



INDEPENDENTLY SPEAKING

Metropolitan Center for Independent Living

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Spring 2013

STATEWIDE
DISABILITY
ADVOCACY **DAY**

Thursday, April 11
Noon-1 p.m.

Rally in Minnesota State Capitol Rotunda

This is your opportunity to meet with senators and representatives about your concerns as a person with a disability or an ally/advocate. It is more important than ever you be there to advocate for yourself and people with disabilities.

Meet Your Legislators

- To find out who your senator or representative is, go to: <http://www.gis.leg.mn/mapserver/districts/>
- Let them know which district you live in. They are more receptive to making appointments with their constituents.
- By March 20, make a 10-min appointment with your legislators for April 11.
- Say you want to talk about services for people with disabilities.
- Be ready to tell how you use these services and how they allow you to live independently in the community.
- Bring a letter to Gov. Dayton about how these services impact your life. We will deliver these to his office.

RSVP

Call MCI L at 651-646-8342 by April 8. Please make accommodation requests during registration. ASL and CART services will be provided CO-SPONSORS Metropolitan Center for Independent Living, Minnesota State Council on Disability, Southeastern Minnesota Center for Independent Living Inc., Independent Lifestyles, Inc, Direct Support Professional Association of Minnesota and Minnesota Statewide Independent Living Council.



In this issue:

P 2... From the Director's desk
P 3... Nick's Notes
P 4... Going to the dogs
P 6... Is PCA choice right for you?
P 7... Personal Assistant Services

P 8... Possible cuts to PCA services in 2013
P 9... Nursing Home Relocation Program has
BIG news
P 9... MCIL classes/workshops
P14 .. MCIL Board Members/Staff

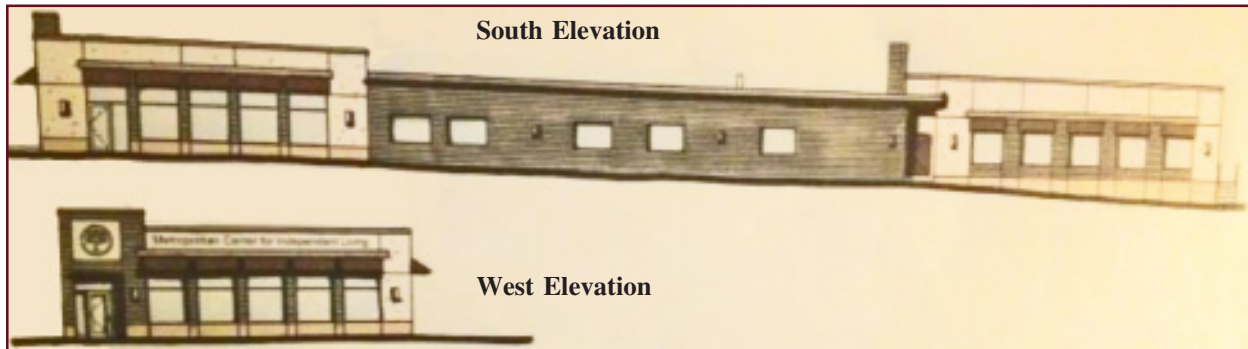
From the Director's Desk

Rumors and news

By David Hancox

Some of you may have heard a rumor.....about MCIL. If you're thinking what I am thinking, then the rumor is true. After more than 31 years of providing valued services to individuals with disabilities in the seven county metro area....and 31 years of leasing space (more than 20 years in our current location), we are moving into a home of our own! MCIL has purchased property at 530 North Robert Street in downtown St. Paul. This new space will allow us to expand our program space, provide additional programmatic services, place us in close approximation to several of our community partners, and allow us to present a revised image to the community. The new space will offer us nearly 10,000 square feet of program, service, and administrative space.

We are very excited about this upcoming move. Below is a rendering of what the finished building will look like. Stay tuned, and we will provide more information as we move closer to our move in date.



