

CDCS (Consumer Directed Community Supports) Corner

Per the SEIU (Service Employees International Union) contract: an employee *“may carry over up to 80 hours of PTO from one state fiscal year to the next”* according to the collective bargaining agreement.

The state fiscal year ends June 30 meaning any PTO hours over the 80 hour cap will be lost. This is a benefit provided for workers under the following programs: CDCS, Consumer Support Grant (CSG), and Personal Care Attendant (PCA).

The minimum wage will be increasing to \$15.25

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Community Services
14949 62nd Street N.
Stillwater, MN 55082

[Intellectual and Developmental Website](#)

Exciting New Companies Providing Services to Washington County Residents

- **InControl**
InControl is a wellness hub with a mission to solve the quality of life crisis for adults with disabilities. With a team of coaches supporting you, our weekly in-home programs educate, engage, and enable our clients to make wellness a lifestyle. We approach wellness through a holistic lens by focusing on four pillars of wellness: physical, spiritual, social, and nutrition. We work to create a world where adults with disabilities are recognized as being worthy of a life lived well. Start your wellness journey with us today!
For more information, explore the [InControl website](#) or [email Kelsey at InControl](#).
- **KEY 360**
Key 360 Support Services is currently accepting referrals for in home family support, individualized home support, and independent living skills for individuals residing in Washington County.
For additional information or to discuss service needs, call 763-710-5982 or [email Key 360](#).

Frontline Worker Pay Notice

You or your support staff may be eligible to receive Frontline Worker Pay.

To be eligible for Frontline Worker Pay, the applicant:

- Must have been employed at least 120 hours in Minnesota in one or more frontline sectors between March 15, 2020 and June 30, 2021.
- For the hours worked during this time period the applicant:
 - was not able to telework due to the nature of the individual's work and
 - worked in close proximity to people outside of the individual's household
- Must meet the income requirements for at least one year between December 31, 2019 and January 1, 2022:
 - Workers with direct COVID-19 patient care responsibilities must have had an adjusted gross income of less than \$350,000 for married taxpayers filing jointly or less than \$175,000 for other filers and
 - For workers in occupations without direct COVID-19 patient care responsibilities, the adjusted gross income limit is \$185,000 for married taxpayers filing jointly or \$85,000 for other filers; and
- Must not have received an unemployment insurance benefit payment for more than 20 weeks on a cumulative basis for weeks between March 15, 2020, and June 26, 2021.

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for all support staff working under the above mentioned programs. The annual budgets for those on the CDCS will increase by .81% and should go towards wage increases and the increased cost of PTO benefits.

The 2022 CDCS training sessions will be held by a **virtual, online** platform from 6-8 p.m. for the dates below:

- **Tuesday, August 23**
- **Thursday, November 17**

Transportation Reimbursement for Expenses to Educational Opportunities

*Now through
September 9, 2022*

Washington County residents who are receiving services through the county may receive reimbursement via cash cards or set up a ride to attend educational opportunities at Washington County libraries and parks and other activities aimed at improving core skills. Eligibility will be

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Frontline sectors:

1. Long-term care and home care
2. Health care
3. Emergency responders
4. Public health, social service, and regulatory service
5. Courts and corrections
6. Child care
7. Schools, including charter schools, state schools, and higher education
8. Food service, including production, processing, preparation, sale, and delivery
9. Retail, including sales, fulfillment, distribution, and delivery
10. Temporary shelters and hotels
11. Building services, including maintenance and janitorial
12. Public transit
13. Ground and air transportation services
14. Manufacturing
15. Vocational rehabilitation

The application process to apply is open June 8 through July 22, 2022.

Please visit the [Minnesota Frontline Worker Pay website](#) to apply.

For assistance, [email MN FrontLine Worker Pay](#) or call 866-333-7633.

Summer Line-Up at Valley Friendship Club (VFC)

- **United through Music**

The United Through Music Camps will offer an inclusive and engaging opportunity for people of varying and unique abilities to discover the different, exciting ways to create and use music together. The groups will use music to make new friends, have fun, advocate for themselves, and decrease the anxiety of coming together post COVID.

Mondays and Wednesdays starting Aug 1

- **Painting Camp**

Steve Mireau, a local St. Croix Valley artist, will work with VFC members to create a group art project for display in a community space at the Courage Kenny Rehabilitation Institute. The project will be a collaborative 4'x8' art piece with members each working on a portion of the ASL sign for I Love You.

This is an opportunity for people with disabilities to join in the arts, see the final project installed for all to enjoy, giving a sense of pride, as well as opportunity to develop social skills, art skills, and showcasing that people with disabilities are active, contributing members of our community.

Class dates are Tuesday and Thursdays: August 2, 4, 9, 11, 18, and 23

Registering for this first class registers you for all 6 classes.

**This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation from the arts and cultural heritage fund.*

For a complete listing of all the events and to register for classes, visit the [VFC website](#).

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determined by the
Community Services
Department.

For more information,
visit the [Summer
Education
Transportation
Reimbursement
website](#).

Free Mobile App

Created by Indigenous people, for Indigenous people - the free mobile app, **Our Children Are Sacred**, helps Native families stay connected to their community and culture. The mobile app features include:

- A library of culturally informed support articles for families
- The *Returning to Culture* section helps you stay connected to your roots and community with traditional teachings from Elders, self-care practices, songs, stories, encouraging words and phrases in different Indigenous languages, and information about ceremonies and other traditional practices
- A navigation tool helps you find support resources.

