

Advocate

Quarterly Newsletter
April — June 2023

From the Desk of the Executive Director

Summer is finally here! Staff at CILWW have been busy with a number of activities lately. We are continuing to work with the Public Health Workforce funds to assist persons with disabilities in transitioning from institutions, and the Home and Community Based Services grant to recruit and retain caregivers in the Personal Assistant Service (PAS) program. Along with all the other activities staff have going on and providing services to consumers, it is going to be a busy summer!



Both the New Freedom (NF) Transportation Program and PAS Program are actively recruiting volunteer drivers and caregivers. Along with new marketing materials and outreach activities, we are also using targeted radio ads in our recruitment efforts. If you know of someone that is interested in being a volunteer driver for NF or a caregiver for PAS, have them make a referral to CILWW.

Samantha Lotts the PAS Program Manager, Bobbi Hegna the NF Program Director and I attended the Joint Finance listening session held at UW-Eau Claire on April 11 this spring. Samantha discussed the caregiver crisis in Wisconsin and advocated for an increase in caregiver wages, Bobbi discussed increased funding for transportation programs, and I discussed the need for increased funding for Independent Living Centers. It was a long morning of waiting in line to sign to speak, then waiting in line to speak before the committee, but it was worth it so that we could speak about these important issues affecting the lives of persons with disabilities in Wisconsin.

Amanda Miller the Independent Living Director, Ashley Lien the IL Program Coordinator and I attended the Aging, Disability, and Independent Living Forum held in Rothschild. This was a great opportunity to meet and network with other agencies under the Department of Human Services, Bureau of Aging and Disability Resources (BADR), with great representation from all of the Independent Living Centers in Wisconsin at the forum.

Finally, I hope everyone takes some time to enjoy the summer season! It was a long and nasty Winter, so we could use some nice weather to get out and have some fun this summer.

Kyle Kleist
Executive Director

IN THIS ISSUE

- From the Executive Director
- Welcome New Staff
- CILWW Staff Highlight
- Personal Assistant Services
- New Freedom Transportation
- Recipes On A Budget / FHNB
- Assistive Technology Corner
- AT Programs
- For Sale/Donation

CILWW is a community based, nonresidential, private nonprofit agency that is staffed and governed by people with disabilities. Our focus is to empower people in making choices that maintain or increase their independence. We serve people with disabilities, their families, and the community in which they live. We also work with area businesses and service providers that need assistance in responding to the needs of people with disabilities.

Opportunity
+ **Responsibility**
+ **Empowerment**
= **Independence**



Welcome New Staff



Michelle de Blanco
Transportation Specialist

Hi My name is Michelle de Blanco. I live in Downing, WI with my husband of 16 years. We have 7 children all together and 12 grandchildren ages 12 to 6 months. I like to cook Mexican food and bake, binge watch TV (mostly Mexican soap operas) and read in my spare time. My previous line of work was in Healthcare for the past 34 years before coming here. I was a C.N.A and then a P.C.W.

Thomas Deiman
Transportation Specialist

I go by "Tom"; my life began in the Twin Cities where I was born/raised and attended St. Bernard's Grade/High school. After graduation, I attended St. Paul CVTC for Machine Tool Process and worked as a Machinist until approximately 1998. Then my wife (Deb) and myself decided to return to her home state of Wisconsin to raise our two boys in the Boyceville area. As our boys went through school, I pursued my interest in Antiques and Collectibles and worked on my own until 2020. Since that time, I have battled a few serious illnesses the last one being cancer. After treatment, I had to pursue a less taxing form of employment which led me to CILWW to do something meaningful and useful as I work towards retirement. I'm most appreciative for the opportunity to be of assistance to others in need, and everyone has gone out of their way to welcome me. I look forward to working with all of you!

Favorite motto: 'Appreciate the small things.'

CILWW Employment Opportunities

Are you interested in working or volunteering for our organization or know of someone? Call our office at 1.800.228.3287 (v/tty) or 715.233.1070 and ask for Nou Chi or email nouchiv@cilww.com for the latest career opportunities for you, your friend, or family member!

Employment and volunteer opportunities include:

- Independent Living Specialist
- Transportation Specialist
- Personal Caregiver
- Volunteer Driver



The Center for Independent Living is an equal opportunity employer and fully subscribes to the principles of Equal Employment Opportunity. It is the policy of the Center to provide employment, compensation and other benefits related to employment based on qualifications, without regard to race, color, religion, national origin, age, sex, veteran status or disability, or any other basis prohibited by federal or state law.