David Hancox

In other news.....MCIL provided general information and testimony to the House Jobs and Economic Development Committee on Tuesday, March 12, 2013. Our testimony was in support of HF 534, which would add \$239,000.00 to the existing base funding for Minnesota's 8 Centers for Independent Living (CILs). The new base would be \$2.5 million in total state funding for the 8 CILs. The senate companion, SF 440, has not yet been scheduled for a hearing.

MCIL also provided testimony in support of HF 495, which requests \$68,000.00 for a pilot project in Olmstead County that would focus on collaborative VR and Independent Living services for adults with ASD (autism spectrum disorder). The senate heard testimony on the companion bill on Wednesday, March 20, 2013.

Please follow regular legislative and public policy updates on the MCIL Facebook page. And, be sure and join us and our colleagues at Advocacy Day at the Capitol on

April 11, 2013. ■

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 Monday – Thursday between 10 AM – 1 PM



Nick's notes

By Nick Wilkie

Spring is finally upon us, and even though it is not quite showing it outside, our staff continues to work feverously to provide and promote services to youth throughout the metro area. In the next few paragraphs we will overview just a few happenings that have been keeping our staff busy.



As a follow up to something we mentioned in the last issue, we submitted a grant in partnership with the Robbinsdale schools to have their students assist us with building ramps in the metro area. If accepted, this collaborative will allow the students to pre-build some of our ramp sections and actually keep a surplus of materials. This will not only help us meet community needs of consumers needing accessibility but it will also provide



an opportunity for the youth to gain positive building skills that they can showcase in their future endeavors.

Classes with Career to Life Transition continue to be received on a weekly basis at MCIL. Twelve students come in to be a part of a variety of seminars encouraging them to engage in their lives, understand their challenges, and see themselves as successful members of the community. These ongoing seminars are part of the Living Well curriculum.

We have spent a great deal of time in the schools. In the months of January and February staff attended 8 IEP meetings. While there, staff continues to promote independence and drive to seek out goals and become an active part of our services. School staffs are quick to call on us when they are in need and the results are appreciated.



Thanks for taking the time for this brief update on our approach to working with youth here at MCIL. Please call on me if you have any questions nickw@mcil-mn.org or 651-603-2018. ■



ADA Minnesota provides you and your organization with assistance to implement the Americans with Disabilities Act.

It provides the following services:

- Technical assistance & information about what the ADA covers & what is required for compliance.
- Education, trainings & presentations
- Publications with information on employment, accessibility, reasonable accommodations & more.
- Connections to a network of local & national agencies.
- Resources on accessible information & electronic technology in education centers.

Contact us! We can help.

ADA Minnesota

1600 University Ave. W., Suite 16; St. Paul, MN 55104

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www.adaminnesota.org

cindy@mcil-mn.org

Going to the dogs

MCIL and several disability agencies did go to the dogs on February 12, at Goodwill/EasterSeals. They co-sponsored an event featuring several kinds of service dogs. A rapt audience listened as people talked about how their service dogs help them.

This event was co-sponsored by Goodwill/EasterSeals, the Epilepsy Foundation, The Minnesota Brain Injury Alliance, the National MS Society, NAMI, and the Metropolitan Center for Independent Living. ■



Terri Krake talked about the legal aspects of having a service dog, and, working with Brody, her seizure service dog.



Catherine Roach and Taylor, her psychiatric service dog



At left: Corbett Laubignat and Rocky, her Helping Paws service dog, Lance Roper with LaDonna Seely and Willa, a Helping Paws dog in training



Kacy Lyman and Jamal, his Seeing Eye Dog



Marcus Kuboy, a veteran, and his service dog, Blade

IL/VR update

By Kelly Krantz, IL/VR Manager

It was another great year for the IL/VR (Independent Living/Vocational Rehabilitation Services) Collaboration project. We're in our 6th year of the project and we've served roughly 4,000 people. There are nine staff total who currently serve the twelve metro-area VR offices. Based on the feedback we've received, it's been very successful. VR staff have continually communicated that the IL staff are seen as a critical resource in serving VR consumers.

