

Premiere Issue

September 15, 2010

Volume 1/Issue 1

## New DHS Requirements Coming

Department of Human Services (DHS) has created online training modules for individuals who work as personal care attendants (PCAs) in Minnesota. DHS has not announced a start date for this required training. The training module has multiple topics that are covered, followed by a certification test that must be completed, printed out, and turned in to the PCA agency that the PCA works for.

**IMPACT TO OUR PCA STAFF:** Every current PCA employee must complete the training and turn in their certification within one year of the start date from DHS.

**IMPACT TO OUR CLIENTS:** Clients need to be aware that all new applicants must complete this online training *before* a background study can be submitted to the Department of Human Services.

**GOING FORWARD:** PCAs will receive notification from People Enhancing People once DHS announces the effective start date. Please ensure you have a current mailing address on file at the office! As soon as DHS announces a start date for this required training, PEP will mail out notification letters to everyone.

*By Beth Ismil*

## PCA Star Spotlight

Shaqlan M. has been working for her client, Pat, since March 2006. In her years with her client Shaqlan has shown true dedication: she has never missed a shift of work, even making it to work on time on a bitterly cold winter day when she had a flat tire and had to walk 10 blocks back home to find a ride to work. Shaqlan is very professional and thoughtful in the care she provides, helping her client to live more independently, adjusting her work schedule every semester so her client can pursue a college degree. While Shaqlan and

*“While Shaqlan and her client come from very different backgrounds, they are able to work very well together.”*

her client come from very different backgrounds, they are able to work very well together.

“We have mutually interesting conversations and find more values in common than different, Pat said.

Shaqlan provides this exceptional support to her client while balancing her own responsibilities to her family of 10 and pursuing her own education.

Thank you Shaqlan, for your dedication and commitment to balancing your personal responsibilities and work responsibilities in a way that allows your client to live a truly independent, quality life!

*By Beth Ismil*

## PCAs in the News

Whenever we see PCAs in the papers, we know that some shocking tale of abuse will follow.

On March 22, Jacoby Laquan Smith was working as a substitute PCA for his girlfriend in East Side St. Paul when he lost his temper.

The Pioneer Press reported that a fight broke out when his paraplegic client blocked Smith’s view of the TV, and he knocked her to the floor and punched her in the face 10 times.

On April 29, two personal care assistants who worked for Advance Home Health in Fridley pleaded guilty to health care fraud:

billing for services never rendered for two years.

On May 24 the Star Tribune told the tale of a PCA who was paid by the state and taxpayers for 32 hours of work per day, three days in a row.

These true stories are awful, and they need to come to light, but it has an unfortunate effect they have on the public: it trusts PCAs less and less.

Issues such as these shed light on the importance of following a Code of Ethics when providing PCA care.

*By Becca Reilly*



## What Not To Wear

When you don't have a company uniform, you have to fly your own colors. Just follow these Dos and Don'ts of attire to interviews, to work, to your next company meeting or cook-out.

### **DON'T wear rosy-colored glasses**

It's time to be realistic and open to honest assessments. There's no need to sugarcoat today's truth for the sake of making friends. So leave little white lies at home with the rosy glasses.

### **DO wear a smile**

It's the cheapest way to improve your looks, and, psychosomatically, your attitude. Whether the situation is awkward, odd or mundane, there's a smile for that!



### **DON'T bare a cold shoulder**

Halter tops are unprofessional-- so are icy looks and tuning people out. Especially with those on your team of caregivers, it's better to address than ignore any issue or person. We can't afford to exclude anyone.

**DO wear your thinking hat**  
In order to make positive changes, we have to be ready to think in new ways, deviate from how we usually think while at work, and work smarter, not harder.

### **DO walk in another's moccasins**

"Walk two moons in another man's moccasins before you judge him." If you try to see life from where they stand, you'll see hidden talents as well as hidden struggles.

**DON'T wear dress shoes**  
Team-building is messy work. You don't need professional-looking shoes, just a professional attitude.



### **DO roll up your sleeves**

You're ready to work. This shows commitment to be there for your coworkers, really pitching in when things get tough.

