

Midstate Independent Living Choices

MILC RUN

Quarterly Newsletter | October - December 2023

Go Digital With Us!

A Note from the Executive Director

Dear Friends and Supporters,

I am thrilled to share an exciting update with all of you - MILC is taking a significant leap into the future by transitioning from our traditional paper-based newsletter to a dynamic and more accessible electronic version!

The new electronic newsletter will bring a host of benefits. By shifting from a paper newsletter to an electronic version, we are reducing our carbon footprint and making a meaningful contribution to environmental conservation. This change also allows us to allocate more resources to our core programs and initiatives, ensuring that every dollar spent goes directly towards creating a difference. Secondly, the electronic version will be easily accessible to individuals of all abilities, with adjustable text sizes, screen readers, and other assistive technologies. This move towards greater accessibility is at the core of our mission, as we strive to empower all members of our community to lead independent and fulfilling lives.

As we progress into the digital age, we remain dedicated to fostering a strong and connected community. Our new electronic newsletter will be a dynamic platform for sharing inspiring stories, impactful updates, and the latest news related to our organization and the causes we champion. The interactive features will enable us to engage with you, our valued supporters, more effectively. With the electronic newsletter, accessing the latest updates and staying informed about our events, campaigns, and accomplishments has never been easier. The electronic format allows you to receive the newsletter directly in your inbox, making it convenient for you to read and share the content with others who might be interested in joining our cause. Additionally, the online version will be archived on our website, granting you access to past editions whenever you wish to revisit our journey. And yes, we will continue to publish the paper version of the newsletter for those that still wish to continue receiving it in the mail.

Thank you for your unwavering support and commitment to our mission. Here's to an exciting new chapter in our journey as we embark on this digital adventure together!

- Don Wigington, Executive Director



Go paperless!

Scan the QR code to sign up for our email newsletter.

Staff Spotlight: Taylor Redd, RN Case Manager



Taylor Redd, RN

Office: 715-344-4210 x236 Cell: 715-570-2185
Email: tredd@milc-inc.org

I have been working in healthcare for the past 12 years. I started as a Certified Nurse Aide (CNA) in 2011. I worked as a home care provider and in an assisted living facility. In 2016, I became a Licensed Practical Nurse (LPN). As an LPN, I continued to work at an assisted living facility and in home health and nursing home settings. In 2019, I became a Registered Nurse (RN). As an RN, I continued to work full time in a nursing home, until joining MILC as an RN Case Manager for the Personal Assistant Services (PAS) Department in 2020.

Outside of work, my son keeps me busy. He is an active Cub Scout and hockey player. I also enjoy reading and spending time with my family.

I am so grateful to be a part of MILC's team. I enjoy getting to know our consumers and am looking forward to continuing to serve them!

If you or someone you know has any in-home or community-based care needs, Taylor is here to help in any way possible for individuals with disabilities in the 13 counties she serves! Feel free to reach out to her in our PAS Department via call, text, or email!

Join our PAS team

MILC is in search of caregivers interested in assisting individuals in their homes providing personal, supportive, and or respite care.

- Variety of shifts
- Positions available throughout our 11 county service area
- Travel allowance for eligible cases/employees
- Experience preferred, or willing to learn new skills

For a full listing of our current openings visit: <https://milc-inc.org/careers>

Complete the application online and submit to:

ebuckles@milc-inc.org or call 715-344-4210 ext. 222 to request an application.



3RD ANNUAL

Adapted Ice Skating



SATURDAY, DECEMBER 16TH, 2023
12-2 PM



K.B. WILLETT ICE ARENA
STEVENS POINT, WI

Keep an eye out for registration on Facebook and our website



DID YOU KNOW?

MA (Forward Health) Renewals impact your long-term care.

If you are enrolled in IRIS, Family Care, or another long-term care program, you must renew your MA annually to avoid being disenrolled.

To learn more and renew visit <https://www.dhs.wisconsin.gov/forwardhealth/renewalstatus.htm> or scan the QR code.



Save the Date



17th Annual

ADAPTED KAYAKING

June 29, 2024
Nepco Lake, Wisconsin Rapids

MEET THE CENTERS

Get to Know the Centers, and the Peer Specialist Staff.

Sammie Sackmann, Certified Peer Specialist

ROCC Point

2040 Jefferson St. Stevens Point
Monday-Friday 10:30AM-3:30PM

715-544-0455

ssackmann@milc-inc.org



Felicya Brock, Certified Peer Specialist

A Better Way (ABW) Clubhouse

205 S. Cherry Ave. Marshfield
Monday-Friday 10AM-2PM

715-207-6622

fbrock@milc-inc.org



Taylor Jurgens, Recovery Center Specialist

River Cities Clubhouse (RCC)

441 Garfield St. Wisconsin Rapids
(Inside United Methodist Church)

715-424-4115

tjurgens@milc-inc.org



MILC's Drop-In Recovery Centers

help you build
community when you
may otherwise feel
alone in your struggles.



