

NORTH COUNTRY NEWS

A Publication of
North Country Independent Living

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NEW DIGS FOR NORTH COUNTRY!!!

We've moved to the **Mariner Mall in Superior**. We look forward to the new opportunities. The bus line is right outside our door, we have a large conference room, automatic doors and all our offices are on one level!

The parking is awesome.

Please stop in to check us out; We are in Suites 27 (personal care division) & 28 (IL division) facing 28th street, between Cost Cutters and Food Service Marketplace (formerly Iron River Sports).

Our new address is

North Country Independent Living

69 N 28th St, Suite 28

Superior, WI 54880

Our phone numbers remain the same:

715-392-9118

715-392-2533 Personal Care

Our emails have changed, please refer to www.northcountryil.org for staff emails. *Thanks to UWS for all their assistance over the years and best of luck with converting our old home back into much needed student housing.

North Country Independent Living OPEN HOUSE

Please join us for our **OPEN HOUSE** at our new offices in the Mariner Mall on **December 2nd** from **2-4PM!** Refreshments will be provided.

WHY VOTE?

Voting is a constitutional right and responsibility of citizenship. It is an important way to help select the national, state and local officials who make laws, design programs and decide how tax dollars are spent.

National elections for President usually get the most attention, but it is usually the people who get elected for state and local positions that have the real power to impact your daily life. You can go on the internet to www.legis.state.wi.us and select the button called "Who are my Legislators?" to find out who your state and U.S. representatives are. You may also call 1-800-362-9472 or, if you have a hearing impairment, 1-800-228-2115 toll-free. When you become a part of the election process you can work to elect people who support the issues that matter most to you.

Disability Rights Wisconsin (DRW) has a toll free line to help the disability community with questions and concerns about voting rights.

Call: 800-928--8778 (toll free) or 888-758-6049 (TTY) Phones are answered between 8:30 and 5:00 most weekdays, and from 7:00 A.M. to 8 P.M. on Election Day.

Inside this Issue:

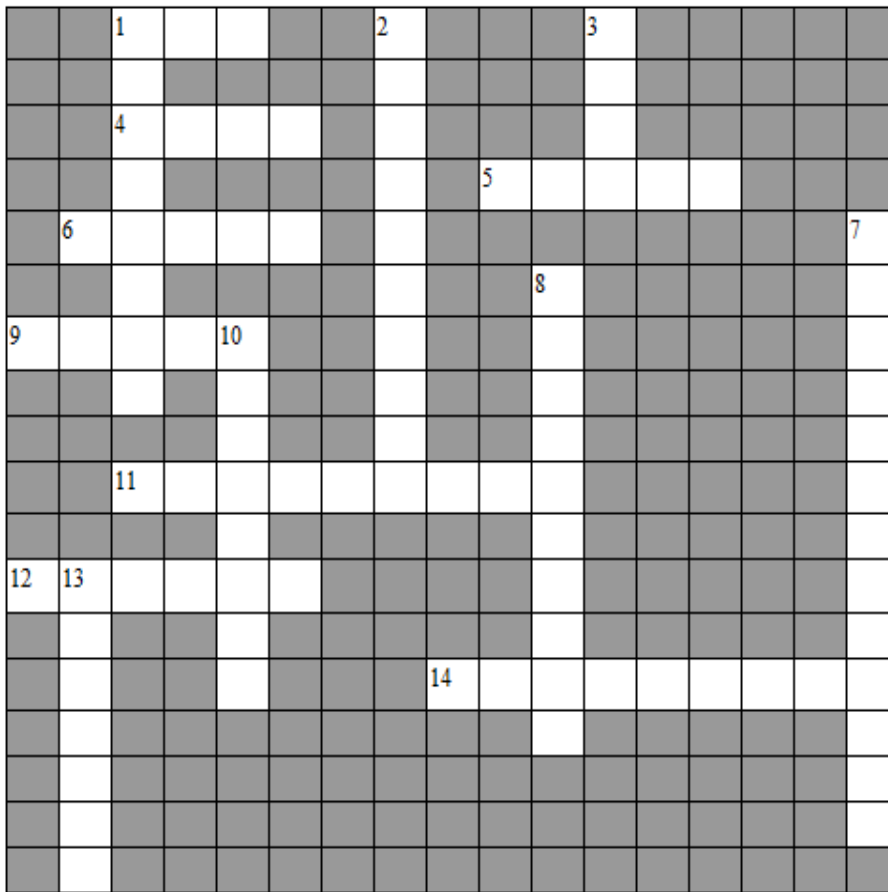
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Your help is appreciated...

