

MILC RUN

MIDSTATE INDEPENDENT LIVING CONSULTANTS

“Working for persons with disabilities towards empowerment to make informed choices.”



Accessible cabins and campsites in Wisconsin. See page 4 for more information.

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Midstate Independent Living Consultants **Scavenger Hunt!**

Date: Saturday, October 21st, 2017
Time: 10am to 10:45am - Registration
 11am to 3pm - Scavenger Hunt
 3pm to 4pm - Food and prizes
Place: Midstate Independent Living Consultants
 3262 Church St Stevens Point WI
Cost: \$15 per youth/student by October 4th, 2017
 \$25 per adult by October 4th, 2017
 (Includes T-shirt, scavenger hunt & food)
 (After October 4th, 2017, price will only include scavenger hunt & food)

\$250 Sponsorship includes: Team of 4-6 participants, advertising on all flyers/T-shirts and recognition at the event.
\$150 Sponsorship includes: Team of 4 participants, advertising on all flyers and recognition at the event.

Proceeds to benefit all of MILC's programs which support individuals with disabilities!

- Must have 4-6 participants per team (1 member must be at least 18 years old)
- Entire team must travel together in one vehicle and stay together during the scavenger hunt
- Questions or to request a registration form contact:
 Andrea Cisewski: 715-344-4210 X 227 acisewski@milc-inc.org
 Zoe Nylund: 715-344-4210 X 217 znylund@milc-inc.org

Please return completed registration form and fee by 10/4/17:
 MILC- Scavenger Hunt
 3262 Church St.
 Stevens Point WI 54481 (Please make checks payable to: MILC)

Hunt will be in Stevens Point and Plover. Tasks are assigned points. Top 3 teams awarded prizes. All abilities encouraged to participate!

To request an interpreter/SSP for deaf/blind, contact Andrea Cisewski at 715-344-4210 ext. 227 or Zoe Nylund ext. 217. No later than September 25, 2017.



Team name: _____
 Team Captain and phone number: _____
 Name of Business (sponsorship only): _____

Name	Email/phone number	T-shirt size (Youth-Plus Size)	Fee
1.			
2.			
3.			
4.			
5.			
6.			

YOUTH TRANSITION SERVICES

Programs Offered

- **Self Advocacy Training**

Instruction in Independent Living, Advocacy, Self-determination, Communication, and Disability History and Legislation.

- **Skills to Pay the Bills**

Learn how to master skills needed in everyday adult life: Communication, Networking, Attitude, Teamwork, Critical Thinking, and Professionalism.



*For more information, please call
Tiffany Bredlau
at 1-800-382-8484, ext. 231*



Why Do You Ask?

If you have ever worked with MILC, you know that there are a lot of surveys to fill out and/or questions to answer. You may ask why we want to know that. Hopefully, I can shed some light on the subject by explaining a little about what we do with the information we collect.

When a person calls MILC with a question about services, they are considered an I & R (Information and Referral). Every two months, I mail all of the I & R's who have not been 'opened' and become consumers a Bi-Monthly Satisfaction Survey. If your question or concern cannot be answered by one of our consultants relatively quickly on the telephone, you will be 'opened'. Upon 'opening' the IL Consultant will complete a Baseline Survey with you. A few weeks after you have achieved your goal, I will call you and ask you a series of 'yes or no' questions. Another survey that we ask you to fill out is the Consumer Satisfaction Survey. When you attend a recreational event that is either sponsored or co-sponsored by MILC, you will be asked to complete an Event Evaluation/Survey. Also, if you attend a presentation or training sponsored or co-sponsored by MILC, you will be asked to complete a Presentation/Training Evaluation Survey. This may seem like a lot of surveys, but the results are used to benefit you and other possible consumers in the future. We assess your answers and try to address any questions or concerns you may have. The results are compiled and presented to our funding sources and used to fund our grants so we can continue to offer you and/or your loved ones services in the future. So we are not just being nosey with all those questions, they serve a purpose. Thank you for your participation.

~ Karalyn Peterson, Resource Coordinator

Accessible Cabins and Campsites

In Wisconsin there are countless outdoor activities to enjoy. One of these activities is camping. However, for many people with disabilities, many campsites are, or seem un-accessible. Great news though– there are at least 10 accessible cabins, including 8 large cabins with amenities and 2 rustic smaller cabins. These cabins are available for people with disabilities and their guests only. Reservations are required ahead of time. Vehicle registration is required for all vehicles using a state park. The vehicle registration sticker can be purchased ahead of time or upon arrival at the park. Only two vehicles are permitted to park at the campsites; additional tents, campers, and RV's are not allowed. Pets are not allowed, however certified service animals are permitted.

