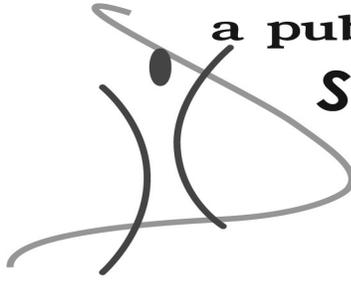


# Centerpieces

a publication of

## Southwestern Center for Independent Living (SWCIL)

Serving People with Disabilities in Southwestern Minnesota



### Basic Winter Etiquette – A Reminder by Shanda Walker

As the winter months and holiday season are upon us, SWCIL would like to stress a few things for businesses and other members in our community to consider.

1. While holiday decorations are wonderful and festive, please try to ensure your decorations do not restrict access. For example, wrapping handrails in garland looks lovely, but it can make it difficult for those with mobility impairments to navigate stairs, ramps, or walkways.
2. If you play holiday music – wonderful! But please consider playing it at a low volume so as to respect those with hearing or sensory processing disabilities.
3. While crowds and excitement and colorful decorations are fun for many, this is not the case for everyone. Please be patient and considerate of those who do not wish to participate in some of the traditions that may make them overwhelmed.
4. Snow removal is a pain for all of us to do, but it is necessary (especially in public) for keeping things accessible. So please do your best to keep your sidewalks, walkways, entries, and, if applicable, parking spaces, free of snow and ice, so that wheelchairs, scooters, strollers, canes and walkers can more easily navigate them.



Picture of snow-covered road with snow covered pine trees in the background

Thank you for your help in keeping our communities safe and inclusive!

#### Summer Issue 2021

In this issue . . .

Emergency prep ... p.2 New  
staff spotlight ... p.3-  
Permobil Smart Drive ... p. 6  
And more



## *New Staff Spotlight - Stephanie Shafer*



Picture of Stephanie Shafer

Hi! My name is Stephanie Shafer.

I am new to Minnesota, just moved here in June from sunny Florida!

I am the new IL Program Support Assistant. I live in Lyon County with my husband and cats! I've always been passionate about helping others. That passion has led me to other countries, states and many different jobs: from foster homes, before and after school programs, live-in nanny, and working front desk at places that help people become their best selves.

I look forward to using my passion to help the people of this incredible community.

## *New Staff Spotlight - Angie Newville*

Hello! I am Angie Newville. I will be working with SWCIL as an Independent Living Specialist. I was born and raised in Southwest Minnesota and am so excited to be taking on a position that allows me to give back to my community. I am a graduate of SMSU and have 15 years of experience working in the healthcare field as a direct service provider. Those years were spent working with both the elderly and individuals with disabilities. This diversity has given me the opportunity to learn how to identify what areas need improvement to better meet individual needs. In the past several years I have witnessed family members struggle with illness and disability. These experiences have given me the ability to be more compassionate and made me passionate about being a part of the solution. My position here at SWCIL provides me with the opportunity to work alongside a group of individuals dedicated to providing solutions to the current challenges that our consumers are facing daily, and I am looking forward to taking on this new challenge.



Picture of Angie Newville

## Southwest ADA Accessible Video Game Survey

The Southwest ADA Center is conducting a study on video game accessibility for people with disabilities. Are you 18 years of age or older? Do you play or like video games? Do you have a disability or limitation? If so, then you may be just right for our study! We want to learn what we can do to make the process of gaming better for those individuals with disabilities.



The questionnaire will take approximately 10 minutes to complete. Please complete the survey before it closes on February 28th, 2022. This non-scientific survey is a collaborative effort of the Southwest ADA Center, Dell, and Intel.

For inquiries contact George Powers at [George.Powers2@memorialhermann.org](mailto:George.Powers2@memorialhermann.org).

To take the survey or for more information visit:

[https://uthtmc.az1.qualtrics.com/jfe/form/SV\\_6LSyB31GJzQFKey](https://uthtmc.az1.qualtrics.com/jfe/form/SV_6LSyB31GJzQFKey)

## Assistive Technology Web Series Coming Soon

Make sure to keep an eye out in the coming weeks for a new series on the SWCIL YouTube page on the assistive technology devices SWCIL has in its inventory and their use.



