

Centerpieces

a publication of

**Southwestern Center for
Independent Living (SWCIL)**

Serving People with Disabilities in Southwestern Minnesota

SWCIL Board Member Spotlight – Maria Trejo



Maria Trejo

I have served on the SWCIL board for two and a half years. We were working with SWCIL because I have a son with spina bifida, and then I talked with Dan Snobl and he invited me to visit the board. So I did, and I liked it.

To me it's excellent to be on the SWCIL board. Just to know that you can be part of learning and do something for people with special needs. Sometimes we don't know that we can make a difference, and it's good to be with other people who have the same goals, to be there for others. They are a wonderful group. I'm learning, and I am happy with them.

I enjoyed it when we went to the U.S. Capitol in 2018. Just to know that you can have a voice that makes a difference means a lot for me. If we are

quiet and don't use our voice, perhaps we think that we don't need it. But, we can know that we can make a difference.

I always received very good support with SWCIL. I knew that they do a very good job, because my son was using that program. I would tell anyone interested in joining the board that they can do a lot more with others than they can do alone. If they are not doing anything, and they join the board, they can have a voice and help others.

To apply for board membership, please contact SWCIL for an application.

Fall Issue 2019

Also in this issue . . .

Consumer Success Story
Health Fair, New SWCIL Staff,
Lyon County Fair, and more

Consumer Success Story by Marie Grengs



Jimmy O'Malley

Meet Jimmy.

Jimmy is a friendly guy who loves to golf, read, watch TV, and practice his newfound talent: cooking. He began services with SWCIL in August of last year. In addition to Jimmy's disability, he has also been dealing with the loss of his mom, who was a key support in his life.

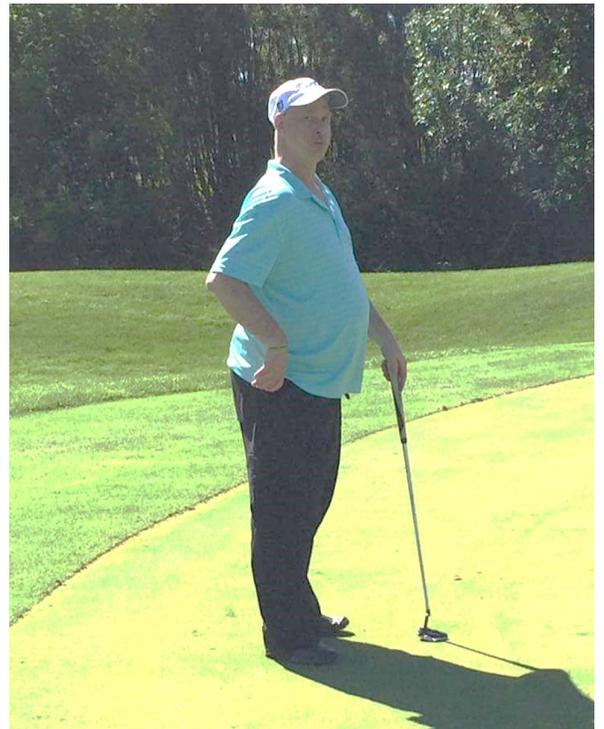
Jimmy wants to become more independent and to learn daily living skills such as food prep, meal planning, and cooking/baking. Since Jimmy has begun working with SWCIL, he has learned how to plan out meals (which includes reading through recipes ahead of time in preparation to make sure that he has the proper cookware), make shopping lists of

needed grocery items, and do the

necessary food preparation.

Another skill that Jimmy has learned is how to measure ingredients, both liquid & dry, which has involved revisiting the old math concepts learned in high school, such as adding and subtracting fractions in order to measure accurately. He has also learned the definitions and the techniques for cooking/baking terminology like folding, whisking, and kneading.

Jimmy has also been working on putting together his own individualized cookbook, which is a compilation of his favorite recipes organized in a binder, including recipes from his beloved mom's cookbook.



Jimmy O'Malley

Our Mission Statement: SWCIL is dedicated to working with and responding to the ever changing needs of persons with disabilities in Southwestern Minnesota to promote societal acceptance, inclusion, and equal access for all persons with disabilities.

