

# CENTERLINE

A publication of the Southeastern Minnesota Center for Independent Living, Inc., and  
SEMCIL United Home Healthcare Choices, Inc.

## Y'all Come! to SEMCIL's 2008 Ragin' Cajun Fest Fundraiser



Enjoy an afternoon of good fun,  
good music and great food.

**Saturday, July 26th 2008**

**12:00 PM - 6:00 PM**

**Gilligans Cove**

**11 4th St. SE • Rochester, MN**

**Tickets \$15**

Tickets are available at the door or at SEMCIL.

Children 10 and under are FREE.

**Cajun & Zydeco music**

**Silent Auction**

Menu prepared by **Executive Chef Omar Feyen** and his  
talented crew:

**Spit Roasted Hog**

(Courtesy of **Ye Olde Butcher Shoppe** catering)

**Pasta Jambalaya, Cajun Sausage**

Dirty Rice, Corn on the Cob, Bread Pudding,  
and Fresh Baked Beer Bread

"The Kids Table": Hot Dogs, Mac & Cheese and FUN!

Funds raised will benefit SEMCIL Independent Living  
Skills Training program.

In the event of rain the event will be held inside. For more  
information about the event contact us at (507) 285-1815.

### TRUCK RAFFLE KICK OFF

Win a 2002 Ford F150  
Extended Cab\*

4.6 V8 • 82,000 miles

White with grey cloth interior

2 wheel drive

Power windows, power locks, CD, tow  
package, bed liner, running boards,  
bug shield, plus new tires & brakes.

\$50 per ticket

ONLY 200 tickets will be printed.

Drawing September 26, 2008

\*See page 3 for rules

Special thanks to our sponsors

**Think**



**"Laissez les Bon Temps Rouler"**

**"Let The Good Times Roll"**

## Temporary Ramp Available

Do you or someone you know need a ramp to provide access to your home? SEMCIL has a modular, aluminum temporary ramp available for loan.

This temporary ramp has three sections: a 5' by 8' platform for a level surface at the entry point, a 9' x 3' section, and an 8' x 3' section. The ramp provides up to 17' of sloped surface, or enough to accommodate 17" of vertical height. The ramp surface is made of a slip-resistant grooved aluminum and has a 2" curb on either side and includes handrails.

This modular system would require set-up and take-down by a licensed contractor, which would be the responsibility of the consumer. The ramp is available for loan for up to six months; after that a new application would be required.

For more information, please contact Larry More, Access Coordinator at 507-285-3918 or by e-mail at [larrym@semcil.org](mailto:larrym@semcil.org).

## ADA Celebration

Join in celebration of the 18th anniversary of the signing of the Americans with Disabilities Act.

Friday, July 25, 2008 • 1:00 - 3:00 p.m.

MN Department of Health

1645 Energy Park Drive • Saint Paul, MN 55108

Exciting updates on the ADA Restoration Act by:

[Peter Berg](#)

**Entertainment:** Jim Hanson, harmonica and Kip Shane, guitar

This event is free to the public, but reservations are requested. Please RSVP to MCIL at 651-646-8342 or [bettyc@mcil-mn.org](mailto:bettyc@mcil-mn.org). Light refreshments will be served. If you require accommodations please make your request by July 18.



## Abilities Expo

**Abilities Expo** is a consumer trade show for persons with a disability, Physical and Occupational Therapists, senior citizens, caregivers, family members and Special Education teachers.

Explore the most recent advances in disability products and services. Test new products and talk one-on-one with service providers.

**September 12-14, 2008**

**Minnesota Convention Center  
Minneapolis, MN**

FREE tickets are available at [www.abilitiesexpo.com](http://www.abilitiesexpo.com)

## SEMCIL Workshop Schedule

Learn to Cook! classes are designed to offer individuals the opportunity to learn how to prepare, store and cleanup a variety of meals and desserts.

Classes are held at SEMCIL: 2720 N Broadway, Rochester, MN

Summer classes are held on Wednesdays from 3:00 PM - 5:00 PM

### Summer 2008

#### "Grilling and Garden Vegetables"

July 9: Chicken, Melon Salad

July 16: Fish, Pepperoni Pasta Salad

July 23: Kabobs, Asparagus, Salsa

July 30: Cheese Cakes, Baked Potatoes

August 6: Chicken Wings, Corn on the Cob

August 13: Hobo Dinner, Fruit Salad

Dietary restrictions are the responsibility of the participants. Please contact Sonya at 507-285-1815 with concerns regarding meal ingredients.

\$3.00 fee per class or \$24.00 for session.

Bring your appetite!

Menu is subject to change based on the garden vegetables.

