



Options Resource Center
for Independent Living
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**Options: Interstate Resource Center for Independent Living
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Our Vision

Options sees a world where people with disabilities: enjoy the same human and civil rights as citizens without disabilities; live, attend school, work and play in an integrated accessible community; are respected citizens and community leaders; and face no attitudinal, architectural or communication barriers.

Two Olmstead Complaints Filed Against Minnesota

The Minnesota Department of Human Services has a number of community based services available which utilize individuals to provide Personal Assistant Services in the homes of people with disabilities. This enables people with disabilities to remain at home and not have to go into institutional care. But I ask you, do these services really exist? In practice the Minnesota State Legislature underfunds reimbursement so badly providers cannot hire employees to provide the services!

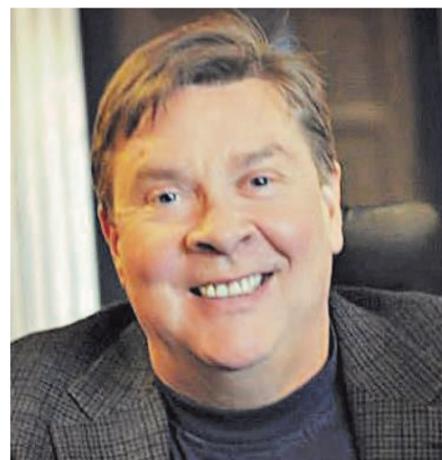
Years ago North Dakota recognized the importance of a livable wage for its personal assistants so raised reimbursement rates to twenty dollars per hour. In contrast, in northwest Minnesota you can make more money at fast food restaurants than by working as a PAS Provider. The naysayers may think this is a COVID thing and yes, this has had another unforeseen impact but prior to COVID wages were still so far out of sync with other jobs in the area.

CALL TO ACTION / CONTINUED ON PAGE 7

Health Care Rights Start with a Health Care Directive

This past July we saw the closing of a chapter when long-standing disability- rights activist Nate Aalegaard's Memorial Service was held.

Not only did he have an impact on Options by being a member of our first Board of Directors, he also was a long standing Executive Director of Freedom Resource Center, our sister center. Nate Aalegaard worked hard and accomplished so much on behalf of people with disabilities.



NATE AALEGARD / CONTINUED ON PAGE 7

Do You Need Internet Service

Excerpt from ACPbenefit.org

The FCC (Federal Communications Commission) is now offering a federal program called the Affordable Connectivity Program.

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program?
A household is eligible for the Affordable Connectivity

Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:
Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline; Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations; Participates in the National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision; Received a Federal Pell Grant during the current award year; or Meets the eligibility criteria for a participating provider's existing low-income internet program.

How to Enroll: Go to [ACPBenefit.org](https://www.acpbenefit.org) to submit an application or print out a mail-in application. Options can also mail you an application or help fill it out. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete. Eligible households must both apply for the program and contact a participating provider to select a service plan.

Get a Phone / Service Plan for Free or Reduced Cost

Excerpt from LifelineSupport.org

Since 1985, the FCC has offered the "Lifeline Program" with the aim of ensuring all Americans have phone service. The terms and types of plans vary greatly across the many participating providers. You can identify local providers by visiting [LifelineSupport.org](https://www.lifelinesupport.org) The eligibility requirements for Lifeline are similar to the FCC's Broadband Emergency Benefit.

You can sign up for service in a few different ways. You can sign up on their website, by calling 800-234-9473, or you can print out a form and mail it in.

If you need help paying for internet, phone service or data plans, just contact Options and we will be happy to assist you!

Toll-Free 800-726-3692
Text-Line 701-864-0296
Email options@myoptions.info

Hearty Chili Recipe for Spring

3 pounds ground beef
2 cans red kidney beans
1 can red chili pinto beans
1 can black chili beans
1 can corn drained – or use 2 cups frozen corn
(You can use any kind of beans you prefer & it is your preference if you want to drain them)
2 - 28 ounce cans of diced tomatoes (undrained)
1 – 6 ounce can tomato paste
1 large onion (dice or chop)
2 to 3 celery stalks (dice or chop)
1 green or red pepper (dice or chop)

2 cups beef broth
4 to 5 Tablespoons chili powder – (more or less if you desire)
1 Tablespoon Worcestershire sauce
1 Tablespoon minced garlic
2 teaspoons ground cumin
1 teaspoon paprika
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon black pepper



Directions

- In large stock pot put beans, corn, tomatoes, tomato paste & spices – simmer on low temperature.
- In a skillet - Brown hamburger, add onion, celery and pepper – cook until hamburger is thoroughly cooked. Add to your stockpot of beans.
- Continue to simmer on low for 2 hours – serve with shredded cheddar cheese! Enjoy!

