

Community Links

July 2020



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

AuSM Golf Classic

The 25th Annual AuSM Golf Classic is approaching:

Monday, August 3

Royal Club
Lake Elmo, MN

Space is limited. Reserve your foursome's tee time today! Register on our [website](#).

PACER Sponsors a Facebook Page Where Folks can Buy and Sell Special Needs Equipment

Minnesota Special Needs Equipment for Sale is a project of the PACER Center. Find equipment and assistive technology after its initial use. Items such as communication devices, walkers, adaptive

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**Washington
County**
COMMUNITY
SERVICES

COVID-19 Resources

I hope this newsletter finds both you and your family well. These last few months have been unprecedented times and many families are struggling. The county has begun reopening services in phases. *At this time the Stillwater Government Center will open and be available by appointment only.* The Cottage Grove, Forest Lake, and Woodbury service centers are open by appointment for some services but not intellectual and developmental disability services. County employees continue to be available by phone, email, and technology. The counties DT&H services for adults have been working diligently with DHS to begin their reopening process.

Here are some resources if you find yourself or your family in need:

- **Need assistance finding food support?** Contact Washington County's Food Support Line at 651-430-6688 Monday-Friday from 8 a.m.-4:30 p.m.
- **The Department of Human Services is offering online EBT availability to SNAP recipients.** See our [information online](#) on how to make online EBT purchases through Amazon and Walmart. *Participants cannot use cash assistance dollars – only SNAP for online purchasing.* Participants will need to pay for delivery fees and taxes, if applicable, with another payment source (credit card or debit card, PayPal).
- [Valley Community Resources](#) - A list of resources that support Washington County residents.

Washington County Library Reopens

Buildings Reopened on Monday, June 29

Washington County Library branches reopened on **Monday, June 29**. At that time, you can enter our buildings to pick up holds, browse materials, and use computers without an appointment. *Our meeting rooms will remain closed.*

To follow social distancing guidelines, a limited number of people will be able enter the library at one time. This means you may be asked to wait outside the building for a short time until it is safe to enter.

We ask that visitors wear a mask, practice social distancing, and keep your visits to an hour or less to ensure that everyone

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switches, mobility aids, and much more.

For more information regarding this facebook page visit our [website](#).

Washington County Park Activities

**Always check to ensure the activity is still scheduled and the location. Many events are scheduled through a virtual platform.*

Visit the [website](#) to register.

- The second Tuesday of every month is free to enter Washington County Parks.

• Yoga in the Park:

Outdoor Yoga at

Lake Elmo Park Reserve

Tune into the sights and sounds of nature and go with the flow of this guided yoga class. Poses and breath work will improve your well-being, reduce stress, and increase flexibility. *Open to all levels of yoga.* You will find plenty of available parking. Please dress comfortably, bring a yoga mat, water, and arrive 5-10 minutes ahead of class time. **Space is limited and reservations are required.**

Individual yoga classes are \$7/person; a parks vehicle permit is also required (\$7/daily or \$30/annual) and is not included in the individual class or season pass price.

Thursdays • 6-7 p.m.

North Picnic Pavilion - (south of the gazebo by the baseball diamond)
Lake Elmo Park Reserve
Lake Elmo, MN

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who needs to come to the library will be able to visit.

We will continue to operate with the same reduced hours:

- **Mondays, Wednesdays, and Fridays • 10 a.m.-5 p.m.**
- **Tuesdays and Thursdays • Noon-7 p.m.**

In addition to opening our buildings, we will also offer a **limited number of [curbside pickup appointments](#)** for vulnerable members of the community who cannot safely enter our buildings.

Library staff are available to help!

[Contact us](#) by phone, email, or chat for help answering questions and accessing library resources.

Computer appointments

All Washington County Library branches are currently offering [computer appointments](#). *Appointments are one hour only and must be set up in advance.*

Pick up library materials

You can continue to place holds as usual in our catalog or mobile app. There are a few options available to pick up materials:

- Schedule a future [curbside pick up](#) at one of our branch locations.
- Use the [Library Express lockers](#) to pick up your materials.

The Mahtomedi District Education Center is closed until further notice. Items on hold there will be available at Lake Elmo Library for curbside pickup or can be routed to the library of your choice.

Hours and services at associate libraries may differ. Please find additional information on their websites:

[Bayport Public Library](#) | [Marine Community Library](#) | [Stillwater Public Library](#)

Check out the free events happening virtually at your [local library](#).

Financial Assistance Opportunities

• AuSM Scholarships

AuSM wants to make its programs and services available to as many individuals as possible. Scholarships for AuSM Social Skills classes and Camps, AuSM memberships, workshops, the Annual Minnesota Autism Conference, the Self-Advocacy Summit, and more are available for those who qualify. [Complete an AuSM Scholarship Form](#). *Please do not apply for scholarships for events and programs that do not have open registration.*

• Twin Cities Autism Foundation, Inc.

AuSM is pleased to partner with Twin Cities Autism Foundation, Inc. to offer additional scholarship opportunities to the Minnesota Autism community. Twin Cities Autism Foundation, Inc. provides financial aid to help families gain access to resources. Before applying for a TCAF Scholarship, you first must reserve a spot in your desired program. [Apply for a Twin Cities Autism Foundation, Inc. Scholarship](#).

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- **Hooked on Fishing!**

Learn how to set up a rod, put bait on the hook, cast like a pro, take fish off the hook, learn about different kinds of fish, and learn different ways to catch them! Bait/ flies, tackle, and fishing rods will all be provided. Valid MN fishing license required for ages 16+. Program is FREE and reservations are required.