## Support Groups

### Brain Injury Support Group

Meets the 1st and 3rd Mondays of each month at SEMCIL from 7:00 p.m. - 8:30 p.m.

Call SEMCIL at (507) 285-1815 for information about special educational sessions.

Family Support Group (for those who support a person with a brain injury) meets the 1st Monday of each month at the same time and location.

For more information about brain injury visit <http://www.braininjurymn.org> or [www.biausa.org](http://www.biausa.org)

### Lupus Support Group

Meets the 1st Saturday of the month at Meadow Lakes, 22 45th Ave NW, Rochester, MN from 9:30 a.m. - 11:30 a.m.

For more information contact the Lupus Foundation of MN at 800-645-1131 or e-mail [curelupus@charter.net](mailto:curelupus@charter.net)

### Multiple Sclerosis (MS) Support Group

Meets the 2nd Wednesday of each month at Meadow Lakes, 22 45th Ave NW, Rochester, MN from 7:00 p.m. - 8:30 p.m.

This group is designed to meet the needs of individuals who live with MS.

The Caregivers Support Group, for those caring for a person with MS, meets at the same time and place as the above but in a separate area.

<http://www.mssociety.org>

### NAMI Family to Family Support Group

Meets on the 2nd and 4th Wednesday of each month at the Rochester Area Foundation Building, 2200 2nd Street SW, Suite 203, Rochester, MN 55902, from 7-8:30pm. The meeting is free. NAMI stands for National Alliance on Mental Illness. Contact: 287-1692.

### Austin Area Multiple Sclerosis (MS) Support Group

Meetings are held the 1st Monday of each month from 6:30-8:00 pm at Grace Lutheran Church, 2001 6th Avenue SE, Austin, MN 55912. Call Anne Regner, Facilitator, at 507-251-9501 for more information.

## We're Online!

The Centerline newsletter is available online via our web site at <http://www.semcil.uhhc.org>.

Would you like to read the Centerline on-line instead of receiving a paper copy? Would you like to receive an e-mail notification when new issues are posted? If so, please call us at (507) 285-1815 or toll free (888) 460-1815 or e-mail us at [semcil@semcil.org](mailto:semcil@semcil.org). We'll be happy to update your mailing status to "electronic".

If you or someone you know would like to be added to our mailing list, have a change of address, are receiving duplicate copies, or want us to remove you from our mailing list let us know.

### Truck Raffle Rules

1. RAFFLE TICKET PURCHASE IS NECESSARY TO ENTER OR WIN. The purchase price has been set at \$50.00.
2. ELIGIBILITY: The Raffle is open only to legal residents of the 50 United States and the District of Columbia, who are 18 years of age or older as of 07/26/08 and who possess a valid driver's license.
3. TIMING: The raffle begins at 12:00 p.m. Central Time ("CST") on 07/15/08 and ends at 12:00 p.m. CST on 09/25/08.
4. HOW TO ENTER: No entry limit per person. Entry is available at SEMCIL, from one of its affiliates or at the Ragin Cajun event. All required information/fields must be fully and accurately completed or entry will be voided. Refunds will not be issued.
5. PRIZE: The following prize will be awarded: a) One (1) used, 2002 Ford F150 Extended Cab Pickup Truck; transaction of the prize must be taken by 10/10/08 unless other arrangements have been made. Sponsor is awarding the prize vehicle on an "AS-IS" basis without warranty, guaranty or representation of any kind express or implied (including without limitation any implied warranty of merchantability or fitness for a particular purpose, safety, legality for use in the winner's state [including compliance with emission regulations], durability, reliability, and/or performance). WINNER WILL BE SOLELY RESPONSIBLE FOR ALL EXPENSES INCURRED TO SHIP THE PRIZE VEHICLE (OR, FOR THE WINNER TO DRIVE THE PRIZE VEHICLE) FROM ROCHESTER, MN TO THE WINNER'S RESIDENCE. The total amount of the aforementioned shipping cost must be mailed to the Sponsor (in the form of a money order or cashier's check made payable to Sponsor) via overnight delivery within five (5) days of receipt of shipping cost notification from the Sponsor or winner may be disqualified and forfeit any right to the prize, in which case the prize may be awarded to an alternate by random drawing. Winner is solely responsible for all applicable fees and expenses related to the acceptance, award, and use of his/her prize, including (but not limited to): a) Prize vehicle expenses (including but not limited to registration [plus any additional or replacement equipment/parts, and installation costs required for registration], license, title, insurance, gas, and maintenance); b) any other expenses not specifically listed herein. The procurement of all items included in the foregoing list is the winner's sole responsibility. The prize is nontransferable and must be accepted as awarded. No cash or other substitution may be made, except by Sponsor in the event that a prize or part thereof cannot be awarded for any reason in which case, Sponsor will in its sole discretion award a substitute prize or part thereof of equal or greater value. Subject to the conditions herein, prize will be awarded. Winner is solely responsible for any and all applicable federal, state, and local taxes (including where applicable sales tax) due for an awarded prize.
6. RANDOM DRAWING: On 09/26/08, a winner will be selected by Sponsor in a random drawing from all eligible entries received. By

