

Centerpoint

Taking Control of Tomorrow

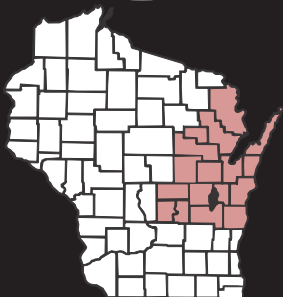
Centerpoint Newsletter. A publication of Options for Independent Living Inc

FALL ISSUE 2020

Serving 17 counties in
Northeast Wisconsin
and the Fox Valley

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optionsil.com 

It has been awhile since **OPTIONS** has put out a newsletter, so let me update you on what is happening...

OPTIONS closed its doors on March 17 due to the pandemic, but has continued to provide services virtually since that date. Although our offices and LEND equipment program are closed to the public, staff continue to provide all services virtually from home. All the phone numbers and contact information remain the same. During this unprecedented time in our nation when there is a lot of uncertainty looming, please know we are all in this together. So if you need us, please contact us, we are here!

I also wanted to mention we celebrated the 30th Anniversary of the Americans with Disabilities Act on July 26. This monumental civil rights law continues to remove barriers for people with disabilities. Although there is more work to be done, the accomplishments of the ADA cannot be overlooked. Happy 30th anniversary ADA!

This addition of our newsletter contains voting resources, a consumer spotlight, social security updates, exciting assistive technology devices, mental health resources, and more. Enjoy!

Take care and be safe,

Sandy Popp,

Director of Independent Living Services ♦

**HAPPY 30th anniversary
Americans with
Disabilities Act (ADA)!!**



Don't Forget to VOTE!!

REMEMBER TO VOTE ON NOVEMBER 3RD

If you have not voted yet, there is still time!

Early voting began in many communities on, October 20. For those who want to vote early in-person, the Disability Vote Coalition encourages voters to wear a mask, and to check with their clerk or on MyVoteWisconsin for early voting locations and hours, and consider use of curbside voting.

If you are not registered, you can register at your polling place. Remember you will need a picture ID to vote, or to register. If you are registering to vote you will also need proof of residency such as a utility bill or bank statement with your name and current address on it.

Please VOTE! ♦

“Vote as if your life depends on it! Because it does!”

words of Justin Dart Jr., known as the Father of the Americans with Disabilities Act and Disability Advocate.

HELPFUL RESOURCES FOR VOTING

Call your municipal clerk's office	myvote.wi.gov/en-US/MyMunicipalClerk
Wisconsin Disability Rights Vote Coalition Hotline	1-877-347-8683 or info@disabilityvote.org disabilityvote.org
Dept of Motor Vehicles (DMV) Voter Hotline apply for a free Photo ID for voting	1-844-588-1069

Do you feel

Alone? Sad? Anxious? Unsure? Angry? Numb?

You're not alone! Millions of Americans throughout the U.S. are struggling with many different feelings, thoughts and reactions to the challenges associated with COVID-19. How people respond to different situations is unique to each person and there is no "right" or "wrong" way to cope. Just like taking care of our physical health is important, so too is taking care of our emotional and mental health. Everyone has emotional and mental health needs. Being aware of available sources of support can be a helpful start to taking care of YOU! ♦

**Resources
Here**



RESOURCES

WARM LINES

Iris Place Warm Line	920-815-3217 or 920-740-7473	www.namifoxvalley.org/iris-place/
Milwaukee Warm Line statewide	414-777-4729	mkewarmline@mail.com Mary Kay Wagner Sun, Mon, Wed, Sat 6 pm to 10 pm
Solstice Warm Line	608-244-5077	www.soarcms.org
A Kind Voice Topic-based line staffed by volunteers	1-800-876-2399	www.akindvoice.org 7 days a week 8 am – 9 pm

NATIONAL HOTLINES Available 24/7

National Suicide Prevention Lifeline	1-800-273-8255
National Suicide Prevention Lifeline For TTY Users	Use your preferred relay service or dial 711 then 1-800-273-8255
Nacional de Prevención del Suicidio	1-888-628-9454 Espanol
RAINN National Sexual Assault Hotline	1-800-656-HOPE (4673)
National Teen Dating Abuse Helpline	1-866-331-9474
The Trevor Project (LGBTQIA+ youth)	1-866-488-7386
AMHSA Treatment Referral Hotline	1-800-662-HELP (4357) for Substance Abuse

