

# AccessNorth Center for Independent Living of Northeastern Minnesota

Fall 2013



## Change of Seasons.

Fall brings expected changes, the return of crisp, cool air, leaves turning color and falling, and the start of the new school year. Take the time to enjoy the beauty of this season!



Hi, my name is Patricia Abate, Interim Executive Director at CILNM. I have been in this position, assuring that our programs and services continue uninterrupted until a new Executive Director is chosen. Change can be difficult at times, but one constant at CILNM is the steadfast commitment to our Mission, core services and programs our dedicated staff provide to all our consumers. As we move through the changes, we accept our responsibility to you.

Our mission is ... Assisting individuals with disabilities to live independently, pursue meaningful goals, and have the same opportunities and choices as all people.

Our four core services include: Advocacy, Independent Living Skills, Information and Referral and Peer/Group Support.

Other programs we provide are PCA Choice, Transition Services, Employment Services, Consumer Directed Community Supports, Relocation Services, Home Modification Mini-Grant, Assistive Technology Program, Ramp Project, public education and support groups among many others!

Thank you to our consumers for your trust in CILNM!

**Patricia Abate**  
Interim Executive Director

## Meet our new PCA Choice Program Manager

### KRISTY GONZALES TAKES NEW POSITION

My name is Kristy Gonzales and I am the new PCA Choice Program Manager! I am a Registered Nurse and Qualified Professional. I attended Hibbing Community College where I received my AA, AAS(MLT), and AAS(RN) degrees. My previous experience has included 13 years in a hospital setting. More recently, I have worked in clinic settings, including pain management and volunteering at the Project Care Free Clinic. I have been employed with the Center for Independent Living of Northeastern MN for approximately two years. I am very excited to have been given the opportunity for this new position. I look forward to continue to work with the many families I have met and assisted over the past years and also to the new duties as Manager of this Program. I am very proud to be working with all of the positive, motivated, and dedicated staff here at AccessNorth that all truly value the goal to promote individuals to live independently in their community and their home!!



## VR Consumer Success Story

### A GREAT EXAMPLE OF THE VOCATIONAL REHABILITATION SERVICES WE PROVIDE

In March of 2013, Mary Schnell, Vocational Rehabilitation Services of Itasca County, referred Ann (identity has been changed) to Access North to have an Independent Living Assessment completed. Access North IL staff assisted her with the process of pursuing housing in her area to ensure she was within walking distance of needed services. Ann looked at a few apartments, made a few phone calls, filled out a few applications and on June 4th, she moved into an apartment in a very nice location in her town. Staff assisted her with getting some items for her new apartment. Staff also assisted her with getting food support. Shortly after moving into her new apartment, Ann was approved for an internship at the local newspaper. She is active in that internship writing for the paper. She is excited to be in her new home and to have a new focus.



## Home Modification Mini-Grant Renewed

OCTOBER 2013

We're very excited to announce that the funds for our Mini-Grant were renewed for this fiscal year! This Program will provide a grant (up to \$500) for improvements to go towards the cost of modifying bathrooms, entrances, or purchasing grab bars, assistive technology, raised toilet seats, lever door handles or any other number of improvements that are necessary to keep an individual's home as accessible as possible.



Last year we helped 28 Consumers achieve more accessibility for their home! Examples of the grants range from grab bars, shower chairs, accessible toilet seats to widening doorways, bathroom modifications, and visual sensors for door, phone and smoke detector. Contact one of our Independent Living Specialists in any of our offices for more information and for an application.

## Assistive Technology Corner

### INNO DESK LETTER OPENER

Do you have trouble opening the mail? This easy-to-use opener slices off a fraction of the envelope quickly and easily, leaving a clean edge without disturbing the contents of the package. Also has a hanging strap for easy storage. Give us a call at (800) 390-3681 if you would like to borrow this out of our Assistive Technology Lending Library.



## Recipe of the Month

### CROCK POT CHEESE TORTELLINI

*I have made this recipe MANY times and LOVE it! I prefer it without the sausage, but it was good in there as well. If you don't have a timer on your crock pot, you can have it plugged into a timer to go on for the 5-6 hours.*

- 1 bag of frozen tortellini
- 1 small bag of spinach
- 2 cans of Italian style diced tomatoes
- 1 box or 4 cups of chicken broth
- 1 block of cream cheese
- 1 lb. of roll sausage (such as Jimmy Dean)



Brown the sausage, cut the cream cheese in chunks, and put all ingredients into crock pot. Cook on low 5-6 hours. Delicious!

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## AccessNorth Prepares for Give to the Max Day on Nov. 14

In 2012, Give to the Max Day inspired more than 53,000 generous donors from Minnesota and beyond to give \$16.3 million dollars, shattering previous event records. Donations last year reached nearly 4,400 organizations across the state, including CILNM!

Your contributions will help us to assist people with disabilities in Northeastern Minnesota to live as independently as possible and achieve their personal goals of how and where they live their lives. Our services include teaching the skills to live independently, helping them acquire assistive technology to help them in their daily lives or providing PCA Choice services so that they can remain in their own home with the proper care as well as MANY other programs.

Starting November 1st to schedule your donation. Simply go to the [AccessNorth](#) page and look for the checkbox that says "Make this donation count for Give to the Max Day." The donation will be deducted from your credit or debit card at 12 a.m. on November 14.

Your gift will be eligible for the first Golden Ticket drawing of the day and helping your nonprofit or school compete on the leaderboard(s). You will receive confirmation of your scheduled donation immediately. You can choose not to schedule your gift in advance by unchecking the box.

It's that easy! Click [here](#) or on the image below to donate!



## Join Our Mailing List

## Contact Us

**CILNM Newsletter**  
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(800) 390-3681

## CILNM OFFICE LOCATIONS:

- Main Office - Hibbing** - 1309 East 40th Street - (218) 262.6675 - (800) 390.3681
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- Brainerd** - 606 N.W. Fifth Street - (218) 824.5228
- Walker** - 115 Sixth Street South - (218) 547.2810