13 years ago, I started with CILWW as a Dispatcher part time. I shared this job with a man named Kurt when we only served 10 counties at that time. He worked mornings and I worked afternoons. The few times we ended up working at the same time it was very hard as we shared the same room in the Eau Claire office. He would talk over me and I would have to talk over him while we answered our phones. During that time, there wasn't a software program to enter rides into, it was a paper calendar. We also had no filing system, so ride requests were stacked on the floor. After some time, we finally received some filing cabinets and filed the ride requests by county.

Unfortunately, Kurt left, leaving me to take on the job full time. This led Denise Larson (former Director of Transportation) to begin a search for a software program, which was Route Match.

Once contracted with Route Match, we collaborated with North Country Independent Living and assisted in running their transportation program. In turn we grew to 18 counties, and that meant that we needed another dispatcher; Pat in our Rice Lake office began dispatching also.

Shortly after, we collaborated with Managed Care programs such as Inclusa and Lake Land turning our program into a 29 county transportation program. While all of this was happening, I became the Transportation Program Coordinator and additional Dispatchers were hired. As our program grew and for financial reasons, the Eau Claire office was moved to our main office in Menomonie.

As Director of Transportation, it is my job to apply for grants such as the 5310 Department of Transportation (the main grant for Mobility Management and Operation) and grants to purchase Specialized Medical Vehicles through the Otto Bremer and Anderson Windows grant.

I collaborate and coordinate with local counties with the 42 counties we serve using the 85.21 funding to provide transportation within their counties.

In addition, I recruit Volunteer Drivers and train them in the best practice determined by DOT (Department of Transportation); conduct outreach and community education on rural transportation issues; and maintain my Mobility Manger certification.

Lastly as Director, I need to stay informed and maintain updated information to be the Regional Mobility Manager.

Engage in individual, community and systems advocacy efforts at the local, regional, state and national levels.

Remain active in related advocacy issues at a local, state, regional and federal level consistent with IL philosophy and Center objectives.



Bobbi Craig (Hegna)
Director of Transportation

Bobbi Craig (Hegna)
Director of Transportation

Personal Assistant Services

Patient Care Worker Training

The Personal Assistant Services (PAS) department held our annual caregiver training on Friday, May 5th and Wednesday, May 10th. The training included personal care workers, as well as supportive home care workers, and respites workers. Our workers were checked off on handwashing, HIPAA, and Standard Precautions, and were instructed by Nurses Jamie and Brenda on personal care needs as well as medically oriented tasks. PCW training is a mandatory requirement from Medicaid and will be held annually.



PAS Consumer Spotlight

Our friends Debbie and Karen attended Thrill Seekers prom on April 30th and had a blast! Nurse Jamie donated her daughter's prom dresses to Thrill Seekers and Debbie wore one of the dresses! If anyone would like to donate prom dresses or suit coats to Thrill Seekers, please let Jamie know.



New Freedom Transportation

Volunteer Driver Spotlight: Barry Moucha



Picture of Barry Moucha

Hello, my name is Barry, I live in Cadott with 2 of my 4 daughters (2 have already flown the coop). I have been driving with New Freedom Transportation since 2011 and I found out about this volunteer driver position when I was delivering magazines to a realty business that shared a building where CILWW used to be located at in Eau Claire.

In Barry's free time he likes to watch his girls in their sports activities, dabbles a little in golf and likes to tell stories. When interviewing Barry he truly is passionate about being a volunteer driver, he brings his dog with (with the riders permission) on his rides to brighten the riders day and they really love it he says some of them even bring treats for his dog when he picks them up. He loves to share and tell stories and be a sponge for the elderly so they can let things out. Growing up with his grandparents he really enjoys helping and being around the elderly, he says this volunteer position suits him well.



If you are interested in getting rides through New Freedom Transportation or becoming a driver call us today! Call 800.228.3287 for more information.

Recipes On A Budget

SERVINGS 8

PREP 20 minutes

COOK 15 minutes

TOTAL 35 minutes

INGREDIENTS

VINAIGRETTE

1/2 cup olive oil
1/3 cup red wine vinegar
1 Tbsp Dijon mustard
1 tsp dried oregano
1 clove garlic, minced
3/4 tsp salt
1/4 tsp black pepper



SALAD

12 oz. bowtie pasta
2 Roma tomatoes
1 yellow squash
1 zucchini
1 broccoli crown
1/2 red onion
1 12oz. jar roasted red peppers
1/2 cup chopped parsley

Directions

1. Make the vinaigrette first. Whisk together the olive oil, red wine vinegar, Dijon, oregano, minced garlic, salt, and pepper. Set the dressing aside.
2. Cook the bowtie pasta according to the package directions (boil 7 to 10 minutes or until tender), then drain in a colander. Rinse briefly to cool the pasta, then let it drain well.
3. While the pasta is cooking and draining, prepare the vegetables. Chop the tomatoes, squash, zucchini, broccoli, and parsley. Slice the roasted red peppers (drained) and the red onion.
4. Place the pasta and chopped vegetables in the largest bowl you have. Give the vinaigrette a brief whisk, then pour it over the salad. Stir the pasta and vegetables until everything is coated in dressing. Give it a taste and add salt or pepper, if needed. Serve immediately, or refrigerate until ready to eat.