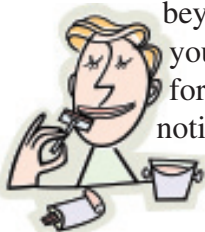
We do IL work in the hopes of helping our consumers get and retain jobs. One barrier to getting that perfect job can be acing the interview. We coach people on giving a good interview, and I have some experience on the other side of the table, having acted as a hiring manager in



multiple positions. I can offer some perspective on how people sometime sabotage their chances at the job by making some common mistakes in the interview.

It is so basic but I still see people make this mistake, so I'll say it plainly: your appearance matters. You should look your best at an interview. Wear clothing that is nicer than what you'd expect to wear on the job. The clothes you pick should be neat, clean and well-fitting. If you haven't worn the clothes you've picked out in awhile, try them on with plenty of time to spare to check if they still fit and are not out of style. Have someone else take a look at you and give you feedback. Another thing to keep in mind is, unless you're in a creative profession; keep it simple and somewhat conservative. Dressing nicely for a job interview isn't the same as looking good for a night on the town, so put the club dresses and flashy shirts away.

There are other elements to your appearance to consider beyond clothing. It goes without saying that you should be neatly groomed, but don't forget the little details. I have sometimes noticed dirty fingernails, greasy hair, or too much cologne/perfume lingering and those things which make me less likely



to hire someone. You might love lots of foods and beverages that give you unpleasant breath (hello, coffee!) but please pop a mint before the interview (and then get rid of that mint before you start talking).

Nonverbal signals are very important in an interview. It is normal to be nervous but you have to be able to be relaxed enough to convey confidence. Figure out some strategies for calming down long before you have that interview scheduled. Some people work on their breathing or walk off the energy before an interview. Making sure you have plenty of time to get ready beforehand and that you're not going to be late will cut down on the anxiety.



I think the best strategy for finding your confidence is to feel prepared, so do all the hard work first. Spend a lot of time coming up with good answers to typical interview questions. Make a list of the good qualities and skills you possess and stories that illustrate those facts. Don't avoid thinking about how to answer the really tough and sensitive questions; those are the most important answers to have worked out far in advance! Come up with answers that are true and that you're comfortable saying in addition to being the thing that the interviewer wants to hear, because if you can't convince yourself that it's true, you won't be able to convince anyone else of it.

These are just some tips to help people start looking the part in a job interview. Next time, I'll talk a little about coming up with good answers to interview questions.



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alternative formats.
Contact MCIL for details.**

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Do you choose who will work
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Are DSPs paid fair wages?

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- We provide all processing, payroll and co-supervisory supports.

For more information about MCIL's Personal Assistant Services:

1600 University Ave. West, Suite 16. Saint Paul
To arrange an in-home visit please call 651.788.8424

www.pas.mcil-mn.org

TTY: 651.788.8424

We are located on the first floor in the Spruce Tree Building.
Accessible parking, entrances & scent-free office.



Personal Assistant Services

Free Trainings for MCIL's DSPs!

MCIL's Personal Assistant Services Program has prepared new professional development trainings for DSPs. These trainings, listed below, are optional trainings that staff may sign up to attend. All DSPs who attend a training, in addition to improving their direct support skills and completing marketable training, will receive a \$20 Target gift card from MCIL as a thank you for showing commitment to their professional development. In addition to this gift card, DSPs will earn points for all trainings attended. At the end of September 2013 MCIL will give away a total for four \$200 gift cards. These gift cards will go to the four DSPs who have earned the most training points.



Many of our trainings are useful and interesting to both DSPs and consumers. We encourage consumers to sign up and attend any training they are interested in attending.

If there are any trainings that you are interested in attending please leave a message with Sarah Murphy at 651-788-8424 or sarahm@mcil-mn.org. Please indicate which training you are interested in attending. If there are other trainings that you would like to see offered by MCIL please call or email in your suggestions.