### **DON'T try on the Emperor's New Clothes**

In the story of the Emperor's new clothes, an emperor was sold an invisible cloak – when he went out wearing it he was really naked. Don't be like the Emperor, rather, invest in what's real, what you can see and feel, to flesh out the bare-bones PCA movement and build capacity!

*By: Becca Reilly*

## The Scenic Route: Great River Road

**D**o you need a little excitement as summer events such as Valley Fair, the Renaissance Festival and the Minnesota State Fair wind down? Give yourself a break and stroll along the Great River Road to take in the beautiful fall foliage, do some antiquing, or visit Minnesota's vineyards. The Great River Road is the longest designated scenic drive in Minnesota, stretching nearly 600 miles!

The route was established in 1938 as the national parkway of the

Mississippi River. In Minnesota, it runs from the pristine headwaters located in Itasca State Park past



verdant forests and the central lakes region, through the "twin" metros of Minneapolis and St. Paul, to the splendid bluffs of Minnesota's southeastern border.

Take in the beautiful fall foliage as you head north to Duluth and enjoy Canal Park and Gooseberry Falls State Park or head south to explore vineyards such as Alexis Bailly Vineyard in Hastings and the Falconer Vineyards in Red Wing. If you have tips or ideas on fun local sites or area trips, share your adventure stories, favorite hot spots, and great experiences by sending your story in today!

*By Beth Ismil*

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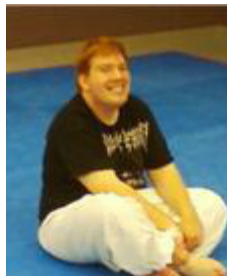
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## Client Star Spotlight

About six years ago, I was very concerned about my brother, Brock M. As a young adult, he was facing the challenges of living with a disability, trying to live independently, and trying to develop close relationships.

Then we got lucky when we found an independent living apartment for adults with disabilities. We found this situation would work wonderfully for Brock with a quality care team in place, so we started our relationship with People Enhancing People.



that comes with a PCA Choice structure, my brother began to try things he would never have considered before –like martial arts.

Since taking martial arts Brock has had a better attitude about his disability, been in a better mood daily, and made some friends. I have seen him do things I've never seen him do before in my entire life. Simple things the everyday person takes for granted, like rolling over, Brock can do now.

"It has helped me be confident in defending myself and in general," Brock said.

*By Casey Merkwan*

## Stargazing Events

The night sky is the focus of attention at the following events this fall.

09/18/2010: Onan Observatory Public Star Party from 7pm-10pm at Baylor Regional Park.

10/01/2010: Star Party: LLCC from dusk to whenever at Long Lake Conservation Center, near Palisade.

10/01/2010: Star Party: Onan from dusk to whenever at Onan Observatory, Baylor Regional Park.

10/02/2010: Onan Observatory Public Star Party from 7pm-10pm

at Baylor Regional Park.

10/02/2010: Star Party: LLCC from dusk to whenever at Long Lake Conservation Center, near Palisade.

10/08/2010: Star Party: Cherry Grove from dusk to whenever at Cherry Grove Observatory, South of Cannon Falls.

10/08/2010: Star Party: LLCC from dusk to whenever at Long Lake Conservation Center, near Palisade.

*By Teresa Herron*

## How 'Bout Them Apples

It's the fall season and that means beautiful changing trees, warmer clothes and delicious apples. Check out a few orchards nearby for a fun day!

**Aamodt's Apple Farm (Stillwater)**  
[www.aamodtsapplefarm.com](http://www.aamodtsapplefarm.com)

All are open free to visitors. The buildings have wheelchair accessible ramps. **September:** Check out the Honeycrisp Festival the 18<sup>th</sup>-19<sup>th</sup> or the Hot Air Balloon Festival the 25<sup>th</sup>-26<sup>th</sup>. **October:** Hay wagon rides, John Deere Tractor Trikes, Hay Bale Maze and a petting farm during MEA weekend the 15<sup>th</sup>-17<sup>th</sup>.

**Apple Jack Orchards (Delano)**  
[www.applejackorchards.com](http://www.applejackorchards.com)

The restaurant and bakery buildings are wheelchair accessible. Other activities best for non-wheelchair clients include the five-acre corn maze, daily wagon rides and shooting from the apple cannon (three shots for \$1) and more!