Do you have a budget friendly recipe you'd like to share in our newsletter? If so, here's how you can have your recipe included:

1. Email nouchiv@cilww.com
2. Call our office at 1.800.228.3287 (v/tty) or 715.233.1070 and ask for Nou Chi.
3. Mail your recipe to our address at:



CILWW
2920 Schneider Ave SE
Menomonie, WI 54751

Fishing Has No Boundaries



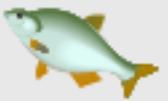
Chippewa Valley Chapter 23rd Annual Fishing Event

Who: Anglers with disabilities, friends, family, guests, attendants

What: day of fishing **PACKED** with fun, fishing, boating, eating!

When: August 5th, 2023

Where: Paradise Shores, Lake Holcombe, Holcombe WI,
26364 County Highway M, Holcombe, WI 54745.



Why: To open the world of adaptive fishing and accessible for fishing for all.

Provided: Rods, reels, life vests, adaptive fishing equipment, bait, fish cleaning, boats, pontoons, guides, & Saturday evening dinner.

You bring the smiles!

Join us for a weekend of fun, fishing and camaraderie!

No Fishing license or experience needed!

Cost: Participation is free, but free will donations are accepted!

For more information, donating or to register contact Bobbi or Amanda at:
1-800-228-3287v/tty or 715-233-1070v/tty



or email craigb@cilww.com or amandam@cilww.com.

Let's not turn anyone away

Volunteers with Boats & Pontoons needed!!!

(provided: gas stipends, event liability insurance, meals, drawings)

Assistive Technology Demonstration & Loan Program

WisTech is Wisconsin's Assistive Technology (AT) program. AT is a device or service that allows people to function as independently as possible at home, school, work, and in the community. CILWW is a regional AT Device and Demonstration Center. CILWW has almost 2,000 different AT devices that we can loan and/or demonstrate to people. CILWW staff can bring devices to people's homes, answer questions about devices, loan devices for a short period of time, give vendor and funding resources, and use their experience to help find the most cost-effective options.

Check out our new assistive technology devices!



This Wearable is Cool....and Hot?

*Written by Sebastian Wood
Independent Living Specialist at CILWW*

Perhaps you've grown accustomed to lugging around an extra sweater wherever you go. Or, if you're like me, you start to sweat just by *thinking* too hard. Most of us have heard of menopausal hot flashes, but there are many other conditions that can affect our ability to regulate temperature. Conditions

like diabetes, lupus, or Reynaud's disease can leave us with cold hands, even when we're not trudging through the snow. On the other end, hyperthyroidism, multiple sclerosis, or fibromyalgia can make us extra sensitive to heat.

Enter the Embr Wave 2. This little gadget is a wearable device that goes on your wrist like a watch. It provides heating or cooling sensations that trigger your brain to feel hotter or colder, providing instant relief that can aid in sleep, help you de-stress, and keep you comfortable.

If you struggle with maintaining a comfortable temperature, reach out to the **Center for Independent Living for Western Wisconsin** at **715.233.1070**, to try the Embr Wave 2 out and see if it's the right tool for you.

There are various services available through the Assistive Technology program at CILWW. As a part of the WisTech Assistive Technology Program our agency can provide information on WisTech's alternative financing options (WisLoan, Telework, and TEPP) per request.

If you would like more information in regard to any of the assistive technology highlighted please feel free to call CILWW, by calling 715-233-1070 or 800-228-3287 and ask to talk to someone who completes Information and Referral for Independent Living.

AT Programs and Services

Are you or someone you know...



- Having difficulty hearing or using the telephone?
- Hard of hearing?
- Deaf or severely hard of hearing?
- Mobility/Motion impaired?
- Speech impaired?
- Deaf with low vision or blindness?
- Deaf and blind?



If you answered yes, you may be interested in finding the AT you need to access telephone services. Equipment could be amplified phones, captioning phones, neck loops, and other devices. Schedule an appointment to try a variety of equipment with one-on-one assistance from knowledgeable and experienced staff!

Staff can also help you apply for funding through TEPP:

Telecommunications Equipment Purchase Program. Money collected through WI telephone service providers goes into the WI Universal Service Fund, which pays for TEPP. CILWW's role is to help you access the funding you need to get the equipment you need!