TEXT HOTLINES

National Suicide Prevention Lifeline	Text TALK to 741741
National Suicide Prevention Veterans Crisis Line for Veterans or Service Members	Text 838255
Disaster Distress Hotline	Text TALKWITHUS to 66746

ONLINE CHATting WEB RESOURCES

Suicide Prevention	www.suicidepreventionlifeline.org/chat/
LGBTQIA+ youth	www.thetrevorproject.org/get-help-now/

CONSUMER CORNER

Ken is a father who lives in Door County and had a stroke 2 years ago. His adult children live across the country. The closest adult child, who lives in Milwaukee, noticed Dad needing a little more support and was told to contact **OPTIONS**.

After **OPTIONS** IL Coordinator, Stacie Scheibe, had a Zoom meeting with the whole family it was decided they would try an Amazon Echo show for the "Drop-in" feature, as it allows a video phone call to go thru with the other person excepting the call. Family members would be able to call through their iPhones or their Echo Show and have 2- way virtual check-ins with their father. Devices were ordered and with the assistance of Calvin Richtig, **OPTIONS** Assistive Technology Specialist, and Stacie Scheibe, Ken and the family were virtually trained on the set up and use of the Echo Show.

Since that time, all family members have taken

turns "dropping-in." They are thrilled at how easy the process was for them. It allowed them the ability to see their Dad when talking to him through the Echo Show giving them the ability to provide virtual caregiving in a fun way. A short time later the son from Milwaukee contacted Stacie Scheibe to let her know his daughter is getting married and they were going to "Drop-in" on their Dad, Ken, so he could see and be a part of the wedding service and the dance.

Because of the COVID pandemic and Ken's stroke the family did not think it would be safe for him to travel. Hence, as a result of Options work with Ken, his family, and the Echo Show, Ken was able to virtually attend his granddaughters' wedding. Isn't technology great!

Find more information on the Echo Show in the Assistive Technology on page 6. ♦

ACT NOW!

Do you want your voice heard, but feel just your voice alone would not be enough? Join **OPTIONS** legislative advocacy network, Act Now! Individuals in the network receive legislative alerts and updates on issues impacting people with disabilities.

When an alert or update is received, everyone on the network is encouraged to pursue the issue by contacting their area legislators, combining your voice with many! Act Now alerts can be delivered either through email or US Postal Mail.

Contacting your legislators about issues

that may affect you, or someone you know, is important. Your legislators want to hear firsthand how legislation being considered can impact your life positively or negatively. It helps in their decision making. Joining Act Now will assist you in those efforts. This network will educate you on the issues and help you to advocate more effectively. The more people in the network, the greater the impact.

If you are interested in joining Act Now, contact Sandy Popp at **OPTIONS** 920-393-1043 or toll-free at (888) 465-1515 ext 179 ♦

BENEFITS BUZZ 2021 Social Security Changes

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 1.3 percent in 2021, the Social Security Administration announced today. The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2021.

Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020. Note: some people receive both Social Security and SSI benefits. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800 from \$137,700.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount/.

Information about Medicare changes for 2021, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2021 are announced. Final 2021 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola/ ♦

VISION and MISSION STATEMENT

VISION STATEMENT: *OPTIONS FOR INDEPENDENT LIVING* empowers people with disabilities.

MISSION STATEMENT: *OPTIONS FOR INDEPENDENT LIVING*, serving people with disabilities in 17 counties of Northeast Wisconsin, is the pre-eminent non-profit organization of choice to empower people with disabilities. *OPTIONS* provides opportunities, through advocacy and education, for individuals with all disabilities and ages, to actively access their communities, maximize their independence, and connect with the resources and funding available to them. ♦

The logo for Options for Independent Living. It features the word "options" in a large, lowercase, serif font. Below it, the words "for independent living" are written in a smaller, lowercase, sans-serif font, with "inc" as a subscript at the end.