In order to reduce costs of mailings, please consider receiving your newsletter by email. Contact Cheryl at North Country by email or call 800-924-1220 V/TTY.

Getting To Know North Country News (Answers on page 5)



ACROSS

- 1. There are training programs and _____ incentives for employers to benefit from when they hire people with disabilities.
- 4. The ACE program’s newest social work intern.
- 5. Acronym for Northwestern Wisconsin Community Services Agency
- 6. In order to reduce the cost of mailings, please consider receiving our newsletter by _____.
- 9. Social Security and Supplemental Security Income (SSI) beneficiaries will get a 3.6 percent increase in benefits next year, their _____ raise since 2009.
- 11. Come to the Mariner Mall on December 2nd from 2-4PM for this NCIL event.
- 12. Consult this person before starting any exercise program.
- 14. NCIL’s vision states: Full access and _____ in our communities for persons with disabilities.

DOWN

- 1. The resort in Cable, WI where the IPC World Cup will be hosted.
- 2. This grant was vital to securing the IPC Nordic Skiing World Cup being held in WI. (three words)
- 3. This agency is a no-cost, single point of contact for information and assistance to residents in WI. (acronym)
- 7. Skiers and snowboarders of all abilities might consider volunteering for this organization this winter. (two words)
- 8. NCIL is looking for artists to help decorate this room at the new office location.
- 10. A statewide, alternative loan program that allows WI residents with disabilities to purchase computers and other equipment needed to work from home or another remote site away from the office.
- 13. This month was the National Disability Employment Awareness Month.

TELEWORK The Wisconsin Telework Program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites away from the office, such as work on the road or at a Telework center.

Telework is made possible through a grant from the Rehabilitation Services Administration. The Department of Workforce Development and the Division of Vocational Rehabilitation received the grant and provide program and fiscal oversight.

North Country Independent Living staff are able to answer questions you may have. Call 800-924-1220 v/tty.

Love to ski or snowboard? Volunteers needed!

Share your love of the slopes and join some of the region's most enthusiastic and talented adapted skiers and snowboarders by volunteering with Courage Center Duluth's 2012 ski program! They are seeking intermediate to advanced level skiers or snowboarders to help teach youth and adults with physical disabilities how to ski.

For more information on how to become a volunteer check out Courage Center's website at www.couragecenter.org/Duluth or contact Lisa Lauzon, Volunteer Coordinator, Courage Center Duluth 218-726-4763, lisa.lauzon@couragecenter.org.

Courage Center looks forward to another great ski season! The support of volunteers enable them to offer one the largest adaptive alpine ski programs in the upper Midwest!



Calendar of Events

All phone numbers are in area code 715 unless otherwise noted.

First Monday of the month, NorthernBridges Board of Directors meeting, Ramada Inn, Hayward, 10290 Highway 27 South, 9-3. Open to the public. NorthernBridges board is responsible for implementing the expansion of Family Care in northern Wisconsin.

National Conference on Responding to Crime Victims with Disabilities, **December 13-15, 2011** at the JW Marriott Orlando Grand Lakes in Orlando, FL. For information, contact Dr. Beverly Frantz, Temple Institute on Disabilities, 215-204-1356 or e-mail: bfrantz@temple.edu

North Country Independent Living

Please join us for our **OPEN HOUSE** at our new offices in the Mariner Mall on **December 2nd** from **2-4PM!** Refreshments will be provided.

