

# Community Links

January 2020



“To provide quality services in a cost-effective manner through innovation, leadership, and the cooperation of dedicated people.”

## Night to Shine



Night to Shine is an unforgettable prom night experience, centered on God's love, for people with special needs ages 14 and older. This year's Night to Shine celebrates its sixth anniversary! This past year, on one night, 655 churches from around the world came together to host Night to Shine for



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**Washington  
County**  
COMMUNITY  
SERVICES

## Transportation

Washington County now has a website designed to help its residents access transportation. It outlines all of the public transport options available throughout Washington County to help you plan your trips. Visit this new web page at:

[www.co.washington.mn.us/2720/Transportation](http://www.co.washington.mn.us/2720/Transportation).

### • Cottage Grove

Cottage Grove now has a bus loop up and running for community use! It runs every Tuesday from 10:00 a.m.-3:00 p.m. and stops at places like Hy-Vee, ALDI, Target, Walmart, Allina Health, and others. The bus can make on-demand stops within a half mile of the scheduled route. For more information, visit:

[www.cottagegrovemn.gov/residents/bus\\_loop.php](http://www.cottagegrovemn.gov/residents/bus_loop.php).

### • Forest Lake

NEW Option for Forest Lake residents: Fairview Lakes Medical Center, Transit Link, and Washington County are now piloting low cost medical trips to the Wyoming location to Forest Lake residents. Visit our website for more information or view our [General Information sheet](#).

## 2020 Legislative Forum

Join us for a preview of disability issues in the 2020 legislative session. Catch up on public affairs issues as the Minnesota Council on Disability (MCD), state legislators, disability advocates and organizations lay out their goals for the coming session. The MCD Legislative Forum provides an opportunity for advocates and other disability stakeholders who develop, design, advocate for, and implement disability-related public policy to interact with lawmakers directly. [www.disability.state.mn.us/events](http://www.disability.state.mn.us/events)

## Target's Adaptive Clothing Line

Target is now selling clothes designed for toddlers and children with disabilities. Some of the features include tag-free clothing or flattened seems, hidden abdominal access, zip up sides, button up shoulders, and reinforced knees. They carry a variety of styles from school uniforms to casual wear to formal wear. Currently, the line is only available for purchase online, but you can have your order shipped to your nearest target store for free. To shop for clothing in this line, visit: [www.target.com/c/kids-adaptive-clothing/-/N-1laue](http://www.target.com/c/kids-adaptive-clothing/-/N-1laue)

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approximately 100,000 honored guests through the support of 200,000 volunteers!

### **Friday, February 7**

For more information, visit:  
[www.timtebowfoundation.org](http://www.timtebowfoundation.org)

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## **Polar Plunge 2020**

Special Olympics Minnesota is part of a global movement of people creating a new world of inclusion and community. Through athletic, health, and leadership programs, SOMN aims to create a world that accepts and welcomes every single person regardless of ability or disability. All funds raised from Polar Plunge support over 8,100 athletes across the state who participate in Special Olympics programs such as Young Athletes, Unified Sports, Healthy Athletes, and ALPs University.

Polar Plunge is a part of the Law Enforcement Torch Run movement. To further the mission of Special Olympics Minnesota, the Law Enforcement Torch Run carries the torch, representing the “Flame of Hope”, and dedicates itself to the goals of continually increasing awareness and funds for Special Olympics athletes across the state. Simply put, Polar Plunge would not exist without the dedication, efforts, and service of Minnesota Law Enforcement.

Fundraising is required to participate in the Polar Plunge, but the minimum \$50 (Cool School) or \$75 (Polar Plunge) you raise accomplishes so much more than getting you to jump into a frozen lake!

