

Community Links

October 2020



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

COVID-19 Resource for People with Disabilities

- [AUSM](#) Select COVID-19 Resources under Resources
- [Autism Focused Intervention Resources & Modules \(AFIRM\)](#) Once on the main page, click on COVID-19 Toolkit.

PACER Sponsors a Facebook Page Where People can Buy and Sell

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 switches, mobility aids, and much more.

Continued on page 2



Washington County Service Update

I hope this newsletter finds everyone well. We all continue to struggle with a new “normal” during this pandemic and have been required to learn the web-based meeting platforms. I believe the most commonly used phrases for the year will be: “Can you hear me?” and “Can you see me?”

Washington County continues to have limited public facing services and social workers continue to work remotely. Face-to-face visits continue to be restricted. The schools and day programs have begun to provide limited services along with some residential agencies providing in-home support.

I am hopeful with the start of 2021, we will be able to continue to reopen programs and services. Please contact your social worker as needed for information on programs and resources.

Food Support Available to County Residents

Washington County, local food shelves, and NewTrax are partnering to deliver emergency food packs. Food packs include produce, dairy, protein, dry items, and personal care items, as they are available. Since April, 803 households and 2,834 individuals have benefited from this service.

Individuals who qualify for federal programs such as WIC, SNAP, MA, Free and Reduced Lunch, and other programs are eligible for this service. Individuals can request a no cost, no contact delivery as often as needed. Know someone who could benefit from this service? County staff can assist folks in signing up by filling out the form below.

Residents can request an emergency food pack [online](#) or by calling 651-430-6688. Contact foodsupport@co.washington.mn.us with questions.

For more information:
[Free Grocery Delivery and Emergency Food Pack](#)
[Food and Economic Support Guide](#)

Continued from PACER Sponsors
a Facebook Page... on page 1

For more information
regarding this Facebook page,
visit their [website](#).

Training Opportunities

University of Minnesota

Free training for Direct Support
workers in PCA Choice,
Consumer Directed Community
Supports (CDCS), or the
Consumer Support Grant.

This 4 hour training covers
topics such as communication,
supporting Choice and Control,
and caregiver well-being.
Training can be used towards
qualifying for the stipend
and enhanced rate for direct
support workers in PCA Choice,
CDCS, and CSG.

All training will be conducted
via ZOOM. Training dates:

- **Wed., October 21 •**
9 a.m.-1 p.m.
- **Sat., October 24 •**
9 a.m.-1 p.m.
- **Wed., November 18 •**
9 a.m.-1 p.m.
- **Wed., December 16 •**
Noon-4 p.m.

To register contact:
admin@minnesotadswtraining.com

For more information about
the training visit:
z.umn.edu/DSWFAQs

Writing Group

Are you interested in writing
poetry or short stories?
Check out Cow Tipping Press;
a writing group for folks with
disabilities. Cow Tipping Press
has published books and does
“readings” at coffee shops.

<http://cowtippingpress.org/about>

Poet Patti Ponders the Pandemic

The pandemic and the unrest has affected people in many ways. I would like to share the poem below written by Patti.



Although our Spoken Word & Poetry
Club had to be suspended this year,
Patti from Wentworth House has
continued to write. You may recall her
original piece about her dog, "Ode to
Lily." Patti has written a new poem to
express her candid feelings about the
challenging times we are living in and
we'd like to share it.

I Am Afraid

I love Lily. You are my baby girl.
I am afraid of what's going on in my world and I am afraid of hearing the truth
about the Coronavirus.
I am afraid of what I'm watching on TV daily.
I am I afraid of our world being in chaos and I am afraid of people talking
about this.
I am I afraid of what's going on all over the country and am I afraid of
just being here on Earth.
I am afraid of being human and letting my feelings out, not holding them back.
I am afraid of just living life normal and ignoring the possibility of living
in a stressful environment.
I am afraid of being mocked and made fun of because of my fright.
I am afraid to know who all lost their lives to COVID-19;
Amy of Glee Club reminds of life's emptiness.
I am afraid to ask questions because I don't want to hear sad news.
I am afraid of being stressed, angry, and living on edge and uptight.
I am afraid to look in the mirror and say to myself, "Is this my world
and is this what I want for people?"
I am afraid, for this is not what I wish for humanity.
I remain afraid

Written by Patti O.

Family Support Grant

It's renewal time for the family support grant program. For families that are
currently approved for 2020 you will be receiving a renewal packet in the mail.
The packet will explain what is needed to reapply for 2021 and the due date
for returned packets so you can began the program January 1 without delay.
*Please contact your county social worker if you have questions while filling out
the application.*

Not on a waiver, CSG, or PCA?

Here is what the Family Support Grant program is:

The Family Support Grant Program provides cash grants to families of children

Washington County CDCS Training

This will be a virtual training. If you are interested in attending, please contact your social worker to receive the training packet and email invite.

Tues., November 17 • 6-8 p.m.

