



318 3rd St NW  
East Grand Forks, MN 56721  
218- 773-6100 V/TTY  
800-726-3692

## Options: Interstate Resource Center for Independent Living



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Do you wonder why you haven't received Options "somewhat quarterly" newsletter in 5 years? You aren't the only one. In fact, Options hasn't printed a newsletter since 2010. The biggest reason is because of limited funding. We are ready to start the newsletter again and look forward to reaching you.

The purpose of this newsletter is to reintroduce you to Options, the services provided and the people dedicated to independent living for individuals with disabilities and those experiencing the effects of aging. We want you to know what we do and why we do it. We want you to understand the services available to you so you can live as independently as possible. We are here for you. Turn the page to find out how we can be of assistance to you.



**All Call for Applications!**  
**See page 8 for more**  
**information.**

**The Newsletter of**  
**Options Interstate Resource**  
**Center for Independent Living**

## Mission and Vision

Options is an advocacy organization promoting individual independence of people experiencing the effects of aging and people with any type of disability.

We are a non-profit organization committed to assisting individuals with disabilities to live independently in the communities of their choice and to eliminate attitudinal, architectural and communication barriers from the environment.

Options sees a world where individuals 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;
- ✓ face no attitudinal, architectural or communication barriers.

*“Very helpful. They answered all of my questions.”*

## Individual Choice and Individual Control

Individuals with disabilities have the same rights as all other citizens. This is the basic philosophy of the independent living civil rights movement.

It is essential for individuals with disabilities to enjoy equal access to the cultural, vocational, residential and leisure opportunities open to any other citizen in the community. All individuals have a right to such integrated experiences.

Individuals with disabilities are entitled to choose daily living options like everyone else. We all have the right to privacy, a home, work, school, leisure activities, social interaction, sexual relationships and to choose where that will be in the community.

Just as individuals with disabilities have the right to full access to the community, they have the responsibility to follow through with their commitments in good faith and respect the rights of others. Everyone is accountable for their own actions.

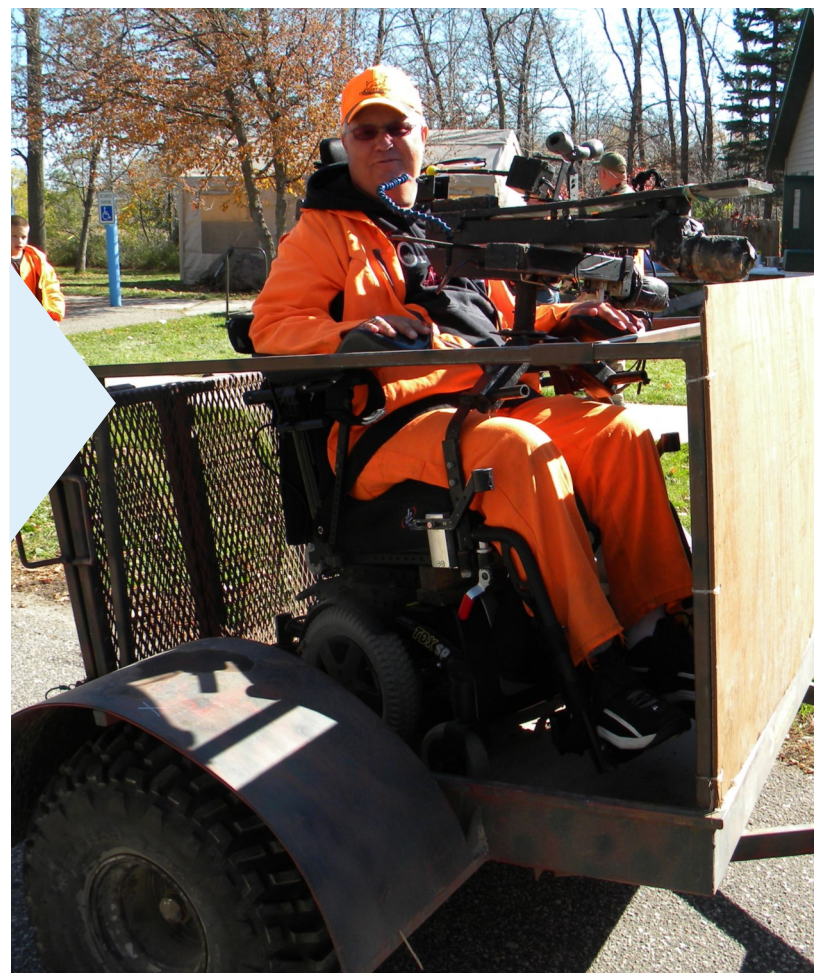
## Service area in Minnesota and North Dakota

The main office of Options is in East Grand Forks, MN. This office serves all counties in the service area and is open between the hours of 8:00am and 5:00pm, Monday through Friday.