To donate or sign up to participate in the polar plunge, visit:  
[www.plungemn.org/about](http://www.plungemn.org/about)

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## **Winter Tips for People With Disabilities**

### **Keeping Well and Warm:**

- If your disability is affected by a drop in temperature, try and be aware of the weather forecast in order to allow you to plan for pain management.
- Wear the correct amount of layers to try and maintain your body temperature at the required level.
- Individuals with reduced mobility should take extra measures to protect their hands, feet, and other areas of the body that are particularly subject to cold.
- Eat well and avoid unnecessary travel. You should eat regular, hot meals and drink plenty of fluids; this will keep you warm and give you energy to keep active.
- Ensure you have sufficient supplies of food and any prescription medicine you may need. If you have some mobility, try and keep active indoors.
- Have sufficient fuel supplies to maintain adequate heating in your home.
- Ask your relatives and neighbors for help if you need it. Keep their phone numbers on a list beside your phone.
- If you cannot talk to people on the phone, make sure you have a relative or friend you can text for assistance if you need it and register with emergency services so you can contact them via text if necessary.
- If you have to use medical equipment or a powered mobility device every day, please make sure you always have access to a power supply.
- Ensure you are on the vulnerable customer registers for the energy companies.
- If you have an assistance dog, be sure to keep them warm as well. Be sure to always have a blanket for the animal to rest on. Keep the animal indoors as much as possible.

### **Personal Safety - Staying Safe:**

- Plan for the possibility that winter weather may disrupt your homecare service.
- In icy weather, wear well-fitted shoes with non-slip soles if you have to go out but try to limit walking outside during the cold weather.
- If you use a mobility device, make sure it can grip an icy surface.
- If you have a ramp, make sure it is well gritted in icy weather.
- If you have a mobile phone that you can use, make sure it has a charge and bring it with you when you are going out.
- Consider wearing a personal alarm so that family or neighbors are alerted if you fall.
- If you have a fall, even a minor one, make sure you visit your doctor for a check up.

### **Keeping an Eye on People With Disabilities:**

- If possible, make yourself aware of a relative or neighbor’s disability and ask them how best you can help them, if required.
  - Try to call on relatives and neighbors who have a disability and offer to assist them in severe weather.
  - Ensure they have sufficient supplies of food and medications.
  - Ensure they have sufficient fuel supplies to maintain adequate heating in their homes.
  - Ensure they have access to power and water.
  - Try to arrange regular visits or phone calls so they don’t feel isolated.
  - If you have any doubts about the safety of someone you know who has a disability, seek the assistance of local health and social services.
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## Family Sensory Friendly Movie Night

In partnership with Mathnasium of Cottage Grove, the Park Grove Library will be hosting a sensory friendly movie night the first Wednesday of every month. Our goal is to provide a movie viewing experience to those who may need an environment that can accommodate various sensory needs.

Please join us with the expectation that there will be some lights on, moderate volume, and talking/moving around among other things during the movie. Bring your own snacks, sit back, and enjoy the show. All are welcome!

First Wed. of every month starting:  
**Wednesday, February 5**  
**6:00 - 8:00 p.m.**

Park Grove Library  
Cottage Grove, MN

<https://washcolib.libcal.com>



## CDCS Participant Training Dates

Washington County Community Services has developed an orientation for CDCS consumers that will be offered once per quarter. They are all the same class so you only need to attend one session. As a current or future participant in CDCS, we expect you to attend so that you have a clear idea of the expectations and guidelines of the program.

The session will be facilitated by two Community Services staff

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## The YMCA Woodbury Special Olympics (Ages: Eight years and up)

Offering competition, opportunity, and success to youth with disabilities, our Blazing Stars Special Olympics Team is hosted by the Woodbury Y in partnership with Special Olympics Minnesota.

Special Olympics Minnesota is founded on the belief that people with intellectual and physical disabilities can—with proper instruction, encouragement, and adaptation—learn, enjoy, and benefit from participation in individual and team sports.

Young athletes, who are at least eight years old, can participate on the Blazing Stars team and compete in seven sports throughout the year:

- Aquatics
- Basketball
- Bocce
- Golf
- Poly-Hockey
- Softball
- Unified Flag Football

For more information and to participate, please contact:

Woodbury Y, 2175 Radio Drive, Woodbury, MN • 651-731-9507

More info available on the Blazing Stars website:

[www.ymcamn.org/kid\\_teen\\_activities/adaptive/special\\_olympics\\_team](http://www.ymcamn.org/kid_teen_activities/adaptive/special_olympics_team)

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## Housing: Starting the Journey

Will you be ready when it's time for your son or daughter with a disability to move to a place of their own? The time to start planning is now! This Housing Project video gives you some groundwork from which to begin the journey.

Register now for a series of three workshops to get started with their vision for community living, housing, and services.