**Pine Tree Apple Orchard (White Bear Lake)**  
[www.pinetreeappleorchard.com](http://www.pinetreeappleorchard.com)

Buildings on site are wheelchair accessible. The orchard closes on October 31. Fall activities include wagon and pony rides, the corn maze and music shows.

*By Casey Merkwan*

## Arts and Events Calendar

### Minnesota Renaissance Festival (Shakopee)

Now until October 3; weekends: 9am -7pm. The Renaissance Festival is celebrating its 40th Anniversary this year! If you can deal with the dirt roads and pathways, it's fairly accessible and lots of fun.

### Creative Options – One Day Conference (Eagan)

Monday, September 20, 8am – 4pm  
This year's featured speaker is Derrick Dufresne, founder and president of Community Resource Associates, Inc. He is deeply committed to assisting individuals with disabilities. For information, visit [www.lifeworks.org](http://www.lifeworks.org).

### Renaissance for the Minnesota Deaf (Fairbault)

Friday, September 24 and Sunday, September 26. Help the Minnesota Association of Deaf Citizens celebrate with history tour. For info visit [www.minndeaf.org/125](http://www.minndeaf.org/125) or email [history@minndeaf.org](mailto:history@minndeaf.org).

### Made in the Shade Walk, Run & Roll – CIP (South Minneapolis)

Saturday, September 25. Made in the Shade is a non-competitive "walk-run-roll" around Lake Calhoun. For more information, contact David Wheeler at 612-362-4412 or [dwheeler@cipmn.org](mailto:dwheeler@cipmn.org).

### The Glass Menagerie (Jungle Theater, Minneapolis)

Thursday, September 23, 7:30pm  
This famous play addresses the stigma of disability within its drama. Tickets: regular: \$20-\$35, reduced \$10. For tickets, call 612-822-7063 or visit [www.jungletheater.com](http://www.jungletheater.com).

### "Partners in Hope" Gala: Fundraiser for CIP (Metropolitan Ballroom,

## The Client Experience

My name is Andrew Gerth and I am 22 years old and I have Down Syndrome. For years my mom took care of me with no help. She was a great mom and a great advocate for me while I was in school. However, she thought that it was her job to take care of me alone and with no support.

While in school it was easy for me and my mom to do the everyday things because I was in school. But then the time came for me to graduate and move on with my life, it became harder to do it all alone.



My mom researched ways to get me help and was referred to a place that set you up with a PCA service. The place we chose was People Enhancing People because it looked like they cared about the people they took care of and also took great care of the PCA's who worked for them.

Now my mom and I are involved with this great program and now it's a team effort now instead of a solo effort when

Golden Valley)

Friday, October 29, 6pm – 9pm

The second annual CIP gala will be a wonderful evening of fine dining, a silent and live auction, original artwork created by local artists with disabilities and a brief program. \$60 for an early bird single ticket. Contact David Wheeler.

### VSA Minnesota Grants for Emerging Artists with Disabilities

Application deadline: Friday, October 29, 5pm.

For 14 years, VSA Minnesota has

taking care of me.

My mom is my PCA, which in life she really was a PCA for me without the support that is so needed when dealing with a handicap child. People Enhancing People is always there for me and my mom when we have questions or when we have issues that come up involving my care.

My mom now also has a place to go with the questions she has about my care or what kinds of opportunities are out there for extraordinary individuals like me.

Having a PCA helps me in my day to day living which includes helping me with eating, dressing, my safety outside the home and a lot of other things we do every day. Our experience with PEP and PCA's has been an experience we cherish and we look forward to the future with this organization.

*By Andrew Gerth, with help from mother Teresa Herron*

awarded annual grants to individuals with disabilities who have distinguished themselves artistically. This year seven grants of \$1,500 each will be awarded. Application instructions at: [www.vsaartsmn.org](http://www.vsaartsmn.org).

