

Centerpieces

a publication of

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

Serving People with Disabilities in Southwestern Minnesota

Board Member Spotlight by Ted Stamp



Picture of Carrie

One of SWCIL's newest board members, Carrie Stiernagle, has served on the board for about a year now. Her day job is at Schwan's Company as a System Developer, and in her free time she likes to read, scrapbook, and spend time with friends and family.

What initially got her interested in serving on SWCIL's board? "A friend called me one night and asked if I'd be interested in joining," she said. And because she wasn't too sure about doing so, this friend invited her to a meeting to get a feel for how it would be, and the next month she was appointed. When asked to join the board, she almost declined because she was nervous about

being on a board of any kind. However, when asked about her experience so far, she said, "Since the first meeting I have felt welcomed. Even though we've only met remotely since I've joined, the meetings are conducted in such a way that I feel like I'm still connected with the other members, even if we haven't all met in person yet."

Her hope as a member of SWCIL's board is to help enable the agency to continue to offer their great services to positively impact more people's lives throughout the Marshall community and Southwest Minnesota region.

Continued on page 2

Summer Issue 2021

In this issue . . .

Garden Beds

Consumer Success Story

Upcoming Events

...And more

Board Member, continued from page 1

“I thought I knew about the services SWCIL offers, but there is so much more to what this group does to help than what most people would think,” she said. “Each month we get to hear success stories on how those in the community [are] helped, and it is great to know that I can have an impact to make someone's life easier and better just by being a board member.”

A key issue Carrie has had to face in her experience has been in relation to the shutdowns and precautions resulting from the Covid-19 crisis. “It has been great to see how everybody came together to get through the new rules, regulations, and other changes to make sure everyone is still able to provide services to those who need it, while keeping everyone safe.”

One positive change she has seen since joining the board has been how services have been able to continue to be offered virtually (that is, via computer). “It just shows how the staff has done a great job in such a short time to make sure clients are taken care of.”

Lastly, Carrie has described her experience so far as a positive one and would encourage anyone interested in joining the board to “come and join us!”

New Staff Member: Sharlett Glidden



Picture of Sharlett

My name is Sharlett Glidden. I was born in Jamaica and lived half my life there. The other half of my life I have been living in SW Minnesota. I am the mother a beautiful 5-year-old, and I have an adventurous, energetic personality. My hobbies include traveling, cooking, spending time with family, braiding hair, and enjoying my child. I am very excited to join the SWCIL team, as we share similar values and goals. I look forward to sharing in the mission of serving and supporting a diverse community of individuals achieving the goals they have and living successful, independent lives. I am excited to rally with a team that makes consumers and their choices priorities for living happy, successful lives.

The Garden Club

by Shanda Walker

SWCIL is offering a Gardening Club for the third year in a row. After having a virtual garden club last year, we are ecstatic to be offering the Gardening Club in person again this year! We meet from 3:30-4:30 P.M every Tuesday afternoon throughout the summer. Please call the SWCIL office to sign-up to be a part of this exciting event.

Accessible Garden Beds

by Shanda Walker

Through donations and a grant from SHIP (Statewide Health Improvement Plan), SWCIL built raised, accessible garden beds to distribute to a few locations in Tracy and Marshall.

These garden beds were given to community organizations to promote life-long healthy eating and active living habits benefiting individuals for years to come.



Picture of Shanda in sunglasses giving thumbs up!



Picture of Adam building a raised garden bed.

Consumer Success Story ... by Ruth Hubbling

When I first met Kylie,* high school senior, she said she was shy and had difficulty speaking with people she didn't know. Looking to attend college after graduation, she was concerned that this would create a barrier in her career as a Cosmetologist. She spent most of her time with her family and her best friend and typically would not reach out to someone she didn't know.

Working with SWCIL, Kylie chose a goal to "increase my communication and interpersonal skills." She began to identify and share with me things about herself and how she could use that to introduce herself to others. She began introducing herself to the high school faculty, sharing a little about herself, and the faculty in turn sharing some things with her. And though Kylie commented that she still would get the nervous feeling in her stomach, she was determined to keep trying.

Kylie's next step was to engage other students. She was afraid that when she spoke to others, they would think that what she said was odd or dumb. Anxiety made her stomach twist, and she would keep to herself. She decided to try to smile at students in the halls and would occasionally say "Hi". But a few months after she began to communicate with other students, she was excited to say that she had made a new friend. This was an incredible accomplishment, as she previously had just one friend.