Northwest WI Community Services Agency (NWCSA) is sponsoring "**Night Without A Home**" in Ashland and Superior to raise awareness for National Homeless week. The event will take place in Superior **November 12th** from 12:00PM - November 13th 12:00PM at City Park (next to the Superior Public Library.) In Ashland the event will take place **November 17th** from 3:00PM-7:00PM at the Ashland courthouse. For further information please contact NWCSA at 715-392-5127.

2012 IPC World Cup to be Hosted in Cable, WI

The Cable Area Chamber of Commerce held a press conference October 13th at the Telemark Resort in Cable, WI to announce that the historic facility will host the 2012 International Paralympic Committee (IPC) Nordic Skiing World Cup January 23-30. Members of the U.S Olympic Committee and Wisconsin Secretary of Tourism Stephanie Klett were among the list of dignitaries scheduled to attend and speak. Along with the announcement of the event, the official event logo was unveiled to the public and Ms. Klett presented the Cable Area Chamber of Commerce with a \$20,000 Ready-Set-Go grant that was vital to securing this event being held in Wisconsin. "This event stands to deliver a huge boost to our local economy this next January" states James Bolen, Executive Director of the Cable Area Chamber of Commerce. "We anticipate roughly one million dollars in earned media exposure and nearly two million dollars in local economic impact from the week long event. To say we are excited is an understatement."

The press conference was held in the stadium area behind Telemark Resort, which will serve as the finish line area for the Paralympic event. For more information or press requests please contact the Cable Area Chamber of Commerce at 800-533-7454.

NEW ITEMS IN LOAN CLOSET

Have you ever heard about our assistive technology (AT) loan closet? People who need AT can have some of the items demonstrated or borrow some of the items to try them out to see whether or not they work well.

We just purchased some new items for the loan closet. Several of our new items are useful for folks who need reminders to do certain things, such as take their daily medications.

We now have a small pager-type device called the Invisible Clock that fits in your pocket and can be programmed with up to 12 vibrating alarms each day. We also have a Cadex wrist watch with 12 alarms and text messages or the Medcenter talking alarm clock that sits on your table and says 'take your pills' when the alarm sounds. We even have a small capsule-shaped pillbox that has a timer/alarm on it.

Some of our other new items include a Captel, or captioned telephone, a reading pen, large-button TV remote, beeper ball for soccer and a touchpad and wireless computer mouse.

You can look at all of our WisTech AT loan closet items online and see item details. The website is www.wisconsinat4all.com. We have over 600 items listed for North Country Independent Living's AT loan/demo program.

Please contact John Nedden-Durst via email jnd@northcountryil.org or the Ashland office if you have any questions.

Calling all Artists!

North Country Independent Living OPEN HOUSE

Please join us for our **OPEN HOUSE** at our new offices in the Mariner Mall on **December 2nd** from **2-4PM!** Refreshments will be provided.

We have a brand new office with lots of wall space! What should we put on it?

We are contemplating various disability related art or themes for our new space. We have a large conference room just begging for art work, photographs, etc. Maybe even a mural for our outside wall? Who knows?

That's where you come in! What should we do? What are your ideas? Do you have any art to display? Contact John Nousaine with your ideas 715-392-9118 ext. 10. We are still looking for a new logo as well. So design a logo and submit it to John.

Our MISSION

North Country Independent Living empowers people with disabilities.

Our VISION

Full access and inclusion in our communities for persons with disabilities.

We VALUE and are COMMITTED TO

- The provision of respectful, responsive, quality services.
- The diversity of the people and communities we serve.
- Consumer control and choice in all we do.
- The pride and knowledge derived from the disability experience.
- A grassroots approach for social and systems change.