Upcoming Awareness Months

April:

Healthcare Access and Inclusion
National Parkinson's Awareness Month
Stress Awareness Month
April 2nd-Autism Awareness Day
April 15th- ASL Day
April 15th – Offices closed for Good Friday

May:

Better Hearing and Speech Month
Global Accessibility Awareness
Mental Health Awareness Month
National American Stroke Month
May 30th- Offices closed for Memorial Day



Did you know your City is required to have an ADA Transition Plan?

This year has marked the 31st Anniversary of the Americans with Disabilities Act (ADA). Many Centers along with other disability rights organizations across the United States celebrate its passage recognizing it as the most comprehensive Civil Rights Law in the Nation and some say the World for people with disabilities. Do you or your loved ones experience full accessibility? If not, you may ask yourself how do I help, how can I be proactive? Here is one way which does not involve filing a complaint but does insure your City Administrator is making headway in making your city accessible both programmatically and physically.

If your city has 50 or more employees they should have developed an ADA Transition Plan by 1993, this plan should layout all the changes needed to make its programs and facilities accessible with timelines. Then in 2010 with the passage of some new additions to the ADA Cities should have gone through and updated their Transition Plan including such things as playgrounds, athletic fields, swim areas and docks to mention a few. We are not asking you to do this to be a bully but to keep your cities feet to the fire. Since it was required in 1993 looking at the average amount of time people spend with one job your city could have hired and rehired 4 or 5 other employees in charge of this area. Any one of the new employees may not have recognized the importance of the Plan and lost it or discarded it thinking it was out of date. You asking to review the Plan may help insure it is a working document. If your City is one where they have a difficult time getting their hands on the report or cannot find it you may help them become aware of its importance and need. Cities are required to fill out many reports and some naïve employees see the Transition Plan as just part of the mix, not realizing if a person with a disability files a complaint on a City the Department of Justice will ask your city for its Transition Plan. If available this will be the Cities first line of defense. The Department will check to ensure it is inclusive and that actual progress is being made to fulfill the plan. If the area out of compliance is one which has historically not weighed as important as the many other changes the City has made maybe a less punitive decision may come out of the complaint.

So please go to your city and inform them you would like to review their ADA Transition Plan. Perhaps the best place to start would be to go to your City Manager's Office. Once you receive it, check the date of the last update, check to see if it includes an update after 2010 and see if there is progress in achieving the goals. Good luck and please keep us informed, we would love to hear of your community's progress in achieving its goals.

EQUIPMENT DONATIONS REQUESTED

At Options, we loan out durable medical equipment and occasionally give away power wheelchairs and scooters—all at no charge to the individual. This program runs entirely on the generosity of people like you; we don't buy any of the equipment. At the moment, some of our supplies are low. If you have items in new or like-new condition you'd like to get rid of, keep us mind.

Some things we are looking for:

- Wheelchairs
- Walkers with Seats
- Knee-Walkers
- Commodes
- Toilet Risers
- Bath Chairs
- Bath Benches



Items can be dropped off at 318 3rd St NW, East Grand Forks MN 56721.

**ND Assistive
Serves NW
Minnesota**



ND Assistive is designated as the State of North Dakota's Assistive Technology Program. Through different vendors, they can loan out various Assistive Technology items to people in North Dakota **and** now Minnesota. They also have several other programs such as financial micro-loans, training, and the Senior Safety program (one can obtain AT and durable medical equipment free if 60 and older with the goal of staying at home). They have a website you can search for and request equipment at <https://nd.at4all.com/>.

In Fargo, they have an AT Show Room where one can explore and experience first-hand how Assistive Technology can work for them. That address is 3240 15th Street South, Suite B, Fargo, ND 58104.

Give AT Assistive a call if you need any help at 800-895-4728 (toll-free).

At Options, we can also offer advice, research and equipment. free to contact us as well if need be!