New Group Forming

A parent is starting a new group on the “Nextdoor” app. This group is designed to assist parents who support high functioning adults with disabilities.

For more information, visit:
<https://nextdoor.com/g/lewkarihn>

A New Recruitment and Retention Toolkit for Agencies that Support People with Disabilities

DHS has a new employment toolkit available for all types of service providers (day programs, residential settings, employment support services, etc.), as well as people who hire their own support staff. The toolkit, [Recruitment and Retention in Supports for Minnesotans with Disabilities: An Assessment Guide and Toolkit, DHS-7306](#), includes:

- Information on best practices for recruiting and retaining direct support professionals/ direct care workers
- Tips and checklists for creating a positive work environment
- Strategies to ensure staff members have the

Continued on page 4

Continued from Family Support Grant on page 2

under 25 years of age with a certified disability, who meet income limits, and who are not utilizing a MA funded program. The goal of the program is to prevent or delay the out-of-home placement of children and promote family health and social well-being by enabling access to family-centered services and supports.

Recipients between the ages of 14 to 25 are able to use the grant funds toward transitional services and supports to achieve an employment goal. When the recipient is working towards an employment goal they do not need to reside in their guardians’/parents’ home to utilize grants funds but the guardian/parent will be responsible for monitoring grant fund usage and follow program guidelines. *When all grant funds are filled – there will be a waiting list.*

Please see the [Family Support Grant page](#) on the Washington County website for more information on the program and how to apply.

Holiday Support

The holidays can be stressful both emotionally and financially. See the following list of resources to help you during the holiday season:

Holiday Gift Programs:

- Community Thread: 651-439-7434 or email holidayhope@communitythreadMN.org
- [Lions Club](#): Contact your local branch.
- [The Salvation Army](#): 651-746-3400 or go online for more information.
- [Toys for Tots](#)
- [United Way](#): Call 211 or apply online.

Help During the Holidays from FamilyMeans:

- [10 Ways to Reduce Holiday Stress for Caregivers](#): FamilyMeans has a Caregiving & Aging program that supports caregivers and those they care for in many ways including coaching and consultation, respite, and more.
- [Holiday Spending Tips and Tricks](#): Financial Solutions can help families to pay off debts, make a budget plan, student loan support, and more!
- [Supporting Your Child’s Mental Health During the Holidays](#): FamilyMeans Counseling & Therapy provides mental health support to youth, adults, couples, and families.

Washington County Food Pantries, Resources for Food Support, and Possibly Seasonal Holiday Food Programs:

- [Community Helping Hand](#): This center operates a food pantry for the Washington County community. It may have excess government commodities, protein-based items, frozen foods, and baby formula.
408 15th St. SW, Forest Lake, MN
651-464-6831
- [Every Meal \(formerly The Sheridan Story\) and YMCA Food Bags \(Non-Perishable Meal Packages\)](#): Available at local YMCA locations including (but not limited to) Hudson (WI), Forest Lake, Hastings, Maplewood Community Center, West St. Paul, White Bear Area, and Woodbury. Free meals are available for pick up Monday through Friday during YMCA open hours at the entrance. You do NOT need to register or make an appointment. Simply go to the entrance area and take a bag.
612-568-4003

Continued on page 4

Continued from A New Recruitment and Retention Toolkit on page 3

knowledge, skills, and tools necessary to provide high quality care

The authors designed the toolkit to be used as a self-assessment, and the topics range from considerations before the employee is hired to training and retention over many years of employment. While the specific audience is caregiver organizations, the concepts are applicable to any employer who is interested in creating a great place to work.

Virtual/Remote Social Clubs and Activities Offered through the Following Organizations

- [AUSM](#)
- [Community Bridge](#)
- [Highland Friendship Club](#)
- [Instructables Cooking Class](#)
- [Jo-Ann Fabrics and Crafts](#)
- [MCIL-MN](#)
- [Raddish Cooking Club for Kids](#)
- [Special Olympics](#)
- [The Tap](#)
- [Valley Friendship Club](#)
- [YMCA](#)

Guardianship

There has been changes in the guardianship statutes that went into effect 8/1/20. The following are some bullet points regarding these changes:

- Non-permanency of guardianship for those under 30 - families have to go back to court and re-evaluate
 - Guardianship expires after 72 months (6 years)