# “Assisting persons with disabilities to become self directed and valued community members.”

cont. from page 3 entering Raffle, participants agree: a) To be bound by these rules; b) that winning is contingent upon fulfilling all the requirements of these rules; c) that the decisions of the Sponsor shall be final and binding in all respects. Odds of winning are 1:200.

7. NOTIFICATION: Winner will be notified at the time of drawing. Winner must correctly complete, execute and return as directed an Affidavit, Waiver, Release and Indemnity Agreement including, where lawful, a Publicity Release (plus any additional documents required at the sole discretion of Sponsor). Failure to comply with the requirements of this paragraph (or the return of any prize or prize notification as non-deliverable) may result in disqualification and in the forfeiture of any right to a prize, in which case prize may be awarded to an alternate by random drawing.

8. RELEASE: By participating in the Raffle and/or accepting a prize, a participant/winner agrees to defend, release and hold harmless the Sponsor, and its employees and Board of Directors (collectively “Releasees”) from and against any actions, claims and/or liability for injury, death, loss or damage of any kind (including any for the violation or infringement of any proprietary or personal right of any individual or entity)(“Liability”) resulting in whole or in part, directly or indirectly, from participant’s participation in the Raffle, and/or participant’s use, acceptance, or possession of a Raffle prize, and/or participant’s participation in a Raffle prize-related activity. By participating in the Raffle and/or accepting a prize, a participant/winner consents to and gives the Sponsor the right to interview, photograph/video a winner, and in perpetuity to freely and exclusively use, publish, and display a winner’s (and where applicable a participant’s) names, address, entry form, picture, portrait, likeness, voice, video, statements, quotes, biographical information, and prize information (in whole or in part, as may be adapted, edited, or modified, as solely determined by Sponsor) for advertising, trade, publicity and promotional purposes in any media now known or hereafter discovered, worldwide, and on the World Wide Web, without review, notification or approval, all without additional consideration, unless prohibited by law. Entries will not be acknowledged or returned.

9. CONDITIONS: Participants agree that by participating in the Raffle they release the Releasees from any Liability in connection with: a) Entries that are ineligible as a result of being lost, late, illegible, damaged, incomplete, stolen or misdirected; b) any typographical or other human or technical errors in the offer or administration of the Raffle, including but not limited to errors in advertising, these official rules, the selection and announcement of a winner, or the distribution/awarding of a prize(s); c) any omission, interruption, deletion, defect, delay, misdirection, damage, injury, technical malfunctions or traffic congestion on the Internet/telephone network, or at any website, or any combination thereof; or d) acts of God, natural disasters, or other force majeure matters out of Sponsor’s control. Sponsor reserves the right to modify these rules for clarification purposes without materially affecting the terms and conditions of the Raffle. If for any reason the Raffle is not capable of running as planned as a result of but not limited to an error, omission, defect, delay, misdirection, tampering, unauthorized intervention, fraud, action of entrants, infection by a computer virus/worm, technical failure, natural disaster, act of God, disruption of the public markets, act of terrorism, war or any other cause which in the sole opinion of Sponsor corrupts or affects the administration, security, fairness, integrity, or proper conduct of the Raffle, the Sponsor reserves the right at its sole discretion to withdraw, cancel, terminate, modify or suspend the Raffle without obligation or prior notice and in such event to determine the winner via random drawing from among all valid entries received up to the time of such cancellation, termination, modification or suspension. In such event, Releasees shall have no liability to any participant who is disqualified due to such an action. Failure to enforce any term of these official rules shall not constitute a waiver of that provision.

10. LAWS: Subject to all federal, state and local laws and regulations. Void where prohibited or restricted.

11. WINNER’S LIST: The winner’s information will be posted at <http://www.semcil.uhhc.org> on 09/26/08.

12. SPONSOR: Southeastern Minnesota Center for Independent Living, Inc. (SEMCIL, Inc.), Rochester, MN (the “Sponsor”).



Southeastern Minnesota Center for Independent Living, Inc. (SEMCIL)  
SEMCIL United Home Healthcare Choices, Inc.  
2720 N Broadway  
Rochester, MN 55906

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