COVID Tests and Vaccines in Both States

With COVID-19 and all its variants still active, it's important to know where you can still get the vaccine and get tested. You can contact Options by phone, email or text if you want to know where you can get the vaccine or get tested. In North Dakota, you can find a test at www.tinyurl.com/NDcovidtest. In Minnesota, you can find a test at www.tinyurl.com/MNcovidtest. In both states, you can use www.vaccines.gov/search to find a vaccine.

COVID-19 Long Haulers and Symptoms

Periodically various disability groups with under-represented specialized medical treatment or services have taken a call to action to educate the public and providers on their unique needs. Options has assisted individual advocates with this endeavor, it usually takes the form of one or two people coming forward and offering to start a support/educational group which gradually evolves into a movement large enough to have an impact for positive change. We have seen such by persons and family members locally with experience with head injuries and fibromyalgia, to highlight two disability groups.

Many of us have experienced COVID-19 and can go on with life as usual others post COVID have been experiencing various debilitating symptoms which affect their day to day lives such as shortness of breath, high heart rate, and chronic pain to mention a few.

The people experiencing such are classified as “post-acute sequelae of COVID-19” which is commonly referred to as “long haulers.” Some are finding it very difficult adjusting to a new normal. Sometimes the people experiencing these symptoms were not very incapacitated with the virus itself at the point of infection; the long term symptoms simply came on over time.

COVID-19 LONG-HAULERS / CONT. ON NEXT PAGE

Life with Chronic Pain

By Pat Danielson

After many long months of the pandemic, some recovered COVID-19 survivors are experiencing recurring symptoms—chronic pain among them. So many people are affected that they are now referred to as “long-haulers”. I am not a medical professional so I won’t even try to talk about the entire range of long haul effects, but I do have something to say about chronic pain.

Speaking as a person who has lived with chronic pain for many years from the way Juvenile Rheumatoid Arthritis affected my growing musculoskeletal system, I hope long-haulers are offered much more effective help for their chronic pain than prescriptions for opiates. While there are good reasons for using them, strong pain medicine is only one small part of what is needed to survive and thrive with chronic pain. Indeed, the opiate medicines may even precipitate increased issues—possibly even death from overdose.

Pain is a pain—no getting around it. It may be from a hangnail, a bee sting, a broken leg, or an appendectomy. It all hurts, but much as we may moan and complain we believe our bodies will heal. The pain will stop. We will get on with our lives and may even forget it happened—until we get to swapping stories with others and then we join in with telling our own brave tales of survival. These become fun stories that tend

to magnify our bravery more and more with each telling.

Chronic pain affects all aspects of life. Getting through the day and night with it while maintaining a semblance of ordinary life is exhausting. How do we maintain a work schedule, interpersonal relationships, and manage a household when there may be days we can barely move our body? The never-ending pain and questions about it can be overwhelming and depressing.

We need mental health professionals and peer support, access to physical therapy, employers who will accommodate our need to eliminate barriers to continue working, and support for family issues and social outlets.

MEDICAL HELP

We need physicians who will acknowledge that this is really happening to us and who don’t dismiss us as hypochondriacs in search of narcotics. We need them to partner with us and use their knowledge, experience, and contacts in the medical world to help us find effective courses of treatment and support. To help us build a personal toolbox of medicine and skills to rebuild our lives in new ways.

MENTAL HEALTH MATTERS

We need mental health professionals who can listen, teach pain management, coping skills, and maybe steer us to some peer support. And did I mention that they need to listen?

I had the good fortune to be referred

to a psychologist who listened well and offered me coaching and support through some tough periods of severe depression. I took antidepressants—thanks to a psychiatrist.

From the psychologist I learned to take care of myself and to see myself in a more positive light—including the fact of the pain and physical limitations that didn’t go away. I learned relaxation skills through practice with a biofeedback system. I learned self hypnosis to fend off bad headaches wherever I happened to be—no specialized equipment necessary, just a couple quiet minutes by myself. I practiced it and incorporated both those skills into my days. It didn’t make all my pain disappear, but it did allow me to feel as if I could cope when I needed to be alert and engaged in a project.

I learned to keep trying to participate in my community. I took weekly oil painting classes through our Park Board and showed my work at the end of the session. It became one of the activities that helped me to learn who I am and what I enjoy doing. It also offered me a positive social outlet in my community.

LIFE WITH CHRONIC PAIN / CONT. ON NEXT PAGE

COVID-19 Long Haulers/ Continued

Some people experiencing these effects have already taken up the torch to insure this condition becomes known. However, considering the lack of current information available for now, it may be helpful to look to other disability group members about how to advocate for specialized services and also how to live with chronic long-term symptoms. Individuals can learn to manage their own symptoms more effectively by identifying with other people who experience symptoms similar to their own.