Continued on page 5

Continued from Holiday Support on page 3

- **Family Pathways - Forest Lake:** The food shelf provides personal items and food to low-income people, seniors, and others that may be experiencing an emergency or situational crisis. Assistance is offered to working poor and low-income families that may be struggling to make ends meet.
935 Lake St. S., Forest Lake, MN
651-464-2098
- **Forest Hills United Methodist Church:** Call for hours.
1790 11th St. SE, Forest Lake, MN
651-464-5249
- **Friends in Need:** The location may provide food, groceries, and personal items for people who need them. Resources are offered for individuals who live in the regions of Cottage Grove, Grey Cloud Island, Newport, and St. Paul Park.
P.O. Box 6, Cottage Grove, MN
651-458-0730
- **HOPE Harbor (Washington County Social Services Office):** Several assistance programs are offered, including food, transitional housing, personal hygiene products, transportation, family camping, resume writing assistance, and seasonal events. Residents can also apply for government aid such as food stamps or WIC at the county office.
7380 Afton Rd., Woodbury, MN
651-739-6288
- **Hugo Good Neighbors Food Shelf:** They serve all who are in need by providing fresh food, shelf-stable food, and other health-related items. They serve all residents of zip code 55038 which includes Centerville, Hugo, and portions of Lino Lakes and White Bear Lake.
15106 Francesca Ave. N., Hugo, MN
651-528-6224
- **Mahtomedi Area Food Shelf:**
700 Mahtomedi Ave., Mahtomedi, MN
651-395-5350
- **Meals on Wheels:** Local Meals on Wheels programs are able to provide meals to anyone over the age of 18 who lacks access to healthy food due to the COVID-19 pandemic. Thanks to the CARES Act, anyone in need who does not qualify for meals through another program is eligible to receive Meals on Wheels at no cost through December 31.
Talk to your case manager about signing you up for [Meals on Wheels online](#)
- **Minnesota Food HelpLine (Hunger Solutions Minnesota):** With one call the Minnesota Food HelpLine assesses the caller's situation and provides solutions to their food needs.
1-888-711-1151
[Facebook page](#)
- **The Salvation Army - Lakewood/Maplewood Emergency Food Shelf:** Emergency food, summer snacks, and Christmas and Thanksgiving meals may be served. There is also a food pantry and other aid for paying bills, rent, and other expenses.
2080 Woodlynn Ave., Maplewood, MN 7380 Afton Road, Woodbury, MN
651-770-0282 651-739-6288
- **Scandia Marine Food Shelf:** May distribute perishable and non-perishable food items and groceries.

Continued on page 5

Continued from Guardianship on page 4

- Right to make decisions about employment
- ABLE Account
 - Person retains right to ABLE account fund controls - saving and re-accessing
- Gender identity

For more information regarding these changes check out the [website](#) and always consult an attorney.

SAVE THE DATE

The Autism Societies of Greater Wisconsin and Minnesota are pleased to announce a second year of partnership in combining both the Wisconsin and Minnesota Annual State Autism Conferences to a virtual event in 2021. The virtual conference, "Inform, Influence, Innovate Together," will be held online and will feature dozens of livestream breakout sessions, virtual exhibit booths, an Autism resources bookstore, and Temple Grandin as a keynote speaker.

April 21-24, 2021

For more information:
www.ausm.org

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

Continued from Holiday Support on page 4

- 14781 Oakhill Road N (Elim Lutheran Church), Scandia, MN
651-433-2723
- [Second Harvest Heartland](#): Find locations online.
- [St. Andrew's Lutheran Church - Community Resource Center](#): The not-for-profit Community Resource Center provides help to our neighbors with food, emergency housing, nutritional support, financial assistance, and basic needs.
900 Stillwater Road, Mahtomedi, MN
651-762-9124
- [St. Michael's Food Shelf](#):
Call Monday-Thursday (9-11 a.m.) for an appointment.
611 3rd St. S., (St. Michael's Catholic Church), Stillwater, MN
651-439-3241
- [United Way Minnesota and Wisconsin](#)
Dial 211 (landline) or 800-543-7709 (cell phone) for resources/information.
- [Valley Outreach](#): Offers drive-up service for food five days per week. No appointment necessary. See website for days/times. They also have a [Client Support Services Resources List](#).
1901 Curve Crest Blvd. W., Stillwater, MN
651-430-2739 / email: info@valleyoutreachmn.org
- [Washington County Food Support Line](#): For emergency food packs, grocery delivery, and food shelves.
651-430-6688
- [Washington County Financial Help for Food Support, Case Assistance, and Emergency Assistance](#):
651-430-6455
- [White Bear Area Food Shelf](#): Offers fresh and canned food in a crisis situation to the needy. Senior citizens in Washington County and children are a priority too. Meals for the homeless may be served as well.
1884 Whitaker St., White Bear Lake, MN
651-407-5310

Things to do before the Snow Falls!

A word cloud of activities to do before snow falls. The activities are arranged in a circular pattern around the center. The activities include: Yoga in the park, Bon fires, Car rides to see fall colors or play "I spy", Outside Yard games, Mini Golf, Pumpkin patches (social distancing is set up), Play Frisbee, Food truck scavenger hunt, Geocaching, Bike rides, Scavenger hunt, Drive-thru restaurants, Boat rides to see the fall colors, Drive-thru movie theaters, Go fishing, Arboretum drive-thru (reservations needed), Drive-thru haunted house ("Abandoned Hayride" in Chaska, MN), Art projects outside (sidewalk chalk to create a mural on the driveway or an obstacle course), Pokémon Go, Any local park to walk, and Como Zoo and Conservatory (need reservations; social distancing is set up). Fly a kite at a local park.