Each branch office is staffed by one person and is not always open during the day due to staff traveling to people receiving direct service. Feel free to call the main office if you are seeking information about resources or equipment.

Randy Anderson gears up for a hunt at our annual Accessible Hunt that takes place every second week in October. Visit the back page for more information.

*“Very thankful for the resources. We know who to call when we need help: Options.”*



## Information and Referral

Are you overwhelmed by a new life altering event such as a medical condition or accident? Do you want to know what resources are available in your community? Options has been a disability related information and referral resource in this region for over 20 years. No need for you to start from scratch when staff from Options have already done the research.

Call 218-773-6100 or 800-726-3692 toll free to find answers.

## Building Accessibility Standards

There are government regulations for construction and remodeling to ensure access to individuals with disabilities. Options provides technical assistance to federal, state, and local governmental entities, private businesses, and outdoors facilities. Individual homeowners can receive planning assistance to improve home access for family members with limited mobility. This includes onsite evaluations and home renovation recommendations for bathrooms and ramps.

## Peer Visiting

Options offers opportunities for individuals with disabilities to talk with someone who has an understanding of disability because they have “been there, done that”. We will do our best to connect people for a friendly chat.

## Support/Recreation group opportunities to gather with friends with similar interests:

Cavalier Recreation Group  
Grand Forks Peace of Mind Group  
Crookston ADAPT Group  
Thief River Falls Group  
Roseau Group

## Transition From High School

Options supports and empowers youth in making a successful transition into adulthood, whether that be attending post-secondary school, entering the workforce or anything else.

## Individual and Systems Advocacy

There are times when advocacy is needed to make a system more inclusive to individuals with disabilities. This could mean advocating for a change in policy or removal of an architectural barrier such as a step. Options will help you advocate for your rights.

## Equipment Loaner Closet

Options has durable medical equipment for loan to people who need the equipment right away and/or have limited financial resources. The equipment includes wheelchairs, walkers, canes, reachers, transfer benches, raised toilet seats and more. The person receiving the equipment is responsible for working with their medical provider to ensure the equipment is used correctly. Any individual checking out equipment is required to read, understand and sign a release of liability waiver form.

## Individual Assistance

Are you overwhelmed by application forms and regulations becoming a bigger barrier to you than your disability? Give us a call to set up an appointment with one of our staff to help you figure out what to do next. Options staff have experience with community resources and can help you understand regulations and forms related to living independently.

## Transition from Nursing Home

Explore options for moving from a nursing facility to your own home. There are state programs designed to support individuals in their home with supports which cost less than living in a nursing facility.

*“Great resource. Only organization that visited us. Anything we need help with, Options has been there.”*

*“We could not have gotten help without Options.”*

## Call for immediate assistance.

V/TTY 218-773-6100 or  
800-726-3692

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**Revel Sapa**  
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**Heidi Gustafson**  
223 4th Ave NE Suite D  
Devils Lake, ND 58301



**Tami S. Staven**  
318 3rd St  
East Grand Forks, MN 56721



**Heather Everson**  
900 Lincoln Ave Suite 5  
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# Direct Service Workers

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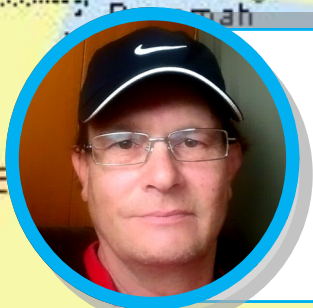
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ADA Specialist



**David Espinoza**  
Equipment Specialist



**Paula Ous**  
Advocate & Trainer



**Kate Sapp**  
Transition Coordinator  
ND MFP Program



**Mike Peterson**  
Information & Referral Technician

*“Information assisted me in choosing the right plan.”*

# Options on the Web!

[www.myoptions.info](http://www.myoptions.info)

Options' website has many features, including a "Swap Shop", which provides a listing of people selling and seeking various equipment, such as vans, hospital beds, lifts and more. If you are curious about what equipment might be available, do not be afraid to contact us at 800-726-3692. You can also email Mike, [mike@myoptions.info](mailto:mike@myoptions.info)