To register or to find out more, visit: [www.pacer.org/housing](http://www.pacer.org/housing).

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## Training for Caregivers of People with Dementia and Intellectual or Developmental Disabilities

Do you have a family member or loved one with intellectual or developmental disabilities (I/DD) and newly diagnosed with a type of dementia, such as Alzheimer's disease? Do you provide services for people who have dementia and I/DD, or are you a member of a lead agency staff that coordinates service delivery for affected people?

If so, DHS has free training that shares resources and strategies to support people with dementia and I/DD. The short training modules are available any time online. In them, you will learn more about:

- A basic overview of types of dementia
- Early detection of types of dementia
- State and national resources
- Tips from national experts and local professionals

Contact: [dhs.dsd.learn@state.mn.us](mailto:dhs.dsd.learn@state.mn.us)

Visit the DHS website to [access the training links](#).

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who work in the waiver programs. There will be a PowerPoint presentation and an opportunity to get your questions about the CDCS program answered. Please inform your county case manager which session, you plan to attend. It is recommended that you attend a session as soon as possible after starting CDCS so that you have a good idea about how this program functions and what to expect when using this waiver option.

The 2020 sessions will be held at the Stillwater Government Center from 6:00-8:00 p.m. on these dates:

- **Tuesday, February 18**
- **Thursday May 21**
- **Thursday August 20**
- **Tuesday November 17**

Washington County  
Government Center  
14949 62nd St., Stillwater, MN  
Lower Level Room 16  
*There will be signs inside the front door directing you.*

Contact your case manager with any questions about CDCS.

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## Sensory Friendly Sundays at the Science Museum

At the Science Museum, we know that all visitors learn differently. During Sensory Friendly hours, individuals and families can enjoy a quieter, less sensory-stimulating museum experience.

On the third Sunday of the month, the Science Museum will host Sensory Friendly Sunday, where visitors who learn best in a calmer environment can experience our exhibits and movie in a less-crowded museum.

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## Navigating MSP Airport

Many families who have children with Autism avoid flying because they are unsure how their children will respond. In an effort to ease the anxiety associated with an airport visit and flying, the Metropolitan Airports Commission (MAC), Fraser, and the Autism Society of Minnesota (AuSM) have teamed up to create the Navigating MSP Airport (formerly Navigating Autism) program. The program includes monthly events, all designed specifically for individuals with Autism, that guide families through the steps of an airport visit, from walking in the door to finding their seats on a plane.

During the Navigating MSP Airport event, families will have the opportunity to familiarize themselves with airport and travel procedures. Children will practice entering the airport, obtaining a security pass, going through screening at a TSA security checkpoint, and walking through the airport to a boarding gate. To culminate their experience, children and their families will board an aircraft and find their seats. Please note that the aircraft will remain on the ground.

In addition to preparing families for a positive travel experience, the Navigating MSP Airport program will also provide a valuable training and awareness opportunity for airport, airline, and TSA personnel to learn how to accommodate children with Autism and other special needs.

Families are invited to participate in any of the Navigating MSP Airport event sessions, scheduled for the first Saturday of every month. Join MAC, Fraser, and AuSM for a fun, safe practice run, while learning from airport personnel what works and what doesn't work to make your travel experience efficient and less stressful.

[www.ausm.org/events/ausm-events/navigating-msp-airport.html](http://www.ausm.org/events/ausm-events/navigating-msp-airport.html)

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## AUSM Summer Camps

AuSM camps are tailored for youth and adults with autism. Parents and caregivers can rest assured knowing that their campers are being cared for by highly trained, experienced staff, while campers make memories that last a lifetime. AuSM camps are available for individuals ages 6 and up who are AuSM members.

Camp offerings include a day camp where campers arrive each morning and leave each afternoon, and two residential camps where campers stay several days and nights. Camp activities are subject to change. *Due to the high demand for residential camps, campers may attend only one week of residential camp.* Campers may attend one or both sessions of Wahode Day Camp.