Recently, I read that the use of opioids has been rising. The author reported that chronic pain experienced by long-haulers may be a reason for the increase. Because of this, I have asked Pat Danielson a past employee, who lives with chronic pain daily, to write an article about chronic pain and how she continues to cope with it. Please see her article in this issue. If you want to start a support group or educational group and would like our assistance, please contact us. If you want to talk to a person with symptoms similar to yours for practical help to learn how to move on with life, please call. This is an important part of Independent Living Options calls Peer Visiting. We offer it every day!

LIFE WITH CHRONIC PAIN / CONTINUED

Hooray for personal growth! The psychologist I saw cheered me on and coached me through situations I didn't know how to handle. My life became much richer and more fulfilling. Yes. My chronic pain stayed with me all the way, but when I used the pain management skills I had learned, it was not the focus of my life. I could stop seeing myself as a "patient" and just be me—pain-warts and all.

PHYSICAL THERAPY

Physical therapists (PTs) can teach us a customized set of exercises, show us how they help us, and cheer us on. Cookie cutter protocols are not the way to go. We need them to actually look at us and our specific needs and partner with us to make it work. To accomplish that they need to listen well, too.

I've had the pleasure of working with at least a few PTs who partnered with me to address my specific issues. I have learned a lot about my body and about exercise from working with those therapists. It helped so much that they were capable of hanging in there with me through the frustrations involved in adapting a therapeutic exercise plan to my needs and abilities. It made all the difference for me in terms of helping me stay physically strong enough to take care of myself during the day. While I still need some help during my daily life, because of their skills and partnership I can continue to remain mostly independent. Three cheers for the PTs who showed the courage and creativity not to give up on me when they felt frustrated by the complexity of my situation!

EMPLOYMENT

Figuring out how to pay the bills and have a home can be daunting. Some people with chronic pain can return to prior employment with accommodations—maybe shortened hours, different work hours, longer breaks, work from home etc. Some choose to rethink their work life and find new jobs that fit their need to manage their pain. Some need to stop working at a job while continuing to work at restructuring their lives and apply for Social Security and Medicare because of their disabling condition.

I struggled with employment most of my young adult life. I had majored in elementary education in college—a poor match for my physical abilities, but I didn't know that at the time. Finally, I had the good fortune to connect with a group of people with disabilities in our community. I helped to start our Center for Independent Living! That experience taught me so many more skills and offered me a sense of belonging I had not experienced very much in my community.

FAMILY AND SOCIAL NEEDS

We need family and friends who can learn to see us as we are and recognize that while we struggle with the effects of our pain and may not do all the things they expect us to do, we are trying hard to move toward our best life. We need to recognize that they might struggle to deal with the changes they see in us too, but we need each other. Maybe more than ever, we need each other to update our relationships to include changes none of us expected to experience. Life is different. Life is still good.

Our learning does not stop. As we learn about ourselves and practice using medicines effectively and skills learned from medical professionals and therapists, we can gradually

move away from what has been fairly intense dependence on medical professionals and toward more independent life with pain management. We learn to use professional helpers as we need them—prescriptions, referrals to other professionals, assessing new symptoms that crop up—but may need them less for day to day functioning. Maybe we discover a massage therapist who is particularly adept, an acupuncturist, a gym that works well for our exercise program, a new club focusing on shared interests, and a new talent we didn't know we had. We can keep stepping out to try something new, meet new people and move through our lives unapologetically, in our own way.

WE CAN DO THIS

Learning to deal with chronic pain successfully is no small task, but it is possible. We need to take the time to practice thinking differently about ourselves as we are, right now. Trite but true, we learn to accept—and even value—what we cannot change.

RESOURCES FOR INFORMATION AND PEER SUPPORT

Options Interstate Resource for Independent Living —
218-773-6100,
701-864-0296 (text-line), or
www.myoptions.info

The Mighty— Online source of support Lots of information and opportunity for supportive conversation about a wide variety of disabilities. www.themighty.com

Toni Bernhard— How to Live Well with chronic pain and other titles. This author shares practical information she learned from her own experience with chronic pain and illness. www.tonibernhard.com

Staff Changes

Miranda Nechepurenko, Money Follows the Person Coordinator



Miranda joins our transitions team during a time where demand for people wanting to live independently in the community and home of their choice is skyrocketing. Miranda previously worked 9 years as a manager at Development Homes, Inc.