## Options on Social Media

“Like”   
our page on

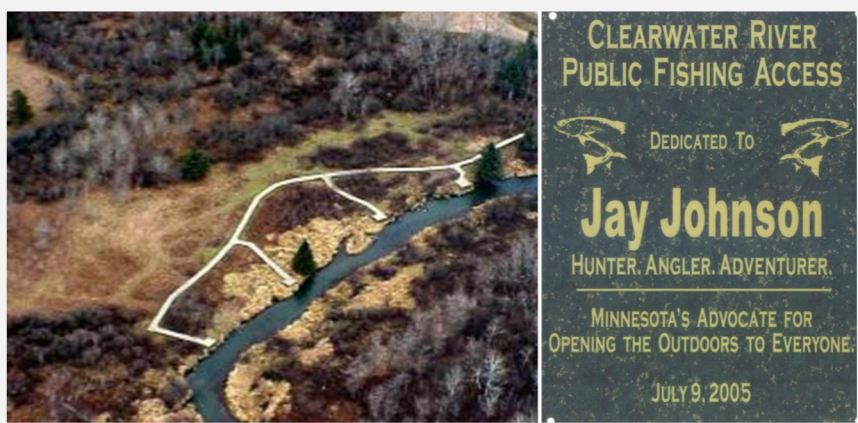
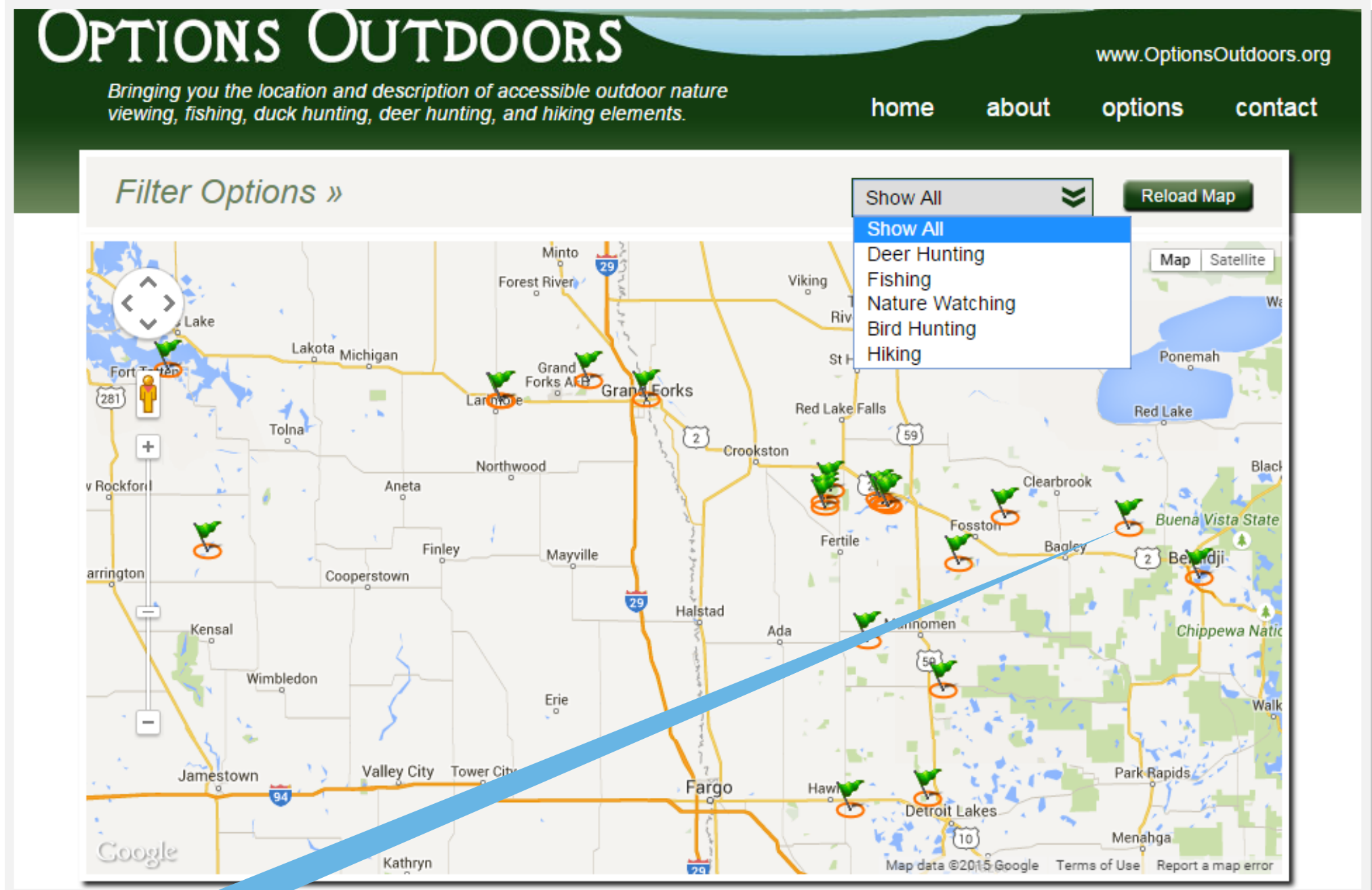
[facebook](https://www.facebook.com/OptionsRCIL)

at  
[facebook.com/  
OptionsRCIL](https://www.facebook.com/OptionsRCIL)