Peer support is facilitated with staff who has personal, lived experience with mental health and/or substance use conditions. Our staff are living in recovery and use their insight to create an environment of acceptance and understanding, and can help guide you on your own journey toward wellness and recovery.

We practice trauma-informed, consumer-driven services. Consumer-driven means you decide what services and activities to participate in, to help you gain or maintain your independence in life, and your place in the community. This includes activities and outings, educational opportunities, identifying and using community resources, and identifying goals/skills you wish to focus on.

We work hard to build trust and connection with members to have productive, recovery and wellness-oriented conversations and help you feel supported as they navigate your own journey as a person with a mental health or substance use condition.

Membership is open to any adult in the community who self-identifies as a person with mental health or substance use challenges. Members are allowed to attend the center regardless of their connection to payment sources.

Referral from a medical or mental health professional is NOT necessary. Members are encouraged to attend as often as they find helpful for their recovery while balancing employment, family, community connectedness, and wellness activities.

PEER SUPPORT IN THE COMMUNITY

We provide peer support outside of the centers too!

Contact MILC to learn more:

715-344-4210 milc@milc-inc.org

- 1:1 peer support
- Youth (under 18) peer support
- Shared disability support
- In the community or your home



Loan Programs: Wisloan and Telework

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.).

Telework is a statewide, alternative loan program allowing Wisconsin residents with disabilities to purchase equipment needed to start their own business. The loan cannot be used for salary or inventory, rather, it can be used to purchase things like technology, telecommunication equipment, equipment needed to perform the job. In addition to the purchase of equipment, the loan funds can be used for training in using equipment, extended warranties, the cost of maintenance and repair.

Loan amounts depend on the item, and ability to repay. The current interest rate is 4%. Don't let things like bad credit or bankruptcy keep you from applying. The focus is on the ability to make monthly payments. The circumstances for credit issues are taken into consideration by the review board.

Contact MILC and ask to speak to the Independent Living (IL) Department for assistance in completing an application.

Telecommunications Equipment Purchase Program (TEPP)

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 (TEPP). TEPP provides funding through the Universal Service Fund (USF) for people with disabilities to help offset the cost of specialized telephones and related equipment on the eligible equipment list. To learn more about TEPP, visit our assistive technology page at <https://milc-inc.org/AT/> and scroll down to the TEPP section.



You Can Reduce Your Risk of a Fall!

Visit Falls Free Wisconsin Today.

Did you know?

- One in four older people have a fall each year.
- Wisconsin has the highest death rate due to older adult falls in the country.
- Every 11 seconds an older adult somewhere in the United States is admitted to an emergency department for a fall.
- One out of five falls causes a serious injury. More than 95% of hip fractures are caused by falling and falls are the most common cause of traumatic brain injuries (TBI).
- **There are steps you can take to reduce your risk of a fall!**

That's why the Wisconsin Institute for Healthy Aging (WIHA), in partnership with the Falls Free Wisconsin Coalition, has launched Falls Free® Wisconsin (FFWI), a new website that gives older adults and their families the information and tools to prevent a fall.

What You'll Find at Falls Free Wisconsin

Access steps, tools, and resources to help you stay safe and independent in your home. When you visit www.fallsfreewi.org you can take the Falls Free Check Up to determine your own risk of a fall and find out what increases your risk. Then, learn the steps you can take to reduce that risk.

With videos, interactive quizzes, a home safety tour, handouts, helpful links and more, Falls Free Wisconsin is a one-stop shop for falls prevention in Wisconsin. Find balance and strength exercises (which are proven to reduce falls); learn how to keep your home safe by removing trip hazards, increasing lighting, and adding safety features such as handrails or grab bars; and find out about falls prevention programs like Stepping On, which has been proven to reduce older adult falls by 31%!



You have a big role to play in reducing your risk of a fall. Falls Free Wisconsin can help. WIHA and Midstate Independent Living Choices encourage you to visit www.FallsFreeWI.org today! And, take the Free Falls CheckUp online at bit.ly/3Pdi769.



Midstate Independent Living Choices
3262 Church Street
Stevens Point, WI 54481

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ELECTRONIC SERVICE REQUESTED

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Contact 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



facebook.com/MILCinc



instagram.com/MidstateILC



TikTok: MILCinc

To contact the following departments dial:

715-344-4210
Mental Health/Peer Support: Ext. 243
IL Program: Ext. 238
PAS Program: Ext. 224
Human Resources: Ext. 226
Accounting: Ext. 214
Marketing and Communications: Ext. 231



Go paperless!

Scan the QR code to sign up
for our email newsletter.



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