Remote learning made it more difficult for her to meet new people, but she worked on role playing in our meetings and with her family. When her college classes began in August, Kylie was nervous but believed that she could speak to her classmates and instructors. She spent time identifying conversation starters and learned how to engage customers to gain the information she needed to do her work, as well as getting to know them.

Where Kylie once waited for an invitation to start a conversation or share something, she began to do that on her own. She found her personal interests to be an asset to her ability to connect with others. Her enthusiasm for school and her career have continued to grow. Kylie has found the confidence and pride in herself and looks forward to college graduation so that she can continue to use the skills she has learned, to have a successful career.

*Consumer requested real name not be used and SWCIL accommodated that request.

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 email deb@swcil.com

Upcoming SWCIL Events via Zoom

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

All live events are smoke and fragrance free

Reasonable Accommodations upon request

2021 Social Rec Events

**Changes to dates & times will be posted on
swcil.com and SWCIL's Facebook page**

**Tuesdays, 3:30 - 4:30 P.M. Garden Club (every Tuesday, all summer)
August 13, 5:30 - 7:30 P.M. Marshall Area Social Rec Dance (in person)
August 30, 4:30 - 5:30 P.M. Coloring Club (watch for updates)
September 27, 5:30 - 6:30 P.M. Craft Night (in person)**

Community Education Classes

All via Zoom...

Parents Supporting Parents. August 26, 2021 at 1:00 p.m. Meets monthly. Please call for dates.

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

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.

Disability Awareness at the Lyon County Fair

Each year SWCIL presents Disability Awareness at the Lyon County Fair. SWCIL



Picture of a Ferris wheel at the fair

sets up a booth with information on services we provide along with various types of educational materials to help the fair-goers become more familiar with disabilities. Our Spin-the-Wheel Trivia will be available, Staff will be available to answer questions, and you may contact our booth for information on demos of our Assistive Technology Equipment. The local fair board works hard to provide special perks for individuals with disabilities and SWCIL works with them, contacting local businesses to ask for donations to the fair board. These



Fair Ticket



Picture of a rodeo rider on a bucking horse.

donations help provide the contents to the gift bags that are assembled with tickets to use at the fair, such as: a \$5.00 Food Stand Ticket; a free ice-cream treat from the malt stand, (provided by that vendor); and the choice of a ticket to the Rodeo, a Ride Armband, or a Sensory bag. Also included in the gift bag are coupons that local businesses have donated.

At the last fair, two years ago, over 200 excited, appreciative individuals received these gift bags. This year's fair in Marshall is taking place August 11-15th. Hope to see you there!



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

Tie-Dye Craft Night

The most recent (July) Craft Night saw participation of 18 people and was encouraging for all because it was the first time in more than a year that people were able to get together in person rather than through a video platform like Zoom. Here's to more events like this, with life more back to normal (and in this case outside on a beautiful summer evening.)



Picture of Jen, SWCIL Program Manager, helping Cathy & Mike with their Tie Dye project

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 and *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.

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
Youtube: <https://www.youtube.com/channel/US-xO75AFKykiFuz4EiVj9lw>
Instagram: <https://www.instagram.com/swcilmarshallmn>

PRST STD
US Postage
P A I D
Marshall, MN
Permit 20

Return service requested

SWCIL Board Members

Pamela Russell, Chair,
Cody Seehafer, Vice Chair
Leah Hastad, Secretary
Derek Klinkner, Treasurer
Tashauna Swanson
Maria Trejo
Carrie Stiernagle

SWCIL Staff

Adam Chandler, Program Manager
Jennifer Cox, Community Project Coordinator
Melissa Doherty, Executive Director
Sharlett Glidden, IL Specialist
Deb Gratz, Administrative Assistant
Linda Halbur, LSW, Program Manager
Ruth Hubbling, IL Specialist
Harry Remley, Peer Mentor
Ted Stamp, IL Advocate
Annette Swanson, Grants & Financial Manager
Jen Thovson, Program Manager
Shanda Walker, IL Specialist
Teri Woelfel, CAS, IL Specialist

Funding for Independent Living Services is provided by MN DEED-VRS from the State's General Fund and the U.S. Department of Health and Human Services.