would you make?

If I could talk to the lawmakers, I would look them in the eyes and ask, "What kind of care do you want for your mother, father or other family member?" One thing I would point out is that all people who need care whether they are elderly, disabled or both deserve to have their rights, especially the right to choose who is taking care of them!

If you have an amazing PCA and would like to recognize them, please [contact us](#) with their story.

[AccessNorth PCA Choice Website](#)

Cass Lake Office Moves to Walker



Our Cass Lake office is now closed. As of this week, we are serving our consumers out of our new office in Walker. You can reach members of our staff there if you have any questions or are in need of services.

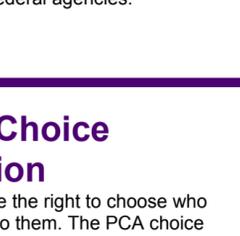
Please see our [Walker Staff](#) page for additional information. Here is our new address and contact numbers.

P.O. Box 728
115 Sixth Street S.
Walker, MN 56484-0728
(218) 547.2810
(218) 547.2812 FAX

Free Access Pass to State Parks

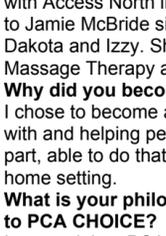
Free Lifetime Pass to those U.S. citizens with a permanent disability

Consider buying an Annual Pass if you enjoy visiting America's beautiful national parks and recreation areas.



The \$80 pass entitles the pass owner and accompanying passengers (or up to four adults at sites where per-person fees are charged) admittance to more than 2,000 federal recreation areas. It is a free, lifetime pass - available to U.S. citizens or permanent residents of the United States that have been medically determined to have a permanent disability - that provides access to more than 2,000 recreation sites managed by five Federal agencies.

[Read More](#)



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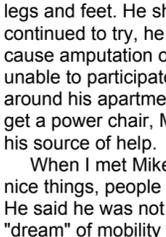
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A Visit with Mike ... by Miirriinia Waters, Independent Living Specialist

I visited with Mike today. Surrounded by beautiful flowers and a relaxing scent, Mike sat on his recliner as usual. His bloated swollen feet bandaged and propped up. This is how I visit Mike in this small room. Despite his evident pain, there has not been a time that he has not smiled and was welcoming to me. When I visit him, he tells stories about doctor appointments and life in general. Today was no different, but this time he had a exceptional story to tell.

Mike met me by his door and said "Hey, take a look in there". To my surprise, there was a beautiful red and black power wheelchair. He told me that the staff from Wheelchairs Plus had come to do a "fitting" and when Mike asked if his chair would look like that one, the sales rep just giggled and said "This one is yours".

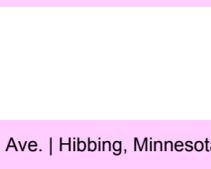
A few months ago, Michael called AccessNorth because he needed someone's help. He has a disease that is destroying his legs and feet. He should not walk any distance and if he continued to try, he may end of with complications that could cause amputation or worse. Because of this condition, Mike was unable to participate in activities he enjoyed much less move around his apartment freely. So when his doctor wanted him to get a power chair, Mike called AccessNorth hoping we would be his source of help.

When I met Mike, I found a very caring funny guy who loves nice things, people and wants to be as independent as possible. He said he was not sure how to even go about making this "dream" of mobility happen and he was placing his faith in me and AccessNorth to help him. Together, he and I worked with his doctor and then waited to hear our answer from his insurance.

Today, as we admired his new chair, we talked a few moments about all the things this will mean for him. He said that for so long he had felt that having his freedom again was a dream. Now it is reality. He said he was so happy with the good our agency does for people with disabilities and wants everyone to know that they can have hope because we can help.

When I was about to leave, Mike stopped me, a smile on his face and pointing in the direction of his chair, "You did this" He said. " You made this happen." I just smiled back and said "Your welcome."

As I drove back to the office, my chest full of happiness and pride, I thought to myself "This, this right here, is why I love my job"



Congratulations to all area Graduates!

Wishing you all the best in whatever your plans are for the future!