Heather Everson, Advocate and Trainer



Heather returns to Options as an Advocate and Trainer. Heather is a familiar name with many, having worked as an Independent Living Specialist in Harvey before becoming our Advocate and Trainer out of East Grand Forks, MN. Welcome back, Heather!

Corey Birkholz, ADA/Accessibility Specialist



After 21 years, Corey Birkholz is moving on. He has accepted a position with North Dakota Vocational Rehab. Corey has assisted in eliminating barriers for countless individuals, communities and businesses over the years. Thank you for all you've done for Options and the people you served!

Brooke Peterson, Accessibility Specialist



Brooke Peterson is from Minot, ND and has joined our team as the new Accessibility Specialist. Brooke is originally from East Grand Forks, MN. She previously worked as a CAD Drafter for EAPC Architect Engineering.

OPTIONS SERVICES

Independent Living Skills Training

Provide one on one independent living skills training such as budgeting, drivers education, organizational skills, and meal planning. Options will work to help achieve your personal goals and needs.

Information & Referral

Provide information and referral services and resources to help people live independently in the community.

Peer Visiting

Connecting people with disabilities to other people with disabilities in order to foster peer relationships.

Individual and Systems Advocacy

Individual advocacy assists people with disabilities in safeguarding their civil rights. Systems advocacy supports critical issues which are based on community needs as defined by consumers.

Equipment Loan

Options has a wide variety of adaptive equipment to use free of charge.

Transition / Diversion Services

Options assists individuals to transition from, and prevent going into institutional settings so they can live independently in the community of their choice.

Community Education and Outreach

Options staff is available to present on legal rights, architectural accessibility, disability awareness, and information regarding other disability rights.

Accessibility Services

Assist individuals to make their homes (owned or rented) more accessible. Provide information on architectural updates like ramps, accessible bathroom remodeling, or obtaining other equipment.

Youth Transition Services

Support and empower youth in making a successful transition into adulthood, and reaching their life goals.

Online Presence



Lately we have expanded our digital reach! We have a blog on our website (just click on blog on www.myoptions.info). If you are on the Tumblr.com network, you can follow our blog from their network. We also have a presence on Facebook, Twitter and Instagram. Each one of our accounts can be found with

the handle, [@optionsrcil](https://twitter.com/optionsrcil). On Twitter, we also have a [@optionsoutdoors](https://twitter.com/optionsoutdoors) account, which focuses on our accessible hunting, recreation and fishing website, www.optionsoutdoors.org.

Our goal with our online platforms is to disseminate information which may be useful to people with disabilities as well as discuss and communicate Options services.

Our myoptions.info website can also be helpful for individuals buying and selling equipment beneficial to people with disabilities.

Tax Help

Many communities have volunteers to assist people with tax preparation this time of the year.

The IRS lists various locations to assist individuals and that list can be found here:

www.tinyurl.com/IRSassistance. You can also contact Options and we will assist you in finding a location.

Nate Aalegard / Continued

While waiting for Nate's memorial service to start I read a summary of his life. One portion in particular struck me in a couple ways. The following is an excerpt from the program received at Nate's memorial service. Take heed of these wise words:

Nate was a gentle, deliberate, methodical, smart, and compassionate man. He brought those qualities into his leadership roles and was loved by many. He was a role model for all, treating everyone he met with dignity. He worked fearlessly to make the world more accessible and to educate everyone about the value of people, regardless of their abilities. In his own words from his health care directive: "Having lived with a disability since 1977 and knowing the prejudice that has existed throughout history regarding people with disabilities, I want to make it clear that I do not consider the presence of a disability a condition under which a person should be afforded any less treatment than anyone else. I want those making decisions for me to know that I do not consider my disability a tragedy, nor do I consider my life one bit less full and meaningful than if I had never had that experience."

Even in his health care directive, Nate took the time to teach! Nate recognized how many who are in places of power and are responsible for making life and death decisions on our behalf may not believe our lives have value. They rationalize our lives away over a misbelief about the quality of our life being less than another's— just because of the presence of a disability. This struck me hard because of all the people I have heard of whose treatment was withheld because of a disability during this COVID time.

At the beginning of the pandemic Options mailed some 70 letters to various hospital administrators pleading with them to insure their staff did not use arbitrary reasons to decide the fate of a person with a disability. We asked them not to withhold treatment of patients with disabilities because of long-standing prejudice.

