



## Newsletter

Summer - 2013

### Summer News From Our Executive Director

I hope everyone is having a chance to enjoy the summer weather. If the heat isn't to your liking, this newsletter has some tips to keep you cool. We've also included an introduction to our new Independent Living Specialist in Hibbing, an overview of Consumer Directed Community Support (CDCS) Plans and the exciting news of our new Homemaking services. We hope you find this information helpful. Thank you for taking the time to read our news and, as always, feel free to contact us with questions or comments.

**Roberta Cich**  
Executive Director, CILNM



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### ACCESS NORTH IS NOW OFFERING HOMEMAKING SERVICES!

We are very excited to announce the addition of Homemaking services to our growing list of services offered to our consumers.

Homemaker services are defined as general household activities that are performed by a homemaker when the person who is regularly responsible for these activities is unable to manage the household activities or is temporarily absent.



Homemaker services may include cleaning; companionship; laundry; meal preparation; routine household care; shopping for food, clothing, or supplies; simple household repairs, social stimulation, and/or transportation arrangements.

Please call Kim at 218-262-6675 with any questions regarding homemaker services.

[Learn more about Homemaking Services here](#)

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### CDCS - What does this mean?!

Consumer Directed Community Supports (CDCS) is a medical assistance waiver service that allows the consumer more flexibility, control, and responsibility in directing the services and supports they need to be independent. This option is available through the following community based waiver programs:



- Alternative Care (AC) Program
- Brain Injury (BI) Waiver
- Community Alternatives Care (CAC) Waiver
- Community Alternatives for Disabled individuals (CADI) Waiver
- Developmental Disabilities (DD) Waiver
- Elderly Waiver (EW)

You may contact your local county case manager, tribal entity or health plan representative for more information on community based waivers and CDCS, and to determine if this may be the right fit for your needs.

Access North has provided assistance to consumers who accessed the CDCS option for several years, and now has Support Planners (certified by Minnesota Department of Human Services) located in all four office locations (Hibbing, Duluth, Brainerd, and Walker). Certified Support Planners can assist consumers in the following areas:

- Providing information about CDCS and its Requirements
- Assistance in the development of person-centered goals
- Development of a Community Support Plan (CSP)
- Assistance in locating Fiscal Support Entities (FSE) for managing the budget
- Help identifying and accessing community services
- Assistance in revising the CDCS plan and budget annually

Please call the office nearest you if you'd like more information or would like to access support planner services. The following staff will assist you: [Hibbing](#): Judy Rupert; [Duluth](#): Sarah Hamilton, Cindy Lofald, Erin Fontaine; [Brainerd](#): John Hoge; [Walker](#): Steve Backholm.

[Learn more about CDCS Plans here](#)

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### Meet our new Independent Living Specialist in Hibbing - Kristine Nelson!

Hi - my name is Kristine Nelson. I am excited to start a new career at AccessNorth! I am from Hibbing, MN. I graduated from Hibbing High School and went on to college. I graduated from Concordia College in Moorhead, MN with a BA in Elementary Education. I moved to the Seattle area; in between Seattle and Tacoma to a place called Federal Way, WA, and worked as a substitute teacher and next as a kindergarten teacher for seven years at Concordia School in Tacoma, WA. While working as a kindergarten teacher full-time, I also worked on a two-year master's degree through Lesley University, Cambridge, MA. In 2001, I received my Master's Degree in Creative Arts in Learning.



I moved back home three years ago. I missed the Iron Range and my family. In 2009-2011, I served in Americorps as a literacy tutor at Keewatin Elementary School. I continued as a substitute teacher, worked as a library aide at Nashwauk Community Library, and at Fairview Range Hospital as a Psych Tech with behavioral health patients before coming to AccessNorth.

I am a sports junkie. When I am not working, I would prefer to be a couch potato and sprout while watching football, hockey, baseball and Nascar racing. When there is nothing to watch - I like to read, walk, swim, fish, camp and spend time with my daughter and animals.

I enjoy working with all people regardless of background, age, and/or disability, etc....My passion is working with people with disabilities and empowering others to make a difference in their own lives and the lives of others.

The staff at AccessNorth would like to welcome Kristine and look forward to working with her! [BACK TO TOP](#)

### Tips to keep cool in the heat...

Many people with disabilities are just as much at risk from excessive heat as the elderly and the very young. This could be due to the inability to change their body position and/or to regulate body temperature. It is also important to pay special attention in case the person you are caring for is not aware of the extreme heat and make sure they dress appropriately.



Heat disorder symptoms range from abdominal cramping, weakness, dizziness, nausea, headaches and tiredness. If symptoms include fainting, rapid pulse, red or dry skin or unconsciousness - heat stroke is a very real possibility - seek immediate medical attention.

Things to do to prevent heat disorders:

- Open windows and use fans to circulate air if you don't have air conditioning
- Close blinds or curtains and cover windows to keep the sun out
- Drink plenty of water
- Place cool, damp cloths on forehead, arms and legs to help regulate body temperature
- Wear lightweight, light colored clothing
- Limit outdoor activities to the early morning or late evening hours when it is cooler

[Visit the Weather Channel's WeatherREADY page for more tips](#)

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### Fibro Group Celebrates 6-Year Anniversary!

Congratulations to the members of our Fibromyalgia/Chronic Pain Support Group who recently celebrated six years of being a successful continuing resource for those in need of a support system. The group meets every Thursday from Noon - 2:00 p.m. at the AccessNorth - Hibbing office (1309 East 40th Street). Attendees benefit from getting and receiving encouragement to continue moving forward and not giving in to the pain. Participants can speak openly about their experience, struggles and accomplishments.



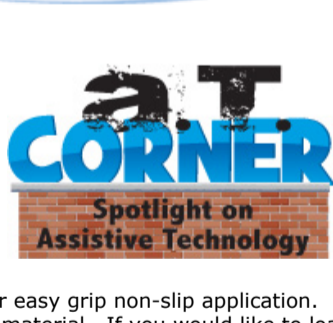
If you or someone you know would like to join this group, please feel free to attend any of their meetings. Call (218) 262-6675 for more information.

[Learn more about Fibromyalgia here](#)

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### 36" Pick Up and Reach Tool

Assistive Technology doesn't have to be very technical to be very handy! This simple device can make life so much easier for people with or without disabilities. Squeeze the trigger and easily pick up bottles, papers, etc. or reach them from on a high shelf. 36" long with rubber rotating jaws for easy grip non-slip application. Steel tubing with ABS reinforced material. If you would like to loan one from our Assistive Technology Lending Library, call Jason in our Hibbing office (218) 262-6675 or Sheri in our Duluth office (218) 625-1400.



[Browse over to our Assistive Technology Website](#)

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### Take a moment to take our 2013 Consumer Satisfaction Survey

If you are a consumer of ours or have had services from the Center in the past year, please take a moment to give us your feedback on our 2013 Consumer Satisfaction Survey. This is a tool that we use to make sure that we are serving our consumers' changing needs and doing a good job as well!



[Take our Survey](#)

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### Recipe of the Month - Italian Sodas

*A different and very refreshing way to quench your thirst on these hot days!*

- Carbonated Water
- 1/4 Cup Half & Half
- 7 Tablespoons of any flavor syrup
- Ice
- Whipped Cream

Measure syrup into a 20 oz. cup. Add ice. Pour in half and half. Add carbonated water. Stir well. Serve topped with whipped cream and enjoy!!



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