[www.ausm.org/camp/ausm-summer-camps.html](http://www.ausm.org/camp/ausm-summer-camps.html)

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## True Friends Summer Camps

True Friends offers summer camp experiences to individuals with disabilities, ages 5 to adult, at four different locations across Minnesota. They have a wide range of camps, such as sensory splash, fishing, ASL, gluten-free, movin' and groovin', and many more. They have both day camp and varying lengths of overnight stays, with the typical session running from Sunday afternoon to Friday afternoon. They also host adventure trips



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See a lights-up, sound-down Omnitheater show at 9:00 a.m., visit the exhibit galleries before they open to the public, retreat to a designated quiet space to relax and recharge, and enjoy lighter crowds. Don't forget to take advantage of the features we offer to visitors every day to foster a positive learning environment.

Ticket prices range from \$8.95 to \$24.95. Discounts are available for individuals, families, and groups with limited incomes. Admission is free for working personal care attendants when they're visiting with a client. Learn more at [www.smm.org/visit/accessibility-amenities](http://www.smm.org/visit/accessibility-amenities).

Additional upcoming Sensory Friendly Sundays:

- *Superpower Dogs:*  
**Sunday, January 19 • 9:00 a.m.**
- *Dream Big:*  
**Sunday, February 16 • 9:00 a.m.**
- *Ancient Caves:*  
**Sunday, March 15 • 9:00 a.m.**
- *Apollo 11: First Steps Edition:*  
**Sunday, April 19 • 9:00 a.m.**
- *Ancient Caves:*  
**Sunday, May 17 • 9:00 a.m.**

### How to receive additional issues of Community Links:

To subscribe or unsubscribe to the Community Links newsletter, go to [www.co.washington.mn.us](http://www.co.washington.mn.us), click on the "Notify Me" tab, enter your email address, and click on the envelope next to Community Links Newsletter.

### Contact for Article Submissions:

Denise Steans  
[denise.steans@co.washington.mn.us](mailto:denise.steans@co.washington.mn.us)  
651-430-4168

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to places like the north shore or Wisconsin. Take a look at the camp catalog to find a program that suits you or your loved one! *Registration opened December 1, 2019.*

<https://truefriends.org/camp>

## Weekend Pack Program

Similar to our campus programs geared for college students, Good in the 'Hood is collaborating with the South Washington County School District 833 to provide food subsidies for hungry students K-12 grade. The current trends are showing that nearly 20% of students are missing meals each week and suffering from food insecurity. Sadly, this may be hidden from the public eye as it most often takes place on weekends or when school is out of session and free or reduced meal access is not available.

In order to be proactive in meeting this important need, Good in the 'Hood and District 833 schools have partnered together to form The Weekend Pack Program with a particular focus upon the following schools:

- *Alternate High School, Cottage Grove*
- *Armstrong Elementary School, Cottage Grove*
- *Crestview Elementary School, Cottage Grove*
- *Newport Elementary School, Newport*
- *Next Step Pathways School, Woodbury (food storage/packing site)*
- *Oltman Middle School, Cottage Grove*
- *Park High School, Cottage Grove*
- *Pullman Elementary School, St. Paul Park*
- *Royal Oaks Elementary School, Woodbury*
- *Woodbury High School, Woodbury*

### How it works

This initiative provides easy-to-prepare food items for students that have indicated a need for a bit of extra help. Each Friday or end of week; volunteers, staff, and faculty members hand out food packs containing non-perishable weekend food subsidies for students to enjoy. Each weekend pack has two breakfast items, two lunch items, two dinner items, and two drinks. It's a wonderful partnership as Good in the 'Hood is responsible to procure and provide the food items while the local school provides oversight for the distribution. We work together in order to meet the needs of the next generation. Just another example of how Good in the 'Hood is working collaboratively in order to FEED THE FUTURE.

To obtain more information, talk to your child's teacher, call the school main office or visit: [www.goodinthehood.org](http://www.goodinthehood.org).

## Washington County Homeless Outreach 2020 Walk-In Hours

We have expanded our hours as of the week of January 6:

- **Mondays:** Cottage Grove Service Center & Stillwater Government Center: 1-4:30 p.m.
- **Tuesdays:** Woodbury Service Center: 1-3 p.m.
- **Wednesdays:** Cottage Grove Service Center & Stillwater Government Center: 1-4:30 p.m.
- **Thursdays:** no walk-in hours scheduled for the month of January
- **Fridays:** Stillwater Government Center: 8 a.m.-Noon