# www.optionsoutdoors.org

Optionsoutdoors is a website dedicated to providing information on accessible outdoor locations so people with disabilities can participate in nature watching, hiking, deer hunting, waterfowl hunting, and fishing. Each of the sites listed provides information needed for an individual with a disability to make an informed decision about access to an outdoor recreation activity.



## Minnesota Department of Natural Resources Clearwater River Public Fishing Access

 Click for more info >>

*“Options is a great resource, they helped me out in so many ways.”*



Follow us on twitter:  
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[@OptionsOutdoors](#)



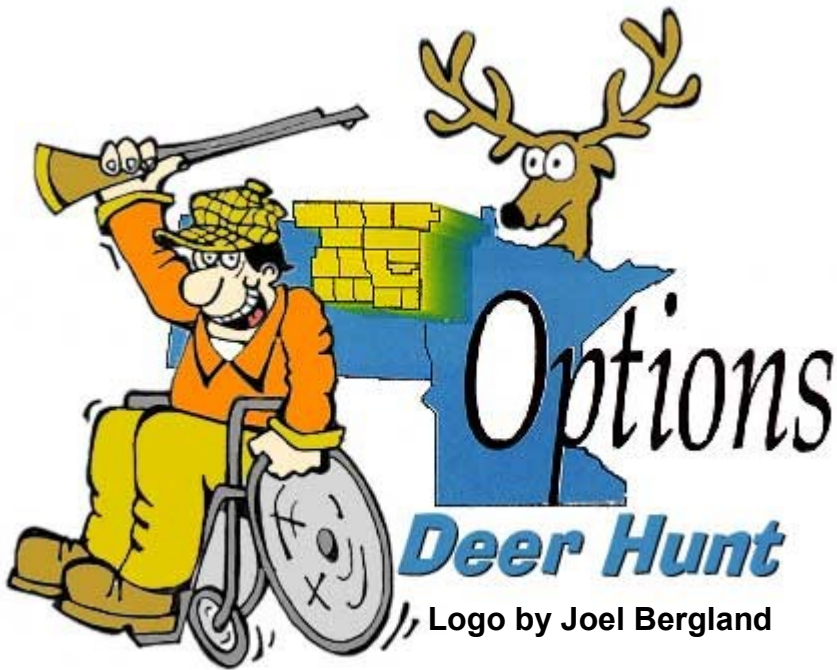
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If accommodations are necessary to read this newsletter, such as audio format, braille, please contact us at 218-773-6100 or 800-726-3692 or email us at [mike@myoptions.info](mailto:mike@myoptions.info)

The production of this brochure is funded at about 43% under a grant from the Department of Education. The contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.



Seems a little early to be thinking about fall when summer seems to have hardly arrived but here we go asking anyone interested to please call or email Options for a Deer Hunt Application. The deer hunt is held at Rydell National Wildlife Refuge located in northwest Minnesota and is sponsored by the MinDak Border Chapter of the Minnesota Deer Hunters Association. The deer hunt is always the second weekend in October. This year it is **October 8-10, 2015**. For those readers who have not heard of our hunt; Options, in coordination with the United States Fish and Wildlife Service, has been offering people with disabilities an opportunity to hunt for the last nineteen years.

The hunt is designed so that people with disabilities who want to start or get back into hunting have an opportunity when the weather is hopefully nicer and in an area where a person does not have to worry about as many issues as they would during the regular deer hunting season. Volunteers will be present to assist or hunters can bring a buddy who will assist while at the hunt. Hunters can set their own level of assistance ranging from hunting on their own to having someone sit on stand with them. All hunting is “still hunting” via ground blinds with one platform stand.

For those interested, all you have to do is call Options and request an application. Options will review the applications and choose up to 20 applicants for the deer hunt. Successful applicants are chosen based on severity of disability, lack of experience hunting as a person with a disability, not having participated in the hunt before, and all things being equal by random drawing. This is not to mean that if you have hunted with us before that you cannot hunt now, we have never experienced an application process where the numbers of new applications exceeded the number of slots available. Applications must be post marked by **August 12, 2015** to be eligible. If you have any questions please call Randy at 800-726-3692 or email [randy@myoptions.info](mailto:randy@myoptions.info).

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