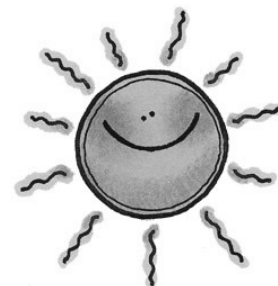
The list of the eight properties with large accessible cabins are: **Buckhorn, Harrington Beach, High Cliff, Kohler-Andrae, Mirror Lake State Park, Potawatami State Park, Kettle Moraine State Forest–Southern Unit and Richard Bong State Recreation Area.**

- Reservation fee is \$4 and nightly rental fee of \$30.
- The two smaller campsites are located at: Copper Falls and Blue Mound.
- The fee for the two smaller cabins is \$ 20 per night and a \$4 reservation fee.

Get out and enjoy the Wisconsin outdoors; there is no excuse why you cannot now!

Reservation requests and additional inquiries can be sent by email to:

DNRWisconsinParks@wisconsin.gov



Emergency Preparedness



As I watched the news the other day about the devastation from a tornado, it occurred to me that many people might not be aware of steps they can take to protect themselves if a catastrophe strikes.

Disasters can happen in many forms; tornadoes or high-wind storms, fire, and extreme temperatures are a few examples. Being prepared for an emergency can help you stay safe.

Some things that you can do to prepare for the unexpected are:

- Prepare a kit with emergency supplies, such as a flashlight, medications, a few canned goods and bottles of water, and hygiene products. (If you have pets, don't forget to include supplies they may need). A list of phone numbers for family, friends, and doctors, and copies of important documents such as insurance cards and immunization records, as well as paperwork about any serious or on-going medical condition, should also be kept on-hand.
- Learn how and when to turn off the water, gas, and electricity at the main shut-off locations.
- Find out how to get local emergency alerts. Check with your local health department to see how they share emergency information.
- Show each family member how to use the fire extinguisher, and show them where it's kept.
- For extreme heat conditions, be aware of the signs for heat stroke and heat exhaustion. Stay indoors if possible, drink plenty of water, and take a cool bath or shower if you don't have air conditioning.

More information can be found on the following websites:

www.ready.gov/make-a-plan, www.emergency.cdc.gov, and www.redcross.org

~ Nancy Keller, IL Consultant



Advocacy

Advocacy is a very important aspect of making changes in government policies. Sometimes policies need to be created to assist people who might need something changed or edited. Policies also might need to be altered to get everyone to have the same, fair, and accessible living environment. There are many different and effective ways to advocate for these changes. One way is to call your representatives. The phone number for the state legislator in Madison is 1-800-362-9472, and the Washington D.C. number is 202-224-3121. If you choose to call, you should always be courteous, and if you get their voice mail, be sure to leave your contact information with your name and a description of what you are advocating and the reason why. It is a good idea to have a story to go with your reason for advocating. The story can be something like "I have lived in Adamsville for several years now and am unable to drive. Improvements in transportation would greatly assist me in going to my place of employment as well as being beneficial to all other residents." Be sure to also listen to anything you are told and give feedback when appropriate.

There are also other ways to advocate for something such as the marches that have been taking place after the past election. Currently there are certain bills trying to be passed that would affect many people with their healthcare, known as repeal and replace. The AHCA bill could potentially make many people lose healthcare. This is a good place to start advocating. Let your government know how you feel about the topic and why they should agree with you.

~Adam Lewis, I&R Specialist

Assistive Technology Review at MILC:



Computers For the Blind

Computers are incredibly important in today's society. They are required for and are beneficial to many aspects of life, such as employment, and socialization. Many people have the ability to learn how to use a computer during the average day. For people who are blind, it is a very different story. Whether someone was born blind or has recently gone blind, getting the opportunity to learn how to use a computer is difficult for a couple of major reasons. One reason is that most computers are not accessible for blind people. Another reason is that computers are expensive and can be a large amount of money to spend on something that there is uncertainty that they will be able to use. The good news is that I have found a resource that assists blind and visually impaired people with computers. Computers for the Blind is what it is called. They take donations and refurbish computers to sell at low cost to blind people in need of a computer.