Consumer Success Story ... Cont'd by Marie Grengs

These skills have helped Jimmy to feel more confident and independent at home and in the kitchen. By developing these skills, not only has Jimmy learned that he is competent and self-sufficient, but he has also become aware of another side of himself, that he is creative and has a natural talent in the kitchen. He has earned the name “Chef Jimmy”, as his IL support staff like to call him.

“Jimmy has really made progress on his goals,” his IL support staff stated, “which stems from his enthusiasm and willingness to learn and try new things. He is not afraid of making mistakes, but if he does, he just laughs at it and tries harder the next time. He has a positive attitude and a great sense of humor. We have quite a few laughs while working in the kitchen, which makes my job fun!”

One of the other supports that SWCIL has linked Jimmy to is Deaf & Hard of Hearing Services, who have been instrumental in sharing resource information on the TED phone system, and the VRS (video relay system), which will help Jimmy to have better communication with other support services, family and friends.

Jimmy is currently working on a new goal: “How to prepare and cook healthier snacks & meals.” He would like to take what he has already learned and apply his newfound skills towards healthier food choices. He is inspired and ready to tackle his new goal.

New SWCIL Staff – Kathy Monahan



Kathy Monahan

Hi! My name is Kathy Monahan, and I am a new Independent Living Program Support Assistant at SWCIL. I was born in Iowa, raised in South Dakota, and have been living in Southwestern Minnesota for the last two and a half years. I live on a farm with my significant other, and we are like the Brady Bunch, with three adult children each, and they have blessed us with a total of seven grandchildren.

I am excited to be involved with SWCIL and be of assistance to the needs of our communities. I love camping, traveling, exploring, bicycling, dancing, and family activities. I am proud to be a part of such a wonderful organization and look forward to meeting you.

SWCIL Staff Spotlight by Shelby Horner



Shelby Horner

I graduated college in 2017. I thought I was done with schooling and education and ready for a full time job. Honestly, I can't help but look back and laugh at myself.

What I wasn't prepared for was the constant education you get in the "working world." In my time working for SWCIL I've learned that the agency prides itself in providing continuing training opportunities to help their staff be the best that they can be. I personally feel that these trainings light a fire in me to continue working on expanding services for persons with disabilities in general but also better the services that I provide. The trainings that I've been able to attend have helped me feel so much more confident in the work I do. They allow me the

opportunity to continue education but in a more career-focused capacity, versus the broad education that college provided.

One recent training I was able to participate in through the University of Minnesota was called the Financial Educator Certificate Program, which started last September and ended in April. Every week we would cover a new topic, ranging from budgeting to insurance to teaching money management to kids, and more. My two personal favorites were learning about money management differences in different cultures and the different budgeting techniques. I was provided with a variety of helpful resources to help teach individuals how to budget and save.

I plan on applying these skills to my work with the benefits coaching consumers I work with. Benefits coaching is a service SWCIL provides in collaboration with Voc. Rehab, where individuals receiving benefits can learn how they will be affected by work. Often times these two services, benefits coaching and budgeting, go hand in hand to ensure that the people we are working with are fully prepared to enter the workforce or return to work. Overall, I cannot thank SWCIL enough for allowing me these opportunities for professional development that I am sure will stick with me throughout my career.



Find us and Like our page to keep up with all the latest SWCIL news and events.



Health & Wellness Fair by Marie Grengs

SWCIL participated in the Health & Wellness Fair at Boulder Estates in Marshall. This event is held annually in honor of Older Americans Month. Boulder Estates staff and tenants host the fair to provide resources for aging citizens. The event is free and open to the public as a service to senior citizens, their families, health care providers, and care providers. This year many health and wellness related vendors in the Marshall area signed up to display tables and to provide information regarding their respective areas of expertise. It was a great opportunity for SWCIL to share information about its services and for us to learn about other resources & supports in the area.



SWCIL's Adam Chandler displays information and samples of Assistive Technology

New SWCIL Staff – Ruth Hubbling



Ruth Hubbling

Hi! My name is Ruth Hubbling and I am a new IL Specialist in the Worthington area. I am excited to begin this new chapter in my life and I look forward to meeting many new people. I spent 21 years as an advocate for the Southwest Crisis Center, an organization working with victims/survivors of domestic and sexual abuse, and ended my time as the Executive Director for 8 years. I worked with CCSI at The Achievement Center and a few group homes in Worthington. My most recent employment was with the Southwestern Mental Health Center,

Inc., where I spent almost 8 years as an Intake

Specialist. I enjoy talking with and listening to people to help them identify what needs there may be for their lives. I also enjoy being able to connect people to resources in their community which will address their needs. SWCIL will give me an opportunity to utilize the skills I have gained, to continue to be of service.

