

MILC RUN

MIDSTATE INDEPENDENT LIVING CHOICES

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

**16th
ANNUAL**

ADAPTIVE KAYAKING

IT'S BACK! Save the date!

Location to be announced at a later date.

SATURDAY AUGUST 27, 2022

A FREE EVENT FOR INDIVIDUALS WITH
DISABILITIES, FAMILY MEMBERS AND CAREGIVERS

- ▶ SUNSHINE, FOOD, FRIENDS AND FUN!
- ▶ KAYAKS, CANOES, PADDLEBOARDS + SAFETY VEST PROVIDED BY NORTHWARD PEDDLE AND PADDLE

▶ ALL AGES & ABILITIES WELCOME

STARTS: **10:30 AM**
ENDS: **3:30 PM**



**To be put on
an update
list call or
e-mail**

Alex Lena

alena@milc-inc.org

715-344-4210 ext. 232

PAGES 2-3

- Hearing Screen
- Immediate Openings!
- FIT for ALL

PAGES 4-5

- Voting Questions?
- Event Review
- What is Accessibility in Language?!

PAGES 6-7

- Assistive Technology Review at MILC
- Tech Time
- Loan Programs

HEARING SCREEN

August 5th & 6th

**Receive a free hearing screen
and check out our adaptive equipment!**

Kalahari Resort | 1305 Kahari Dr | Wisconsin Dells

**To guarantee a time slot, registration will need to be made in
advance.**

**To schedule your free hearing screen, and to schedule an
interpreter/SSP for deaf-blind,
contact Sandi Walkush at 715.344.4210**



**Midstate
INDEPENDENT
Living Choices**

IMMEDIATE OPENINGS!

**Variety of shifts! Positions available throughout our
11 county service area!**

Great
opportunity to earn
extra income!

Midstate Independent Living Choices



is in search of **CAREGIVERS** interested in assisting individuals in their homes providing personal, supportive and/or respite care. Travel allowance for eligible cases/employees. Experience preferred, or willing to learn new skills.

To see a full listing of our current openings visit

www.milc-inc.org

Complete the application online and submit to

ebuckles@milc-inc.org or

call 715-344-4210, ext. 222 to request an application

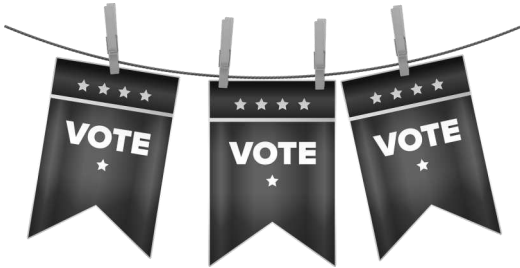
FIT for ALL



I would like to introduce a new program in the Stevens Point area for persons with disabilities. 212 Fitness along with MILC is working to bring this program to the area. FIT for ALL is a fun and inclusive program that brings the benefits of physical activity to everyone; exercises are adapted to each individual.

The first class will take place on Mondays and Wednesdays from July 11-August 17 at 2:00-2:45 PM at 212 Fitness, 3217 John Joanis Dr., Stevens Point. To learn more about this awesome program, please visit www.212fitnessclub.com/fit-for-all. If you would like to be one of the 15 athletes to benefit from this class, please call 715-343-0212 to register. If you are an individual who does not have a disability but would like to be part of this, volunteers are needed to assist the athletes, please call 212 Fitness if interested.

Voting Questions?



Do you have questions regarding voting and you don't know who to ask? The answers that you are looking for are most likely available on the My Vote Wisconsin website (<https://myvote.wi.gov>). That website can tell you whether or not you are registered to vote, where you go to vote, who/what is on your ballot, when your next opportunity to vote is, and more. You can even request an absentee ballot and track the status of the ballot.

If you're thinking, 'that's all well and good but I don't have access to a computer'. MILC can help. Just give Karalyn a call at (715) 344-4210 x230 and I can either locate the information for you over the phone with your address or we can make an appointment and do the search together here at the office. I'll be happy to assist in any way I am able.

~Karalyn Peterson, Resource Coordinator

Event Review

On March 25, 2022, MILC hosted its first adaptive ice skating event at the K.B Willett Ice Arena in Stevens Point, WI. This event was created to allow individuals with disabilities to get involved in the community and try a different recreational activity that was thought to otherwise not be possible. This was a free event for individuals with disabilities, their families and caregivers to attend. There were 29 total participants with various disabilities and skill levels, as well as, 8 volunteers from our community that attended. Walking tacos, popcorn, soda and water were available for attendees during the event. Ice skate rentals were provided at the rink and individuals could independently skate, use a walker, get pushed in a wheelchair or try sled hockey sleds.