Personal Care Program: Personalized Care You Direct

North Country’s Personal Care Program serves individuals of all ages and all disabilities. The goal is to allow the individual, you, to have a choice in how your services are provided. You are the team leader and your team consists of personal care workers, NCIL’s RN, Scheduler and the Personal Care Specialist. NCIL ensures that you get a chance to meet your personal care workers first to make sure it will be a good fit. You may choose to hire your own personal care worker as well. Personal cares include assistance with bathing, transferring, assistance with dressing, undressing, simple exercises, toileting, skin care, hair care, meal prep, and medication reminders. Supportive home care services include light housekeeping, companionship, laundry/linen changing, grocery shopping, and safety and security checks. NCIL can also provide respite care for caregivers. Funding sources include WI medical assistance (ForwardHealth), IRIS, Managed Care Organizations (NorthernBridges), county waiver programs and private pay. WI Medical Assistance will only cover Personal Care Services and not Supportive Home Care Services or respite. NCIL’s Personal Care Program is open to serve individuals in all eight of NCIL’s service counties: Ashland, Bayfield, Burnett, Douglas, Iron, Price, Sawyer, and Washburn. If you have questions or would like to participate in the Personal Care Program, please do not hesitate to call: 715-392-2533 v/tty or 800-924-1220 v/tty.

14. Inclusion
 12. Doctor
 11. Penthouse
 10. T elework
 9. first
 8. Conference
 7. Coura gence
 6. Email
 5. NWCSA
 4. Luci
 3. ADRC
 2. Rea dysego
 1. Tax
 Down
 Across
 1. Tax
 4. Luci
 5. NWCSA
 6. Email
 9. first
 11. Penthouse
 12. Doctor
 14. Inclusion

Crossword Puzzle Answers



Exercise For Independent Living Seniors

“Keep your chin up,” is not just a saying for senior independent living; this exercise can help in our everyday relaxing time. Sit up straight, lean the head back as far as is comfortable. Uh, oh...didja hear those creaks? Feel the 'pull' in the front [neck muscle](#)? Then lean the head to one side...hold...then the other side...hold. Continue doing this simple exercise a couple times a day, EVERY day. Ease up if soreness develops. Always consult your doctor before starting any exercise program. Information taken from senior.lifetips.com

Support Groups

All phone numbers are in area code 715 unless otherwise noted.

Superior MS Support Group, meets the 2nd Tuesday of each month from 6-8 p.m. at the Superior Public Library. For more information, call Pam at 394-6958.

Ashland Area Brain Injury/Stroke Support Group, meets the 3rd Wednesday of the month at the Chequamegon Clinic, 415 Ellis

Ave. Call Stewart at North Country for more information.

Visually Impaired Support Group, Park Falls Area, meets the 3rd Wednesday of the month at 1:30 p.m. at 700 Division Street, Park Falls. For more information, call Arnold at 762-4018.

Ashland Area Low Vision Support Group, meets the 2nd

Wednesday of the month at the Ashland Senior Center. Call the Senior Center for more information, 682-4414.

Advocates for People With Disabilities, meets each month on the 1st Wednesday at the Phillips Development Center, 598 Peterson Drive. Call Jeff for more information, 339-4223.

Access to Community Employment Update

The ACE program welcomes its seventh social work intern. Luci Mingus is our student intern from University of Minnesota Duluth Social Work program. Luci is working with consumers who have employment goals assisting them to overcome barriers and become employed.

Sometimes, people with disabilities can have barriers to employment. These barriers can be large or small, and can include such things as: transportation, health care, accessibility concerns, assistive technology needs, self advocacy needs, disability issues, and fear of losing benefits if they work.

The ACE program helps identify these barriers to employment with the consumer. Staff then works one on one with the consumer to overcome these barriers, so that the consumer can be ready for employment. The ACE program then assists the consumer with employment strategies such as how to fill out job applications or how to create resumes. Staff helps people identify what their skills and abilities are and how to communicate them to an employer in an interview. People practice job interviewing with us, and learn how best to sell themselves as desirable employees.