Advocate for yourself

April 2, 2013 • 2pm-3:30pm

Presented by Corbett Laubignat

In this training, participants will learn to advocate for their rights as a person with a disability, a direct support professional or an ally of the disability community. Corbett will discuss various ways people can take action and voice their opinions on legislative decisions and debates that directly affect them.



This training is available for **call-in** or via **webinar**. You will not receive a gift card for attending the training from afar but will receive training

points for your efforts. Please contact Sarah ahead of time if you are planning to call, login or attend in person.

Transfer Training

May 2, 2013 • 11:30am – 1pm

Presented by John Stack

Transferring individuals safely is important. When transferring there are two people you need to look-out for: the person you're transferring and yourself. John is an instructor on safe lifts and transfers in addition to his role as manager at the Acute Rehabilitation Services at Allina Hospital/Sister Kenny Institute. We are excited to have such a skilled trainer come in and provide direction in this important area of personal care. Please consider joining us if you are currently providing transfer assistance to someone or may in the future.



What should employees and job seekers know about the ADA?

June 3, 2012 • 10am-12 noon

Presented by Cindy Tarshish

Do you have a disability and want to know your rights as an employee? Do you know your employers' responsibilities under the Americans with Disabilities Act? Does your consumer suspect they may have been discriminated against by an employer but are unsure what actions they can take? Do you have an ADA question you are hesitant to ask or do not know how to ask? If so, this session is for you!

This session will cover the following topics while providing a concise overview of Title I: Myths and fears, cost factors, disability definition, interview and application questions, essential job functions, disability disclosure, reasonable accommodation process, undue hardship, safety factors, and resources. This fact filled, fast-paced session includes real life examples and questions are encouraged. ■

Possible cuts to PCA services in 2013

A 1.67% cut to the PCA reimbursement rate is scheduled to take effect on July 1, 2013. This cut was built into the budget during the 2011 legislative session. If you would like to support the elimination of this cut please call Governor Dayton's office and request that this cut be taken out of the 2013 Minnesota budget.



The other people who need to hear from those affected by this cut are the Representatives of the House Health and Human Services Finance Committee and the Senators working on the Senate Health and Human Services Policy and Finance Committee. The Representatives and Senators are listed below with their contact information.



Send a message that the scheduled 1.67% cut to PCA services needs to be eradicated. PCAs/DSPs deserve more for the valuable work they do, not less. The wages offered to PCAs/DSPs will affect a consumer's ability to hire and maintain quality staff. This proposed cut also undermines a consumer's ability to hire qualified, professional individuals to come into their homes and provide intensely personal delicate cares. It forces them to compromise because they may not be able to afford quality, safe care. We need to respect and care for PCAs/DSPs so they can provide respectful and reliable care to others. Please consider voicing your opinion on this important issue.

To contact Governor **Dayton's** office call 651-201-3400.

Representatives of the House Health and Human Services Finance Committee:

- Rep. Kim Norton rep.thomas.huntley@house.mn
- Rep. Kim Norton rep.kim.norton.@house.mn
- Rep. Jim Abeler rep.jim.abeler@house.mn
- Rep. Tina Liebling rep.tina.liebling@house.mn
- Rep. Diane Loeffler rep.diane.loeffler@house.mn
- Rep. Matt Dean rep.matt.dean@house.mn
- Rep. Glenn Gruenhagen
..... rep.glenn.gruenhagen@house.mn
- Rep. Nick Zerwas rep.nick.zerwas@house.mn



Senators of the Senate Health and Human Services Policy and Finance Committee:

- Sen. David Brown sen.david.brown@senate.mn
- Sen. Kent Eken sen.ken.eken@senate.mn
- Sen. Jim Carlson sen.jim.carlson@senate.mn
- Sen. Greg Clausen sen.greg.clausen@senate.mn
- Sen. Melisa Franzen ... sen.melisa.franzen@senate.mn
- Sen. Jeff Hayden sen.jeff.hayden@senate.mn
- Sen. Mary Kiffmeyer ... sen.mary.kiffmeyer@senate.mn
- Sen. Tony Lourey sen.tony.lourey@senate.mn
- Sen. Kathy Sheran sen.kathy.sheran@senate.mn

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Nursing Home Relocation Program has BIG news

By Pamela Johnson, NHR Manager

I am excited to announce that Diana Pehl will be starting fulltime in the NHR Program as of April 1, 2013. In addition to her fulltime status she will also have the title of NHR Admin/Transitional Services Coordinator. Diana has been employed at MCIL since October, 2012. She has brought many blessings and great qualities to the NHR Team. Keep up the great work Diana. I'm so happy and proud of her and am ecstatic that she is now working with us fulltime.



The following is a quick recap of the NHR Program ending in 2012. I can honestly say 2012 was an awesome year for us. We had 42 RSC consumer moves as well as

146 Transition moves in 2012! All in all we moved 186 individuals back into the Community of their choice. I am so proud of my Team—Diana, Jodi, Linda and Michelle—for all of their *hard work*. I am honored to work with these staff on a daily basis.

The NHR Program is looking at some **BIG** changes within the next year with DHS handling the process of the Nursing Home Relocation as a whole. So we are off and running and looking forward to 2013 being the year that we **ROCK THE NURSING FACILITIES WORLDS** and change our consumer's lives! ■



MCIL classes/workshops: Please join us!

Join us for education and fun this spring. All events are free and accessible.

Most of the following events meet at MCIL 1600 University Ave W. Suite 16 in St. Paul. We are on #21, #16, #50, #53, #84 bus lines, please check bus schedules for exact drop off locations.

Please RSVP, and if needed request an interpreter or alternative formatted materials, two weeks prior to the scheduled activities. To RSVP, contact the staff person listed for each event. You must register at least two days prior to the event. For questions, contact: **Corbett Laubignat (low-bin-ya) at 651-603-2028, corbettl@mcil-mn.org**

- Classes will be cancelled if less than two people are registered.
- Check our website www.mcil-mn.org for the E-Calendar or come in and get the *most current* calendar of events at our front desk.
- Meeting dates are subject to change due to weather or unforeseen problems.

MCIL events attempt to be scent-free. Please remember to avoid wearing scented personal and hygiene items such as soaps, deodorants, shampoos, hair gels, lotions, “natural” fragrances and cologne/shaving products to MCIL events. This way everyone can have equal access to the services provided by MCIL. The staff and consumers thank you.

We look forward to seeing you soon!

Continued on next page

Regular Monthly Events

“Living Well with a Disability” workshop

June 19th 1-2:30 intro class
July 1st signed up deadline

We welcome both consumers and providers to come and learn about this workshop. It is designed to provide a tool box for people with disabilities to join the workforce and maintain life in and out of the office.



Knitting/crafts group

March 4th 1-3 & 20th 10-12
April 8th 1-3 & 24th 10-12
May 6th 1-3 & 22nd 10-12
June 3rd 10-12 & 18th 10-12

Join us in learning simple **adaptive** techniques, patterns and designs. This class is for everyone, so if you have always wanted to learn or if you are an old hat at this, come enjoy a relaxing and social time. Please feel free to bring yarn in the color of your choice. We meet twice a month for two hours at a time. *We have adaptive equipment for people who would like an alternative to knitting needles. All crafts welcome!*

Advocacy 101 — Turning Disability into Feistiness

June 11th • 10-12



Join us in exploring what it takes to speak your mind. We will examine what it is that may stop us from asking for what we need or want.



Decision making 101

June 17th

Do you have a hard time making decisions on your own? Join us in exploring ways to help yourself make decisions on your own. We will also explore reasons to involve others in our decisions. You will develop a decision-making tool box that will help you in your future decision-making choices.