We are hoping to make this an annual event and have the opportunity to bring our events to other counties that we serve. Thank you to the Wisconsin Adaptive Sports Association (WASA), K.B. Willett Ice Arena, and Delta Dental for partnering with us or providing donations to allow us to provide this opportunity to the community at no cost.

For more information, news, and events follow us/check out our Facebook page.

~Alex Lena, IL Consultant



What is Accessibility in Language?!



Accessibility is defined as “the practice of making information, activities, and/or environments sensible, meaningful, and usable for as many people as possible” (seewritehear.com). The most common example people think of when discussing accessibility is architectural accessibility such as using a ramp to enter/exit one’s home. While this is incredibly important, we don’t often discuss how to make the language we use as accessible.

Accessibility in language can look like using the proper terms and phrases when discussing disability. This means typically* using the term “people with disabilities” instead of “disabled”. Stating “someone uses a wheelchair” instead of “wheelchair bound”. Adjusting our language to become more accessible is a way of respecting individuals with disabilities and continually working towards eliminating barriers one may face in society. Learning the proper terminology towards accessible language can take time but with effort it can be achieved.

The chart below shows some phrases that can be reworded to be more accessible:

INSTEAD OF	SAY . . .
The handicapped or disabled	People with disabilities
He’s mentally retarded	He has an intellectual disability / diagnosis
She’s autistic	She has Autism (or a diagnosis of...)
He’s Downs; a mongoloid	He has Down syndrome (or a diagnosis of...)
She’s learning disabled	She has a learning disability (diagnosis)
He’s a quadriplegic / is crippled	He has a physical disability (diagnosis)
She’s a dwarf / midget	She’s of short stature/She’s a little person
He’s emotionally disturbed / mentally ill	He has a mental health condition/diagnosis
She’s confined to / is wheelchair bound	She uses a wheelchair/mobility chair
He’s in special education	He receives special education services
She’s developmentally delayed	She has a developmental delay
Normal or healthy kids	Children without disabilities
She is non-verbal	She communicates with her eyes/device/etc.
Birth defect	Congenital disability
Brain damaged	Brain injury
Handicapped parking, hotel room, etc.	Accessible parking, hotel room, etc.
She has a problem with . . . She has special needs	She needs . . . or she uses

*We acknowledge that some individuals prefer the term “disabled” instead of “people with disabilities” therefore respecting a person’s preferred terminology when referring to them is a must.

If you are curious about how you can learn more about accessible language, please give us a call at 715-344-4210!

~Madison Matijevich, IL Consultant

Assistive Technology Review At MILC:

We are in the full swing of summer and that means people are getting out and participating in outdoor activities. During the pandemic, participation in kayaking and other water sports grew due to being activities that people could participate while remaining socially distant. No matter your disability, or your skill level, there is a way to participate. Common modifications/adaptations to these activities could include: riding tandem with a friend or family member, paddle holders/assistants, ballast systems to help with stability, and transfer bench.



At MILC, we have a kayak transfer bench to aid individuals to get into the kayak, paddle pivot and hand/wrist paddle adaptations to assist in holding the paddle if strength/grip is limited, and a kayak ballast system to help provide stability and reduce tipping. For more information or to set up a time to see these devices, please call and ask to speak with one of our Independent Living Consultants.



Check out our Facebook page where every two weeks a different piece of assistive technology we have in our loan closet is featured.

~Alex Lena, IL Consultant

Tech Time



2022
TECH TIME

January 3
April 4
July 11
October 3

1:00 pm - 2:00 pm

3262 Church Street,
Stevens Point, WI 54481

FREE
FOR PEOPLE WITH
DISABILITIES

FOR PEOPLE WITH DISABILITIES WHO WANT
TO INCREASE THEIR INDEPENDENCE WITH
THEIR CURRENT TECHNOLOGY



For general information, to register or to request an interpreter, please contact Alex Lena

715-344-4210 ext. 232

Bring in a device you own

**Midstate
INDEPENDENT
Living Choices**

- CELL PHONE
- LAPTOP, TABLET/IPAD, ETC.

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 Choices
3262 Church Street
Stevens Point WI 54481

NON PROFIT ORGANIZATION
US POSTAGE PAID
STEVENS POINT, WI
PERMIT NO. 314

Electronic Service Requested

How To Get a Hold of Us:

Midstate Independent Living Choices
3262 Church Street
Stevens Point, WI 54481
715-344-4210 or 800-382-8484
milc@milc-inc.org or www.milc-inc.org

Newsletter Editor: Jennifer Strike: I&R Specialist

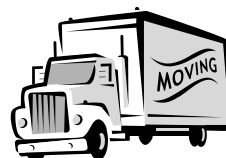
To contact the following departments dial:

Mental Health/Peer Support: Ext. 243
IL Program: Ext. 238
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



Partially Supported by Wistech,
Wisconsin's State Assistive Technology Program



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