TECH CLOSET NEWS

OPTIONS AT Specialist can assess an individual with a disability to determine the role assistive technology can play in achieving greater independence. For more information on the pictured technology or other assistive technology that can help you reach your goal of independence, contact Calvin Richtig, **OPTIONS AT** Specialist, at 920-393-1037 or toll-free at 888-465-1515 ext 130. Assistive technology partially supported by the WisTech, Assistive Technology Program. Telecommunication partially funded by the Universal Service Fund (USF.) ♦



ECHO SHOW PERSONAL ASSISTANT

Echo Show is a voice active personal assistant device that can support a person or their caregiver in the home or remotely. Voice activated video phone calling allows to visual talk with your loved ones without dialing the phone. Also the caregiver can remotely use the "Drop-in feature" to ensure a loved one's safety. You can use the Echo show to voice activate or control remotely from your smart device lights, thermostat, door locks and so much more. You can use your Echo show to set up prompts and reminders to support tasks, medication management, general health and safety in the home. ♦



LOCKED MEDICATION DISPENSER

Locked medication dispenser - To help regulate medication to ensure the right dosage at the right time the locked medication dispenser is the answer. You can program up to 4 dosages at a time over a 24-hour time period. Plus, dispenser will keep sounding its alarm until the medication is removed from the tray to ensure medication is being taken. ♦



FUNDS for HOME ACCESSIBILITY, REHABILITATION, OR REPAIR

OPTIONS has HOME funds for Home Accessibility, Rehabilitation, or Repair

The HOME Loan Program provides deferred payment/ no interest second mortgage loans to make homes accessible or make home repairs. The loans are focused on providing resources to households that include someone who has a disability or is older and is at low-to-moderate income status. **OPTIONS** receives funds for the HOME from the US Dept. of Housing and Urban Development through the State of Wisconsin Department of Administration, Division of Housing to administer the HOME Investment Partnership Program (HOME Loan Program).

The loan must be paid back when the property is sold, transferred or ceases to be the borrower's principal place of residence. Types of projects include (but not limited to) ramp construction, bathroom, kitchen and bedroom modifications, along with general housing rehabilitation and repairs. The counties served by this program include Brown (outside Green Bay City limits), Calumet, Door, Fond du Lac, Green Lake, Kewaunee, Manitowoc, Marinette, Marquette, Menominee, Oconto, Outagamie, Shawano, Sheboygan, Waupaca, Waushara, and Winnebago Counties. Applicants must meet the eligibility requirements to be considered for a loan.

For more information contact Steve LaFrombois at stevel@optionsil.org, 920-393-1044, or toll-free at 1-888-465-1515, ext. 122.

OPTIONS' MEDICAID PERSONAL CARE PROGRAM

OPTIONS offers a Personal Care Program for people with permanent physical disabilities who are: Medicaid beneficiaries, medically stable, require personal care services, and have identified an individual to provide personal care. The program is consumer-directed and includes personal care assistance with: bathing, dressing/undressing, prosthetics, grooming, eating, mobility in home, toileting, transferring, and incidental services (laundry, light housekeeping, meal prep).

The consumer must agree to responsibly use personal care services and have back-up support available as needed. **OPTIONS** does not provide emergency or back-up personal care services. Consumers utilizing **OPTIONS** Personal Care Program must have chosen an individual who they are interested in hiring. The Personal Care Worker (PCW) candidate must be at least 18 years-old and be trained in the skill(s) necessary to provide cares to the consumer. The PCW cannot be a parent/guardian of a minor child or a spouse.

If you have a referral or would like more information on **OPTIONS** Personal Care Program please contact Valerie Tschampl, RN Supervisor at 920-393-1036 or toll-free at 888-465-1515 ext 182 or e-mail at valeriet@optionsil.org. ♦

WISCONSIN WISLOAN PROGRAM

WisLoan is a statewide alternative loan program helping Wisconsin residents with a disability purchase assistive technology that assists them in living more independently and productively. Any Wisconsin resident with a disability over the age of 18 in need of assistive technology or home modifications is eligible to apply for a loan.