## **Upcoming SWCIL Events**

**RSVP: 507.532.2221 ext 103 OR 800.422.1485 (for MN Relay, dial 711)  
Angie@swcil.com OR message us on Facebook**

**All live events are smoke and fragrance free**

**Reasonable Accommodations upon request**

**Changes posted on [swcil.com](http://swcil.com) and SWCIL's Facebook page**

### **2022 Social Rec Events via Zoom –RSVP for login info**

**Coloring Club: January 10, February 14, March 14, April 11 (2nd Monday of the month) 4:30 p.m. - 5:30 p.m.**

**Game Night: Virtual Bingo: January 17, 4:30 p.m. - 6:00 p.m. Prizes donated from local businesses! Please RSVP for cards to be sent electronically.**

**Craft Night: Build a Sock Snowman: Jan. 26, 4:30 p.m. - 5:30 p.m. Please RSVP for supplies to be picked up or dropped off.**

**Karaoke Night: When you get to be the star! February 9, 4:30 - 6:00 p.m. RSVP with song requests by February 2, 2022**

### **Community Education Class via Zoom...**

**Parents Supporting Parents January 19, 6:00 p.m.**

**Meets monthly. Please call for dates, times, and to RSVP.**

**To receive flyers by email, call or email [swcil@swcil.com](mailto: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.

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.

## Permobil SmartDrive by Ted Stamp

Do you push a manual wheelchair or know someone who does? If so, this article is for you.

The Permobil Smart Drive Omni-wheel is a light, portable attachment made to connect to any rigid-frame or folding wheelchair. Its purpose is to offer power-



Picture of two bells with holly, ivy and pine branches



Picture of wheel chair with the Permobil device attached

assistance to those with limited strength, as well

as to prevent or reduce the risk of repetitive strain injuries for all users.

According to a recent Permobil webinar put on through the Christopher & Dana Reeve Foundation, it is not unusual for manual wheelchair users to push their chair 2000-3000 times daily, whereas anything over 1500 pushes is harmful. This webinar also explains that this excess pushing can lead to rotator cuff

tears, which is experienced by 49% of manual wheelchair users. Not surprisingly, carpal tunnel syndrome is also quite common for this crowd.

And not only can these problems result in the need for surgery, which can be costly, it can result in a person not being able to push their chair for weeks at a time thereafter, which might also include the possibility of missing work or being otherwise sidelined from family or other responsibilities.



Picture of Permobil device

So not only is this device aimed at preventing such, it also seeks to make people with disabilities of various strength and ability levels as independent as possible, including the ability to navigate outdoor terrain.

There are several options for using the device, including a kind of smartwatch that connects to the device through Bluetooth, where all the settings can be adjusted. There is also an app that works through smart phones this way, as well as a physical switch available for steering and monitoring the speed of the device, while others can do so simply by pushing or braking the wheels with their hands as they would normally do.

For more information, see the Permobil website, or search for Permobil SmartDrive on YouTube.

## Happy Holidays from SWCIL!



Pictured: Top row: Adam Chandler, Shanda Walker, Jennifer Cox, Angie Newville  
Row Two: Deb Gratz, Jen Thovson, Stephanie Shafer, Annette Swanson  
Row Three: Sharlett Glidden, Melissa Doherty, Linda Halbur, Teri Woelfel  
Row Four: Harry Remley, Ted Stamp, Kristina Tollefson, Ruth Hubbling

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  
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E-mail: [swcil@swcil.com](mailto:swcil@swcil.com)  
Facebook: [www.facebook.com/SWCILMarshallMN](http://www.facebook.com/SWCILMarshallMN)  
Youtube: <https://www.youtube.com/channel/US-xO75AFKykiFuz4EiVj9lw>  
Instagram: <https://www.instagram.com/swcilmarshallmn>

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



Picture of holly berries  
and ivy

## **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  
Angie Newville, IL Specialist  
Harry Remley, Peer Mentor  
Stephanie Shafer, IL Program Support Assistant  
Ted Stamp, IL Advocate  
Annette Swanson, Grants & Financial Manager  
Jen Thovson, Program Manager  
Kristina Tollefson, IL Program Support Staff  
Shanda Walker, IL Specialist  
Teri Woelfel, CAS, IL Specialist

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