

CENTERLINE

A publication of the Southeastern Minnesota Center for Independent Living, Inc. (SEMCIL)

MINNESOTA STATE COUNCIL ON DISABILITY ADA FOCUS GROUPS

Do you want a chance to share your thoughts about how the Americans with Disabilities Act (ADA) has impacted the employment landscape for Minnesotans with disabilities?

Please come enjoy some light refreshments at one of the focus groups being held at SEMCIL and stay for a discussion in a small group format. These focus groups are open to anyone with a disability who is currently employed or seeking employment.

Wednesday, November 19, 2014
SEMCIL, 2200 2nd ST SW, Rochester

4:00 - 5:15 pm (for those **seeking employment**)
6:00 - 7:15 pm (for those **employed**)

For those using the city bus, Route 8 will be at SEMCIL at 3:30 p.m. and 5:42 p.m. The Improve Group will arrange for the transportation home after the focus groups. Please contact Dillon Balthaswer for transportation arrangements.

Space is limited and reservations are required. To register, please contact Dillon at 651-447-5535 or by email at dillonb@theimprovetgroup.com.

Funding for the focus groups is provided by Minnesota State Council on Disability (MSCOD). MSCOD will use information from focus group participants in its celebration of the 25th anniversary of the enactment of the Americans with Disabilities Act (ADA).

SOUTHEASTERN MINNESOTA AUTISM ALLIANCE (SEMNA)

Purposeful collaboration is one of SEMCIL's core values. One of the ways SEMCIL staff promote this value is by participating in community groups or events that build and strengthen services and support to people with disabilities in southeastern Minnesota.

SEMCIL is proud to be a member of the Southeastern Minnesota Autism Alliance (SEMNA). The Alliance is an impressive collaboration of community organizations, state agencies, educators and family members who support individuals with Autism Spectrum Disorders (ASD). The mission of SEMNA is "to provide support, education, and resources within our community to support individuals with Autism Spectrum Disorders and their families."

SEMNA meets the last Wednesday of the month at noon at SEMCIL to discuss the current needs of the ASD community and work together to meet those needs. SEMNA has developed an online resource guide for services, resources and information relating to autism in southeastern Minnesota. It can be found on the SEMNA website: www.semna.org

For more information about SEMNA please contact info@semna.org or follow SEMNA on Facebook: <https://www.facebook.com/semnautismalliance>



WORK AND BENEFITS THESE THINGS CAN WORK TOGETHER

Receiving Disability Benefits and want to work?

See how work can benefit you. Visit www.db101.org to learn how work and benefits can work together to increase your income.

DB101 has tools, facts and resources to help you safely explore your options and plan for your future.

DB101 helps you:

- See how your benefits and income might change with a job
- Explore work incentives
- Learn from other people's stories
- Set work goals and plan your next steps
- Prepare for job changes
- Get answers to your questions by live chat, phone or email

www.db101.org is a free service and does not affect your benefits.

Get started now at www.db101.org or call the Disability Linkage Line at 1-866-333-2466 Monday through Friday 8:30 a.m. - 5:00 p.m.

LEARN TO COOK SCHEDULE

Learn to Cook!

Participants will learn how to prepare a variety of delicious, healthy and cost-effective meals and desserts. Participants also learn safe food handling and storage and kitchen clean up.

Registration is required. Fees are \$4.00 per class or \$28 per session and payment is required prior to session start. The next session begins **January 2015**. Classes are held at SEMCIL on **Wednesdays**:

Session A 2:30 - 4:30 p.m.

Session B 5:00 - 7:00 p.m.

If you would like to register for this session please contact SEMCIL at 507-285-1815 to request a registration form. For more information about Learn To Cook, contact Melissa Cummins, Independent Living Program Supervisor at 507-285-3918 or by email: melissac@semcil.org.

SEMCIL ART CLASSES

Many people find that creativity and self-expression bring a greater sense of fulfillment to their lives. SEMCIL is offering two classes in early 2015 designed to cultivate self-expression, teach different art techniques, and provide a stimulating environment for artistic instruction.