TEPP

Loan Programs

WisLoan offers loans to help people buy assistive technology or equipment such as modified vehicles, wheelchairs, and ramps. There are no income requirements and individuals are not required to exhaust personal or public funding. Under the program, banks provide loans at a fixed interest rate of 6.5% to qualified borrowers. Loan amounts depend on the item and ability to repay.

Telework is a loan program that allows 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.



WisLoan +
Telework
Loan programs designed for
Wisconsinites with disabilities

IndependenceFirst
The Resource For People With Disabilities

For Sale List

Accessible Van FOR SALE

My Mom is asking \$53,000. It is a 2018 Chrysler Pacifica Touring L with only 27,499 miles on it. It is velvet red and has a power fold out ramp accessible via passenger side. It accommodates a motorized wheelchair on the passenger seat side. Contact Jessica 715.456.7460



Stainless Steel Handrail

Brand new, never used, ideal for an in ground hot tub/pool. Size is 35 in. high, 30 in. outward. Asking: \$150.00
Contact Kari Ann: 715.828.3718



Hospital Bed

Med Medizer All Care Hospital Bed. Can adjust to Trendelenburg position. Paid \$3,000. Asking \$1,000. Contact John @ 972.322.8511

Hoyer Lift

Hoyer lift. Has 2 batteries and charger. Includes sling. Asking \$500.
Contact Judy @ 715.415.3745.

Wheelchairs

I Level Quantum Edge III Power Wheel Chair. Color Pink. Paid \$32,000. Asking \$6,000. Contact John @ 972.322.8511

Motorized Scooter

Motorized scooter. Pride brand. Good shape. Stored for 8 years. Needs new battery. Asking \$450. Contact Robert @ 763.269.1745



Miscellaneous Items

Top End XLT Pro hand cycle with Giant Mag Turbo trainer (adjustable tension). Asking for \$1000.00

27 speed Top End XLT Pro racing hand cycle and Giant Mag Turbo trainer, used for indoor riding (adjustable tension) are in excellent condition. Both are very well maintained.

- Strap-in stirrups for retaining feet if needed.
- Shimano Deore hubs.
- Chain & cassette are in good condition & have lots of use left in them. Both replaced from original.
- 650b wheelset
- Shimano Ultegra brakes
- Shimano Deore Derailleur, replaced from original
- Tires are in good condition

Contact Dave @ 715.271.5713



Crutches

One pair of standard crutches.

Contact Pat @ 651.270.9746

Pneumatic Compression Machine

Pneumatic Compression Machine for lymphedema. Includes 2 leg sleeves.

Contact Harry @ 715.271.5060

Reflux relief pillow system

MedCline Reflux relief pillow system

- Natural reflux relief without medication. And, no more stacking pillows.
- Four-layer, cool gel-infused, environmentally safe Certi-PUR® foam.
- The only patented Reflux Relief Wedge with arm pocket for side sleeping.
- Adjustable stuffing in the Therapeutic Body Pillow.
- Made to last years and years.

Contact Deb @ 800.228.3287 or 715.233.1070 ext. 202

Walkers

Standard average size walker with 2 wheels on the back.

Contact Pat @ 651.270.9746

4 wheeled walker with seat and basket.

Contact Lyla @ 715.222.5354

Walker. Aluminum. Brand new in the box.

Contact James @ 651.303.8348

All from one donor

4 wheeled walker with seat

Adult gait belt.

Contact John @ 651.770.5283

3 four wheeled walkers with seat (average size)

4 Standard walkers with 2 wheels

Contact Lori @ 715.308.9861

Pride, 3 wheeled motorized scooter.

(Color blue. Needs new batteries.)

Aluminum walkers with tennis balls on the front.

Contact Don @ 715.829.0613

For information on the items on this list, please contact the person listed directly. To get on or be removed from this list please contact Deb at CILWW @ 800.228.3287 or 715.233.1070 Extension 202.

CILWW does not warrant the condition or terms of the sale of any device or equipment offered for reutilization by any seller or buyer. CILWW is not liable for claims, liabilities, damages, losses, costs, expenses, maintenance and penalties arising from items being purchased or sold. It shall be the responsibility of the seller or donator to provide accurate and detailed information about the device and equipment specifications and condition to buyer. CILWW functions solely on sharing the information with other parties.

Contact Deb @ 800.228.3287

Center for Independent Living
2920 Schneider Ave SE
Menomonie, WI 54751

Consumer address



Center for Independent Living for Western Wisconsin, Inc.

MAIN OFFICE

2920 Schneider Avenue East
Menomonie, WI 54751
715-233-1070 Voice / TTY
800-228-3287 Voice / TTY
715-233-1083 Fax

BRANCH OFFICE

2021 Cenex Drive Suite D
Rice Lake, Wisconsin 54868
715-736-1800 Voice / TTY
1-866-419-1260 Voice / TTY
715-736-0265 Fax

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