The website you can visit is www.computersfortheblind.net or you can call 214-340-6328. These computers are Pentium 4 with 2 gigs of RAM. For a desktop it costs \$110 and \$130 for a laptop. If you are on SSI or SSDI, you can provide your award letter and the cost would be reduced. This is an incredible resource to any visually impaired or blind individual as well as a student. This program requires that you have high speed internet connection and are willing to put in the time and effort to learn how to effectively use a computer. If you are in need of a computer and are visually impaired or blind, this is certainly worth checking out.

~ Adam Lewis, I&R Specialist

Sensory Products for Autism



The fidget spinner craze has shed light on an important subject in classrooms- What are "Fidget Toys" and why are they used in schools? Fidget toys (or tools) like clay, Koosh balls, or tactile discs are used by an Occupational Therapist in schools to help students with sensory processing issues. Feeling the movement during instruction time helps students with autism process incoming information. Items like weighted vests or blankets can also calm the anxiety sometimes associated with autism, but they must be used with guidance from an Occupational Therapist. If you are interested in borrowing some sensory products, please contact Midstate Independent Living Consultants. MILC can help you try products before you buy them.

~Sandi Walkush, IL Consultant

MILC has a Track Chair for loan!



This all-terrain wheelchair is available to loan, with a focus on loaning to Veterans. Those who would like to participate in disability hunting, fishing, or other events where an all-terrain wheelchair is needed, can use the Track Chair. The Track Chair is equipped with additional supports for the fishing/hunting gear. Those supports can be folded away or removed when not in use. The Track Chair has its own hauling trailer, ready to hitch to your vehicle for safe and proper transport. If you are interested in borrowing the Track Chair, or would like more information, please give MILC a call at 715-344-4210.

LOAN PROGRAMS

What is Wisloan?

Wisloan is a statewide, alternative loan program that allows Wisconsin residents with a disability, or their families, to purchase adaptive equipment, assistive technology or modify their homes so that they can live more independently. The applicant must be 18 and a resident of Wisconsin who wishes to improve his or her quality of life through the acquisition of items (examples include assistive technology, modified vehicles, etc.).

Both Telework and Wisloan loan amounts will depend on the item being purchased and the ability to repay. The current interest rate is 6.5%.

Bad credit, including bankruptcy is not a reason to not apply. The focus is on the ability to make the monthly payments. Reasons for credit issues are taken into consideration by the review board. Contact an IL Consultant at the MILC office for assistance in completing an application.

What is Telework?

Telework is a statewide, alternative loan program allowing Wisconsin residents with disabilities to purchase computers and other equipment needed to work from remote sites away from the office, including at home, on the road or at a Telework center. In addition to the purchase of equipment, the loan funds can be used for training to use equipment, extended warranties, the cost of maintenance and repair.

What is TEPP?

Telecommunications, Equipment Purchase Program

If you are one of the millions of people who have difficulty using a telephone, you should know that help is available through the Telecommunications Equipment Purchase Program, or TEPP. The TEPP Program provides funding, (through the Universal Service Fund), for people with disabilities to purchase specialized telephones and related equipment.

The TEPP program issues vouchers, each with different dollar amounts, based on several categories of disability. For example, the Hard of Hearing voucher is \$100, the Deaf/Severely Hard of Hearing voucher is \$800, and the Mobility Impaired voucher is \$1,600. (Vouchers over \$100 require a \$100 co-pay, but there are programs available that may help cover that cost).

If you don't know what kind of phone will work for you, we have several different types of phones that you can borrow from our Wistech Loan and Demonstration Program so you can 'Try before you buy'.



Please contact MILC for further information about the TEPP Program or to schedule an appointment to try a few phones. (We can also assist with the application).

**Midstate Independent Living Consultants
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Stevens Point WI 54481**

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How To Get a Hold of Us:

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715-344-4210 or 800-382-8484
milc@milc-inc.org or www.milc-inc.org

Newsletter Editor: Jennifer Strike: I&R Specialist

To contact the following departments dial:

Mental Health/Peer Support: Ext. 228
IL Program: Ext. 232
PAS Program: Ext. 224
Human Resources: Ext. 226
Accounting: Ext. 214

MOVING?
**Let us know so we can keep
you on our mailing list.**
Contact us at milc@milc-inc.org



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