Rochester artist Pat Dunn-Walker will return to teach a class focused on acrylic painting, creative expression, and art appreciation in January. Pat has taught at classes at SEMCIL since 2013. Her classes are highly rated by those who have taken the class, and art works created in her classes are featured prominently at SEMCIL.

Anne Kamin, a Rochester artist and certified life coach, will teach a class on creating a "visual journal" page in March. Visual journaling is a way for people to:

- Express themselves.
- Awaken creativity and imagination.
- Discover forms of self-care for their mental health recovery.
- Celebrate one's life and adventures.
- Discover a new life path.

Participants will feel empowered and motivated to make positive life changes through the use of visualization, guided imagery, collage, and a life wheel. No previous art experience is necessary for either class.

Visit our website www.semcil.org for further information regarding date, time, and cost of classes. Please contact Melissa Cummins at 507-285-3918 or melissac@semcil.org with questions.

SOCIAL ODYSSEY SUPPORT GROUP

A support group for family members and friends of individuals who are affected by developmental conditions that impair social and executive functioning.

This group meets at SEMCIL, 2200 2nd St. SW, Rochester, MN the third Thursday of every month at 6:30 PM. Please visit Social Odyssey's website at www.socialodyssey.webs.com or email Susan Powers at SusanCKPowers@gmail.com.

WINTER WORKSHOPS All courses are open to youth and young adults ages 16-24 with a disability.

Course Name: Introduction to Financial Management **Date:** Monday, December 29, 2014

Time: 8:30 a.m. - 12:00 p.m. **Cost:** \$5

Description: This course is designed to provide young people with an overview of the skills needed to independently manage their finances. Topics covered will include budgeting skills, check book skills, credit, loans, savings plans, and more.

Course Name: What is Work - Getting and Keeping a Job **Date:** Monday, December 29, 2014

Time: 12:30 p.m. - 4:00 p.m. **Cost:** \$5

Description: This course is designed to assist young people with disabilities in learning about why people choose to work and discusses the steps needed to obtain a job. Students will create a data sheet, cover letter and resume and will also practice interviewing skills, including appropriate body language, answering questions appropriately, making follow-up calls, and writing thank you letters. This course also covers workplace culture, social skills and workplace dynamics. Students will discuss and learn about rules and expectations in the workplace.

Course Name: Cooking Class (Baking) **Date:** Tuesday, December 30, 2014

Time: 8:30 a.m. - 12:15 p.m. **Cost:** \$10

Description: This course is specifically designed to meet the needs of young people who are currently cooking simple meals independently and are either living independently at this time or plan to be within a year. Participants in this group will learn to create baked goods that require more advanced skills training.

Course Name: Technology: iPad/iPod/iPhone Basics **Date:** Tuesday, December 30, 2014

Time: 12:30 - 4:00 p.m. **Cost:** \$5

Description: This course is designed to assist young people with disabilities to learn about and practice the basic functions of iPads, iPods, and iPhones. Participants will engage in activities using the basic iOS functions, as well as features and apps that are available on iOS devices.

*Limited iPads will be available for use in class

**If you own an iOS device (iPad, iPhone, iPod) please bring it with.

If you would like more information about these workshops or would like to register for any of the winter workshop courses please contact Rob at SEMCIL at 507-285-1815. Participants must complete a Intake Information and Consent To Participate form before they can attend a class. Parent/guardian consent is required for student participation in SEMCIL's workshops when the student is under the age of 18 and not their own guardian.

All courses are open to youth and young adults ages 16-24 with a disability.

CHECK OUT OUR NEW AND IMPROVED WEBSITE
www.semcil.org

LIKE US ON FACEBOOK
www.facebook.com/SEMCILRochester

SEMCIL TECHNOLOGY CLASSES

SEMCIL is offering technology exploration classes for persons with disabilities. These sessions include Computer Basics, Internet and Email Fundamentals, Online Job Searching and Advertising, Social Media and more.

Classes are scheduled as requested. If you are interested in a class or have additional questions please contact Rob at 507-285-3933 or robw@semcil.org.

Southeastern Minnesota Center for
Independent Living, Inc. (SEMCL)
2200 2nd ST SW
Rochester, MN 55902

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