October was National Disability Employment Awareness Month. Federal Assistant Secretary of Labor Kathleen Martinez encourages employers to start out by simply hiring people with disabilities. Employers should remember that people with disabilities have skills and abilities just like all people. Statistics show that persons with disabilities have a better retention rate, miss less work and have job performance about equal to the general workforce. In addition there are training programs and tax incentives for employers to benefit from when they hire people with disabilities. We welcome phone calls and visits from employers to answer questions on this and assist with any of their employment needs.

Public Access Video Phone

A new public access video phone has been installed in our new office at the Mariner Mall in Superior. This public access videophone is an advanced machine with video capability that acts as a public phone for users who are deaf or hard of hearing and use sign language. The Video Phone allows the user to make either Video Relay Service (VRS) or Point to Point (P2P) calls for no charge at all. This video phone will be available to deaf or hard of hearing consumers during normal business hours, Monday thru Friday, beginning November 21st.

Ashland County Intake/Access Unit Dissolving

Due to budget cuts and changes in funding for Income Maintenance, the Intake/Access Unit of Ashland County Health & Human Services will be dissolved as of November 1st. After November 1st, individuals who call will be transferred to the unit best able to meet their needs. For those who are not sure where to call, The Aging and Disability Resource Center (ADRC) of the North can be contacted at 1-866-663-3607. The ADRC is a no-cost, single point of contact for information and assistance to residents of Wisconsin's Ashland, Bayfield, Iron, Price and Sawyer Counties, and members of the Bad River, Lac Courte Oreilles and Red Cliff Tribes. The ADRC provides information and assistance to the general public about services, resources, and programs for persons with disabilities and seniors. Center staff will provide assistance with applying for SSI, Foodshare, and Medicaid as needed.

2012 Social Security Changes

Social Security and Supplemental Security Income (SSI) beneficiaries will get a 3.6 percent increase in benefits next year, their first raise since 2009. The Cost-of-Living Adjustment (COLA) is based on the increase in the Consumer Price Index (CPI-W) from the third quarter of 2008 through the third quarter of 2011.

Social Security Disability Thresholds:	2011	2012
Substantial Gainful Activity (SGA)		
Non-Blind	\$1,000/mo.	\$1,010/mo.
Blind	\$1,640/mo.	\$1,690/mo.
Trial Work Period (TWP)	\$ 720/mo.	\$ 720/mo.
SSI Federal Payment Standard:		
Individual	\$674/mo.	\$698/mo.
Couple	\$1,011/mo.	\$1,048/mo.
SSI Resources Limits:		
Individual	\$2,000	\$2,000
Couple	\$3,000	\$3,000
SSI Student Exclusion:		
Monthly limit	\$1,640	\$1,700
Annual limit	\$6,600	\$6,840

WISLOAN

WisLoan is a statewide, low interest loan program that allows a Wisconsin resident with a disability to purchase assistive technology or make home modifications so that he or she can live more independently or productively. **Contact North Country for more information.**

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation Research (NIDRR) and the U.S Dept. of Education.

Donation for North Country Independent Living

North Country welcomes your support in fulfilling its mission of empowering people with disabilities. Your contribution is tax deductible. North Country Independent Living is a non-profit agency with 501(c)3 status.

Enclosed is my donation of \$ _____

Name _____

Organization/Company _____

City _____ State _____ Zip _____

Phone _____

I would like to volunteer at North Country

Mail to:
North Country Independent Living
69 N 28th St., Suite 28
Superior, WI 54880

Board of Directors

Bill Gallik, Superior
Karen Secor, Montreal
Larry Quam, Superior
Jeff Kieffer, Catawba
Lauri Solberg, Superior
Denise Marquardt, Hayward
Lori Bina, Shell Lake
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Steve Terry, Washburn

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ALTERNATE FORMATS AVAILABLE

If you require any of this information in an alternate format, please contact us.