Some examples of assistive technology include wheelchairs, hearing aids, closed circuit televisions (CCTV), and vehicles with modifications, or the modifications necessary to make a vehicle accessible.

For more information or to apply for WisLoan call **OPTIONS** at 920-490-0500 or toll-free at 1-888-465-1515. ♦

WisLoan is a federally-funded project of the National Institute for Disability and Rehabilitation, and a cooperative service of the Wisconsin Dept. of Health Services, IndependenceFirst, and BMO Harris Bank. ♦



TELEWORK LOAN PROGRAM

The Wisconsin Telework program is a statewide, alternative loan program that allows Wisconsin residents with disabilities to purchase computers and other equipment needed to work from home or from other remote sites, e.g. work on the road or at a telework center.

Loan funds can be used to purchase equipment, training to use equipment, extended warranties, and cost of maintenance and repairs. For more information contact the staff at **OPTIONS** for Independent Living at 920-490-0500 or toll-free at 1-888-465-1515

Some examples of assistive technology include wheelchairs, hearing aids, closed circuit televisions (CCTVs), and vehicles with modifications, or the modifications necessary to make a vehicle accessible.

For more information or to apply for WisLoan call **OPTIONS** at 920-490-0500 or toll-free at 1-888-465-1515. ♦

This program is made possible through a grant from Rehabilitative Services Administration and authorized by Section (303)b of the Rehabilitation Act of 1973, as amended and implemented by subsequent program regulation 34 C F R Part 373. The Department of Workforce Development-Division of Rehabilitation received the grant and provides programmatic and fiscal oversight. IndependenceFirst, a community based and consumer-controlled independent living center based in Milwaukee, administers the program in partnership with BMO Harris Bank and Wisconsin Independent Living Centers. ♦

SELF-CARE TIPS DURING THE COVID-19 PANDEMIC

Mayo Clinic – April 7, 2020

Sarah Reichert is a clinical social worker in Behavioral Health in Red Wing, Minnesota

The COVID-19 pandemic can feel overwhelming due to new information, long work hours, and caring for your family and yourself. It's important to pause for a moment and collect your thoughts, as worldwide pandemics can be taxing. Remaining calm can help.

It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and, occasionally, out of control. Physical responses may include headache, muscle tension, fatigue and sleeplessness. Taking care of yourself is important so you are equipped to help your family through this time.

Here are a few tips you can use to take care of yourself:

Physical health:

- Fuel your body by eating a healthy, well-balanced diet and drinking plenty of water.
- Aim to get seven to eight hours of sleep each night.
- Exercise every day.
- Take deep breaths and stretch often.
- Avoid risky or destructive behaviors, such as abusing alcohol or drugs, excessive gambling or ignoring public health recommendations.
- Spend time outside, such as going for a walk in the park, but follow social distancing guidelines.

Mental health:

- Set and maintain a routine at home.
- Focus on things you can control.
- Use technology to maintain social connections with your loved ones. Consider a regular check-in schedule to give you something to look forward to.
- Focus your thoughts on the present and things to be grateful for today.
- Listen to music or read books.
- Consume reliable news sources that report facts, and avoid media that sensationalizes emotions. Limit your exposure or take a break from news and social media if you find that it makes you anxious.
- Lean on your personal beliefs and faith for support.
- Look for ways to help your community, such as blood donations, checking on older people in your neighborhood, or donating supplies or money to local organizations.
- Acknowledge and appreciate what others are doing to help you and your community. ♦

CLASSIFIED ADS

2017 Pride Mobility Outlander Vehicle Lift - \$1500.00

2017 Pride Outlander Vehicle Lift, Like new and fully operational vehicle lift for motorized scooter available for sale. Class 3 Device hitch required. Ready for pick up in West Green Bay. Please call Stephanie at 920-639-5768. \$1500.00 OBO

2005 Chevrolet Wheelchair Accessible Van - \$9950 or Best Offer

2005 Chevrolet Uplander Wheelchair accessible Van, 119,000 miles, Good condition, Just had the ramp serviced. Everything works except the rear wiper. \$9950 or best offer Call 920-362-3022