The weekenders

Are you sick of sitting home all weekend? Do you see fun activities and wish you had someone to do them with? Do you find yourself wanting someone to talk to? Well, this

is the group for you. Come meet other people who share your interests and want someone to hang out with. We will meet once a month to share, talk, plan, do activities or outings throughout the month. Guests are welcome and encouraged.



- **April 27th:** 12-2 Colossal Café, 1839 E. 42nd St. Minneapolis, MN55407 612-729-2377
- **May 17th:** 12-2 Uptown Cafeteria and Support Group, 3001 Hennepin Ave. Minneapolis MN 55408 612-877-7263
- **June 15th:** 10-12 Farmers market at the Bloomington Civic Plaza - East parking lot, 1800 West Old Shakopee Road: 10-12 (Bring money for lunch and produce) they accept EBT cards as well.

Peer Mentor trainings

Tuesdays: 9:00-12:15 and 1:00-3:00

May 21st • July 16th • Sept 17th

Farmers Market & lunch Join Us!

June 6th & 20th • 1-3

Join us in exploring the Nicollet Mall's farmers market. We will locate local produce and talk about how shopping locally can help save money.



Bus trainings

April 17th & May 15th • 10am-2



Available upon request. Have some fun and increase your understanding and experience with Metro Transit the public bus line and light rail. This will be your chance to expand beyond Metro Mobility. Many options and more freedom will be open to you. Join us for a trip from MCIL to the Mall of America. We will eat lunch, do a little shopping and return to MCIL. We also provide training to people who would like to learn a certain route(s). We assist with identifying some safety concerns and assist people in working towards traveling independently.

Please call if you are interested in a lesson. We also have Mentors available that can work one on one with you to achieve independence on the bus and light rail.

Continued on next page



Cooking/social group

1pm - 5pm

You are invited to an evening of fun! MCIL is opening its doors for anyone who would like a place to come socialize, use our computers, watch a movie, eat, gather information, find an outlet or just chill. You are welcome to stay the whole time, come for an hour or just stop in for a few minutes. We look forward to seeing you! **Please**

RSVP: 651-603-2028 or email corbettl@mcil-mn.org

Location is subject to change so please call ahead; if it is raining call to find out where we will meet. Most likely we will meet at MCIL.

- **April 30th:** at MCIL; Eggs and stuff
- **May 28th:** at MCIL; join us in the exploring how to safely pack a picnic lunch
- **June 25th:** Lake Harriet Rose Garden; Grill out picnic



Happy Hour Gatherings- Social opportunities

4-7pm

Come get out of the house and meet new people and enjoy free activities like movie night, art exploration, games, food preparation and much more. Activities will not involve alcohol. Please call ahead to reserve your spot in the social circle.

- **April 18th:** out on the town — call for location
- **May 23rd:** Grill'n and chilln' at Como Zoo



Visit us on the web at



www.mcil-mn.org

MCIL Peer Support



Pain Management peer support group

6-8

If you are interested in more groups like this please call Cindy at 651-603-2037



GLBT support group

April 2nd • May 7th • June 4th

Gay, Lesbian, Bisexual and Transgender (GLBT) with disabilities (GLBT) is a support/ social group that meets once a month to discuss topics related to being a part of the GLBT community and dealing with a disability. It's a great place to meet new people who understand and can provide support and a social outlet. Dinner is provided. The group does not meet in July or August. We do ask that you RSVP at least 2-3 days in advance, if we do not have at least 3 people signed up to attend, the group will be canceled. The meetings are held at MCIL's office, 1600 University Ave W #16, St. Paul MN 55104, which is on the 50, 16, 84, 21A and 54 bus routes. For more info or to sign up, contact Corbett Laubignat MS at 651-603-2028 or corbettl@mcil-mn.org.