For all our readers with disabilities, please take note of Nate's words and the way he prepared prior to going into the hospital. Write your own health care directive so you can make sure your choices direct your treatment vs. somebody else who may not understand your disability does not define your worth.

The Power of Guardianship and Conservatorship

You may have seen in the news this past fall Britney Spears's fight for the Court to give her back full control over her life by removing their guardianship mandate. Much has been written about her fight in gaining control over her life and highlighting instances where she thought her guardian, her father, has not had her best interest in mind. Along with all multiple media outlets her case has been highlighted by the ACLU, with the ACLU providing their expertise on some aspects of the case. As part of Disability Pride Month, the ACLU

conducted a podcast entitled "Why Britney Can't Get Out Of Her Conservatorship", (tinyurl.com/aclubritney) On November 12th, the Court agreed with Britney and decided a conservatorship was no longer needed.

This case highlights the fact that a conservatorship may not necessarily be permanent, circumstances may change to such a degree the court may reverse their decree. Additionally, if the person managing your life is not doing it with your best interest in mind you can get help to see if you can get a new guardian.

For information about your rights, call North Dakota Protection and Advocacy at 800-472-2670 or Minnesota Disability Law Center at 800-292-4150.

Call to Action / Continued

At Options we have spoken to family members who are either considering sending or have sent their loved ones to institutions for care because in-home help is not available. We have spoken to people with significant disabilities who say they have to sleep in their chairs or they don't eat because they cannot find in-home help for all of the services they are eligible for. We have spoken to providers in the Red River Valley who cannot compete because professional personal attendants work either for private pay clients or cross the river to work in ND because the reimbursement rates are livable.

We'll ask again. If a service exists on paper but in practice you cannot get the service, is Minnesota doing right by its mandates to serve people in the least restrictive

environment? It is time to take the gloves off — to hold our state accountable for the services it claims exist. To do this Options needs your help. We need you to tell us if in fact this is a crisis or we are simply hearing about a few isolated incidents.

This is a Call to Action! Call us with your stories! Let's not allow complacency to force people into unwanted and otherwise unneeded institutional care! We need people willing to go to bat on behalf of their brothers and sisters with disabilities. We need you to stop this "Minnesota nice" and start taking action.

Options Needs your Help, tell us your stories. Help us to document the unmet needs! The Americans with Disabilities Act is just an empty promise unless we are willing to enforce it. The time is now! Please help us to help all of us!

JOIN OUR EMAIL LISTING

Do you use email to communicate? If so, send us your email address to mike@myoptions.info so we can keep you up-to-date on various advocacy issues and opportunities to participate in various activities.



Resource Center for Independent Living

Mission Statement

Options is a non-profit organization committed to assisting individuals with disabilities to live independently in the communities of their choice and to eliminate barriers of attitude, architecture and communication from the environment.

Contact Info

V/TTY 218-773-6100
Toll-Free 800-726-3692
Text-Line 701-864-0296
Fax 218-773-7119
Email options@myoptions.info

On the Web

www.MyOptions.info
www.OptionsOutdoors.org
Facebook, Twitter, Instagram handle:
@OptionsRCIL
@OptionsOutdoors (Twitter only)

Vision Statement

Options sees a world where people with disabilities: enjoy the same human and civil rights as citizens without disabilities; live, attend school, work and play in an integrated accessible community; are respected citizens and community leaders; and face no attitudinal, architectural or communication barriers.

NEED PPE? CONTACT US

Do you have a disability and are looking for gloves, masks and hand sanitizer? If so, contact Options and we may be able to get you some.



To date, Options has assisted **236 people with disabilities from institutional setting to community-based settings and prevented the inappropriate placement of 777 individuals.**

Text us Your Questions on our Text-Line at 701-864-0296

If you would like this newsletter in alternative formats, such as audio, braille or digital, please contact Mike or email options@myoptions.info.

If you would like to receive this newsletter and other publications by email submit your request to options@myoptions.info or call us.

While the Information contained in this issue has been presented with all due care, Options IRCIL and its funding partners do not warrant or represent the Information as being free from errors or omissions.

This newsletter is for informational purposes only; it does not constitute legal advice or medical advice, and should not be construed as such.

Always seek advice from qualified medical or legal professionals with questions which you may have to insure it is applicable to your situation.