Wheelchair Van for sale - \$13,000

2003 Ford E150. Rear lift, has TV, VCR, AC, new brakes, new tires. It's located in Appleton. 920-810-5878 or call Bill at 920-284-2123

2019 Dodge Grand Caravan SE Rear entry Van - 35,000

Check out this beautiful, like new 2019 Dodge Grand Caravan SE with manual BraunAbility rear entry ramp. Not pictured are 2 seats that install in the center of the van and flip up. Wheelchair can be placed in the center or in the rear so 2 additional people can be seated in the extra seats. I believe you can also transport 2 wheelchairs at the same time. 4527 miles. Still has the new car smell! Asking 35,000. Located in Howard. 920-819-2508

Lift Chair by Pride Like New - \$875.00

Pride Lift chair in like new condition. PLR925M Paid 1200.00 from Green Bay Home Medical last May. Fully reclines to sleep in and has adjustable lumbar and head supports. Used less than 6 months. Durable fabric in neutral color. Perfect for person needing assistance in getting in and out of chairs or can no longer sleep in a bed. Has USB port in remote control. Smoke Free and Pet Free home. And COVID free home. 920-621-0251

Jazzy J6 power wheelchair- \$400 and **Jazzy J4 power wheelchair** - \$1900

Jazzy J6 Electric wheelchair in very good condition with Comfort Company back rest. Also, near new, Jazzy J4 electric wheelchair with elevated footrest lever and tilt in space. Purchased new in December of 2019 for \$6000. Call 920-639-3405

Wheelchair & Accessories - \$75 (OBO)

Drive Wheelchair - great condition. Folds for storage & easy transport. Removable seat cushion and leg/foot rests. 920-445-3717

GREEN BAY OFFICE		555 Country Club Road, Green Bay, WI 54307 Toll Free 1-888-465-1515 • Fax 920-490-0700	
Executive Director	Sue Premo	920-393-1045	suep@optionsil.org
Director of Independent Living Services	Sandra L Popp	920-393-1043	sandyp@optionsil.org
Accountant	Peggy Maas	920-490-8270	peggym@optionsil.org
Administrative Assistant	Emily Aerts	920-393-1040	emilya@optionsil.org
Housing Program Manager / Maintenance Supervisor	Steve LaFrombois	920-393-1044	stewel@optionsil.org
Accessibility Assessment Specialist	Sarah Dunks	920-393-1034	sarahd@optionsil.org
Accessibility Assessment Specialist	Marie Smith	920-393-1046	maries@optionsil.org
Work Incentives Benefits Specialist	Karin Zuleger	920-393-1039	karinz@optionsil.org
Assistive Technology Specialist	Calvin Richtig	920-393-1037	calvinr@optionsil.org
Independent Living Coordinator / Memory Loss Technology Specialist	Stacie Scheibe	920-393-1050	stacies@optionsil.org
Independent Living Coordinator	LeAnne Loveless	920-393-1047	leannel@optionsil.org
Supportive Home Care Program Director/Personal Assistant Services	Valerie Tschampl	920-393-1036	valeriet@optionsil.org
Personal Care Program Care Coordinator	Jennifer Lardinois	920-393-1032	jenniferl@optionsil.org
Billing Specialist	Missie Olm	920-393-1048	missieo@optionsil.org
Secretary	Barb Guyes	920-490-0500	barbg@optionsil.org
Certified Peer Link Specialist	Dave Zanon	920-609-9467	davez@optionsil.org
Certified Peer Link Specialist	Paula Jolly	920-737-1884	paulaj@optionsil.org
Advocacy Coordinator/ CPS Supervisor	Stephanie Birmingham	920-495-9688	stephanieb@optionsil.org
FOX VALLEY OFFICE		2331 E. Lourdes Drive Toll Free 1-888-465-1515 • Fax 920-490-0700	
Independent Living Coordinator	John Meissner	920-997-9999	johnm@optionsil.org
Independent Living Coordinator	Alyson Windle	920-882-9309	alysonw@optionsil.org



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