- **Youth Drop-Off Fishing**

Capacity is 8 kids;
Ages 8-12.
FREE Tuesday, no vehicle permit required.

Tuesday, July 7
10 a.m.-Noon

Lake Elmo Park Reserve
Lake Elmo, MN
Meet at the fishing pier.

- **Family Fishing**

Capacity is 8 people.
Vehicle permit required.

Saturday, July 25
6-8 p.m.

Square Lake County Park
Stillwater, MN
Meet at the fishing pier.

- **Family Fly Fishing**

Capacity is 8 people.
Vehicle permit required.

Thursday, August 13
6-8 p.m.

Cottage Grove Ravine
Regional Park
Cottage Grove, MN
Meet at the canoe launch.

New Facebook Support Group Page

There is a new Facebook page for parents and guardians who have children/adult children living at home in the Cottage Grove area (Cottage Grove,

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Questions? Contact AuSM at 651-647-1083 or [email](#) us.

- **Waivers**

Check with your county case manager to learn if your selected class, camp, or program can be paid for under the Consumer Directed Community Supports (CDCS), Brain Injury (BI), Community Alternative Care (CAC), or Developmental Disability (DD) waivers.

PACER Offers Many Training Opportunities and Classes for Teens

Check out their [website](#). Here is a list of a few upcoming classes:

- **Appy Hour: Apps to Help Young Adults with Disabilities Learn About and Manage Their Money**

This 'Appy Hour' will showcase apps that help to develop money skills to support independent living. Apps will address the essential skills of counting money, planning a budget, and tracking money spent.

Wednesday, July 8 • 2-3 p.m. CST

Online web streaming

[Register for this workshop.](#)

- **Tech for Teens Club: Coding Video Games**

In this Livestream Tech for Teens, participants will create their own custom video games using Scratch online software. Learn the basic concepts of coding and share your games with friends and family! *No coding experience is required.*

Saturday, July 11 • 10 a.m.-Noon CST

Online web streaming

[Register for this workshop.](#)

- **Assistive Technology to Increase Independence for Young Adults with Disabilities**

This workshop will explore tools for independence, including devices and apps for time management, tasks, medications, money, meals, transportation, and communication. Features that support those with vision loss will also be addressed.

Wednesday, September 30 • 2-3:30 p.m. CST

Online web streaming

[Register for this workshop.](#)

ARC of Greater Twin Cities

If you need assistance in navigating any of the financial resources for folks with disabilities ACR may be able to assist.

How can The ARC Help?

It can be difficult and confusing to apply for Minnesota Health Care Programs, like Medical Assistance. The ARC can give you information to help you choose and apply for the health care program you need. Advocates can talk to you about the application process and send you application guides.

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Newport, St. Paul Park, and Woodbury). This is a support group for all types of special needs (cognitive, physical, emotional, and mental). I love unique solutions to our struggles because I believe we are the key to making things better for our community. Please come join us on the Facebook Page: [Parents/Guardians of Special Needs Children/Adults, Cottage Grove MN.](#)

Classes and Social Groups Offered Through the Following Organizations

- [Highland Friendship Club](#)
- [Metropolitan Center for Independent Living](#)
- [The TAP](#)
- [Valley Friendship Club](#)

General Resources

- [211](#) (United Way)
- [Disability HUB MN](#)
- [MinnesotaHelp](#)
- [Senior LinkAge Line](#)

How to receive additional issues of Community Links:

To subscribe or unsubscribe to The Community Links newsletter, go to 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
651-430-4168

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Who is Eligible for Assistance from The ARC?

People with intellectual and developmental disabilities and their family members throughout the state of Minnesota.

How do We Help?

Healthcare Advocates at The ARC can answer questions about:

- MNsure
- Healthcare programs for people with disabilities (MA-TEFRA, MA for Employed Persons with Disabilities, and Special Needs Basic Care)
- Parental fees for the MA-TEFRA program
- Disability certifications through the State Medical Review Team
- Healthcare services that MA pays for
- How private insurance and Medical Assistance can work together
- How to apply
- Healthcare program renewals

Please call ARC Greater Twin Cities at 952-920-0855 and ask for a navigator.

Need Help Identifying Technology and Learning How to Utilize Technology?

Technology Consultations

PACER is a way to explore educational assistive technology in a stress-free, collaborative environment. This is **not** a formal assessment or evaluation but rather a **starting point** to locate technology that may help people with disabilities become more independent at home, school, or work. The PACER Simon Technology Center (STC) offers free, informal assistive technology consultations for children and adults with disabilities to families in Minnesota. *A consultation fee is charged to families who would like an assistive technology consultation but live outside of Minnesota.* Please note this service is separate from our fee-based [Individualized Training Service](#).

If interested, please submit the appropriate consultation form (online or mail), or call PACER Center at 952-838-9000.

Would you like to try out devices before purchasing to ensure the device will meet your needs?

The **Simon Technology Center Lending Library** allows you to try assistive technology before making a purchase decision and is open to Minnesota residents. Families, educators, and consumers who become library members benefit from personalized assistance, convenient hours, and services. As a member, you can:

- Receive personal assistance in selecting and checking out materials.
- Try out devices and software.
- Reserve, check-out, or renew items online, by phone, email, or in person.
- Schedule quick pick-up during regular business hours or library open hours.
- Have items mailed to you for free if you live in greater Minnesota.