Disability Awareness at the 2019 Lyon County Fair

SWCIL, along with Special Olympics and the fair board, combined efforts to provide Disability Awareness at the Lyon County Fair. This event proved to be a great success, with 212 attendees benefiting significantly as a result of the many generous donations from the businesses and organizations who made the gifts and prizes offered to the participants possible.

Specifically, individuals with disabilities attending the Fair received a gift bag that included the following: 1) a ticket to either the Rodeo or Demo Derby, or a Ride Armband; 2) a malt ticket; 3) a \$5.00 ticket to spend at a food stand; and 4) a sponsorship flyer, as well as an array of various prizes, including stuffed animals, coupons, trinkets and drawings.

Additionally, visitors to the SWCIL booth had the opportunity to enjoy a number of activities. One popular activity was painting, hiding, and finding rocks, either at the fairgrounds or around Marshall. Participants posted their rocks on social media with the hashtag #rockindisability to see if their rock was found. They could also spin a wheel to answer questions on disabilities to win prizes, color at a coloring station, or do crosswords with a highlight on disability awareness.



Southwestern Center for Independent Living (SWCIL) is a community-based, non-profit organization serving people with all disability types in the ten counties of southwestern Minnesota through: *Individual and Systems Advocacy *Cross-disability Peer Counseling *Information and Referral *Independent Living Skills Training *Public Education All of SWCIL's programs and services are consumer controlled with an emphasis on improving the quality of life for all people with disabilities. SWCIL's aim is to provide education and awareness to promote inclusion, acceptance and equal access in society for all people with disabilities.

For more information about SWCIL programs and services, please contact us at: 109 South 5th Street, Suite 700—Marshall, MN 56258 Phone: (507) 532-2221 or (800) 422-1485 (For MN Relay, dial 711) or fax (507) 532-2222.

If you have poems, personal successes, letters to the editor or questions for our readers, send your submissions to: Deb at SWCIL 109 S. 5th Street, Suite 700, Marshall, MN 56258 or call the office at 507.532.2221, ext. 101.

Upcoming SWCIL Events

RSVP: 507.532.2221 OR 800.422.1485 (for MN Relay, dial 711)
swcil@swcil.com OR message us on Facebook

All events are smoke and fragrance free
Reasonable Accommodations upon request

Gardening Club

When: Tuesday afternoons, into October

Where: Garden Plot on State Highway 23 near SW Coaches

Time: 4:00-5:00 P.M. **Cost:** FREE **Please RSVP!**

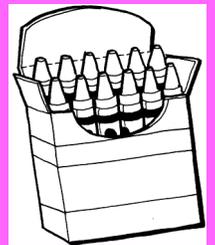
Call us about learning to make salsa at the end of the season.

Adults-Only Coloring Club

When: Sept. 30, Oct. 28, Nov. 25, Dec. 16, Jan. 27, 2020

Where: Marshall SWCIL Office

Time: 4:30-6:00 P.M. **Cost:** FREE **Please RSVP!**



Craft Night

When: Sept. 23 (sand art), November 4 (decorate a Christmas ornament) Watch for events on January 6, 2020 & Feb. 17, 2020

Where: Marshall SWCIL Office **Please RSVP!**

Time: 4:30-5:30 P.M. **Cost:** \$2.00 (receipts available)

Marshall Area Social Rec

When: Fall Harvest Dance—October 25, Christmas Dance—Dec. 13

Where: Locations vary—please call to RSVP!

Time: 5:30-7:30 P.M.

Cost: Costs vary—call for details

To receive flyers by email, call or email swcil@swcil.com
Friends & family are welcome and encouraged to attend

Southwestern Center for Independent Living
109 South 5th Street, Suite 700
Marshall, MN 56258-1268
Phone: 507-532-2221 or 800-422-1485 (For MN Relay, dial 711)

Website: <http://www.swcil.com>
E-mail: swcil@swcil.com
Facebook: www.facebook.com/SWCILMarshallMN

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