### Arts Mentoring Project (ongoing)

VSA Minnesota invites artsy young adults (15-22) with disabilities to participate in the Mentoring Project. Participants will have an arts career mentor. Applications at: [www.vsaartsmn.org](http://www.vsaartsmn.org)

*By Becca Reilly*

## Frightening Events

Frightmares at Buck Hill in Burnsville is the Twin Cities newest and scariest haunted attraction. Frightmares features four frightfully scary attractions. Visitors will experience the "Secret History of the Hill;" legend has it that early travelers who went through the area quickened their pace when they passed through – current history books and chronicles of Dakota County ignore this tale. Attractions include the Orchard Manor Dead and Breakfast, the Bellharm-Lovejoy Asylum, the Fright Factory and the Haunted Hollow burial ground. Want to be truly frightened? This is the haunted house to visit. Frightmares also features bonfires held nightly



**Frightmares at Buck Hill**  
**952-435-7174**  
[www.frightmares.com](http://www.frightmares.com)

to ward away the evil spirits and protect the innocent. Food and beverage specials are available, and live bands are performing for your entertainment each Friday and Saturday.

Another great Haunted House can be found just five miles south of Forest Lake in Columbus, Minn. is

Nightmare Hallow-Scream Park. Here you will be frightened in many different ways. There is a mile-long haunted hayride which includes a doom and gloom beginning in the path of fright which goes from sunset to darkness. You will hear unseen voices whispering from the dead trees, a chill is in the air, an eerie howl can be heard... strange sounds are everywhere,

**Nightmare Hallow-Scream Park**  
**651-462-7279**  
[www.nightmarehalloween.com](http://www.nightmarehalloween.com)

ghouls, zombies, and disembodied are just waiting for you to visit, so are cobwebs, bats and leafy giant lizards... OH MY! They also have for your entertainment, Skull Castle & Talking Ghost Fortune Telling, Novelties & Face Painting Every night enjoy great concession food and ghoulish drinks Reserve your private campfire site with food packages and ghost story bonfires every night & Reserved Bonfires for Groups Live Music near the Hayride.

*By Teresa Herron*

## Haggling for Groceries

From May to September, farmers bring their produce, cheese, meat and breads to booths in the city. Farmers markets spring up on the streets and in church parking lots all over Minneapolis and St. Paul.

Some are convenient, some are overwhelming; some booths are surprisingly cheap and others surprisingly expensive.

Daily, from 6 am to 1 pm: The Central Minnesota Vegetable Growers Association hosts vendors at between E. Lyndale Ave. N and Third Ave. N as well as at Border Ave. N and 3rd Ave N.

On Thursdays, between 6 am and 6 pm: the growers association hosts vendors along Nicollet Mall downtown. This market is the busiest and most crowded between 3:30 and close. It seems to have the most variety though and is worth a visit for the cheese curds, the roasted almonds, and the specialty jams along with fruits and vegetables for sale.

The city of Minneapolis has mapped out all the Metro. Locations where you can meet and buy from local farmers, and has listed their hours on their Web site: [www.ci.minneapolis.mn.us/sustainability/MplsFarmersMarkets.asp](http://www.ci.minneapolis.mn.us/sustainability/MplsFarmersMarkets.asp)

By Becca Reilly

Welcome to the fall issue of PEP Talk! We are excited to share our newsletter with you! In our issue we have six core features: Client Spotlight, PCA Spotlight, Client experience, PCA experience, Current Events and Activities.

The Client Spotlight feature is an opportunity for PCAs to share what your client does to make your working relationship rewarding and successful, what makes you proud to work with your client, or what is really special to you about your client. The PCA Spotlight is an opportunity for

our client's to share what is amazing about your staff. The PCA Experience is an opportunity to share some highlights or important aspects of your experience working as a PCA and the Client Experience is an opportunity for our clients to share highlights or important aspects of being a client in the PCA Choice structure.

If you would like to nominate someone for the spotlight or would like to share your personal experience, please send your story in to the office today!

LOOKING AHEAD – PEP is proud to announce that as part of our commitment to being connected to the community around us, we have the opportunity to act as a Toys for Tots drop off location this year! If you are interested in reaching out to a child in our community, you are able to bring a new, unwrapped toy into the office any time starting October 1. Thank you to the PCA Advisory Committee for their work on this initiative!

*By Beth Ismil*