If you will be late or you are lost, please call Corbett at 651-603-2028. **A new policy: If no one shows up after 6:30pm, the Support Group will be canceled for the evening. Please be aware of weather conditions as it may dictate whether we will meet or postpone.** ■



A free social network site - connect with friends, share ideas, support issues/causes.

Stay informed this session!

Visit MCIL on Facebook for legislative updates during the 2013 session.



MCIL Board

Ellie Emanuel Chair Members at Large Tim Benjamin,
 Scott Ruhsam Vice Chair Julie Faulhaber, Shelley Madore and Sheri Smith
 Scott Dehn Treasurer Ex-Officio David Hancox

MCIL administration/program staff

Clark, Elizabeth	Individual Advocate	651-603-2002	elizabethc@mcil-mn.org
denDaas, Celeste	IL/VR Specialist	612-834-4752	celested@mcil-mn.org
Garrett, Quillan	IL/VR Specialist	651-603-2036	quillang@mcil-mn.org
Gentillini, Butch	IL/VR Specialist	651-788-8422	butchg@mcil-mn.org
Gordon, Catherine	PAS Services Corrdinator	651-603-2039	catherineg@mcil-mn.org
Hancox, David	Executive Director	651-603-2012	davidh@mcil-mn.org
Howard, Beth	DLL Manager	651-603-2005	bethh@mcil-mn.org
Huber Rodriguez, Elizabeth	IL/VR Specialist	651-341-0680	elizabethhr@mcil-mn.org
Johnson, Pamela	NHR Manager	651-603-2016	pamelaj@mcil-mn.org
Krantz, Kelly	IL/VR Manager	651-285-7142	kellyk@mcil-mn.org
Lamminen, Kevin	DLL Specialist	651-603-2034	kevinl@mcil-mn.org
Langr, Cindy	IL Specialist	651-603-2037	cindyl@mcil-mn.org
Laubignat, Corbett	IL Specialist/Peer Coordinator	651-603-2028	corbettl@mcil-mn.org
Moe, Warren	Ramp Specialist	651-788-8423	warrenm@mcil-mn.org
Murphy, Sarah	PAS Manager	651-788-8424	sarahm@mcil-mn.org
Pehl, Diana	NHR Admin	651-788-8425	dianap@mcil-mn.org
Phillips, Jack	DLL Specialist	651-603-2021	jackp@mcil-mn.org
Plaster, Mari	DLL Specialist	651-603-2017	marip@mcil-mn.org
Ramsey, Hallie	IL/VR Specialist	651-603-2022	hallier@mcil-mn.org
Roper, Lance	Case Manager	651-603-2003	lancer@mcil-mn.org
Roscoe, Ann	IL Manager/Systems Advocate	651-603-2026	annr@mcil-mn.org
Saari, Matt	Tech Manager	651-603-2023	matts@mcil-mn.org
Schifano, Barb	DLL Specialist	651-603-2032	barbaras@mcil-mn.org
Swedo, Tanya	Operations Director	651-603-2014	tanyas@mcil-mn.org
Tarshish, Cindy	ADA Coordinator	651-603-2015	cindy@mcil-mn.org
Wallace, Vernon	IL/VA Specialist	651-603-2027	vernonw@mcil-mn.org
Washenberger, Julia	DLL Specialist	651-603-2019	juliaw@mcil-mn.org
Weber, Liz	DLL Specialist	651-603-2010	lizw@mcil-mn.org
Weinand, Tia	PAS RN/QP	612-209-4962	tia@mcil-mn.org
Weiss, Shanna	IL/VR Specialist	651-788-8421	shannaw@mcil-mn.org
Wilcox, Adrienne	IL/VR Specialist	651-603-2025	adriennew@mcil-mn.org
Wilkie, Nick	Transition Coordinator	651-603-2018	nickw@mcil-mn.org
Worley, John	Receptionist	651-603-2030	johnw@mcil-mn.org
Zemek, Kristen	DLL Coordinator	218-444-2171	kristenz@mcil-mn.org
	Disability Linkage Line	1-866-333-2466	

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