Attractions that Cater to Kids with Autism

Check out the [Explore Minnesota website](#) for a list of Minnesota attractions that offer a sensory friendly environment.

Autism on the Seas

Autism on the Seas (AotS), an international organization, has been in collaboration with Royal Caribbean International since 2007 in developing cruise vacation services to accommodate adults and families living with children with special needs, including, but not limited to: Autism, Asperger Syndrome, Down Syndrome, Tourette Syndrome, Cerebral Palsy, and all Cognitive, Intellectual, and Developmental Disabilities. These services quickly expanded to other cruise lines.

Our staff-assisted cruises are selected from regular cruises throughout the year. We assist adults and families in accommodating the typical cruise services, as well as providing specialized respite and private activities/sessions that allow our guests the use of the ship's entertainment venues in an accommodated and assisted manner. Our professional staff (educated, experienced, background checked, and sanctioned by the cruise lines) accompanies you on your cruise to provide these amazing vacation and travel experiences onboard Royal Caribbean, Celebrity, Norwegian, Disney, and Carnival Cruise Lines. Find out [What's Included](#).

To accommodate families even further, our staff-assisted cruises are open to all extended family and friends. Extended family and friends can book directly with us, and they also receive all of the same benefits and services, including expedited/priority boarding, private muster drill, dinner seating, private venue sessions, reserved show seating, siblings and child friends can attend our respite sessions and everything found here: [What's Included](#).

Some guests prefer to cruise on their own. For those guests, we provide a "cruise assistance package" (cruises without our staff) on all of the major cruise lines. This service is free of charge, by simply booking with us.

AotS also has a free network that provides the ability for support to families considering an AotS vacation and for families who have/will be cruising with AotS. This Community Network, Services and Resources also provides the means for our guests to stay connected after and beyond their cruise. The network is a place to ask questions or discuss concerns with parents who have experienced AotS services. Just fill out a [request form](#). The network is accessible by anyone, even prior to booking with AotS.

For more information, visit [Autism on the Seas website](#).

Medical Transportation Service

Uplift Transportation is a professional, non-emergency, medical transportation service. We specialize in wheelchair and ambulatory transportation. We provide safe, reliable, and super friendly door-to-door services for seniors and persons with disabilities. We also provide physical assistance to our clients, if needed.

For more information and how the service may be funded, call 952-652-1008, [email](#), or visit the [Uplift website](#).

2026 U.S.A. Special Olympics

Governor Walz, Lieutenant Governor Flanagan, and First Lady Walz visited the University of Minnesota to announce that the 2026 U.S.A. Special Olympics Games will be held in Minnesota. The June 2026 games will be held at the university and additional world-class Twin Cities' venues. [Visit the Special Olympics website for more information.](#)

Contact Us for Article Submissions:

For questions or to submit article submissions, contact:

Denise Steans
651-430-4168
[Email Denise](#)

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Sign up to receive this newsletter via email or text through our [Notify Me system web page](#).

If you have a change to your email address, make sure to update the Notify Me system so you continue receiving your newsletters.

PACER Annual Symposium

The PACER Symposium About Children and Young Adults with Mental Health and Learning Disabilities is back. The symposium is designed to enhance awareness and identify strategies for responding to mental health and learning disabilities in children and young adults, from the perspective of teachers and parents. Keynote speaker Anne Gearity, who has a mental health practice in Minneapolis, is an assistant professor at the University of Minnesota and consults with many school districts, will speak on restoring students' well-being after COVID, and the benefits and challenges of being at school. Additionally, the symposium features a variety of workshops, breakout sessions, and speakers.

August 16 • 8 a.m.-3 p.m.

Minneapolis Convention Center

\$40 registration fee, includes lunch - *CEU clock hours are available.*

[Register or learn more about the presenters and workshop sessions](#) or call 952-838-9000.

Register soon – this popular event fills quickly.

Minnesota Department of Human Services (DHS)

Deaf and Hard of Hearing Services Division (DHHSD)

Do you have a hard time using the phone due to hearing loss or a speech disability?

For people who have a hard time hearing on the phone, assistive devices include:

- Captioned phones that show captions of what the other caller is saying on a large screen.
- Cell phone amplifiers that make cell phone calls louder.
- Amplified corded or cordless phones that make landline calls louder.
- Neckloop streamers that send sound from your phone directly to your hearing aid, eliminating background noise.
- Smartphones and tablets with captioned phone and other phone communication apps.

For people who have a speech disability, assistive devices include:

- Electrolarynx devices that create vibrations you can transform into speech.
- Voice amplifiers to make your voice louder.
- Smartphones and tablets with speech communication apps.

The Telephone Equipment Distribution (TED) program loans these devices for free to those who qualify. You can learn more and download an application on the [TED website](#).

Videophone: 651-964-1514 • Voice or preferred relay service: 800-657-3663

[Email DHS DHHSD](#) • Visit: [DHS DHHSD website](#)

We look forward to serving you!

Medical I.D. App

Check out the Vitals App.; the only real-time digital medical I.D. Vitals Aware Services creates safer interactions, positive outcomes, and overall peace of mind by securely sharing key information about you with emergency responders in real time.

For more information, visit the [Vitals website](#).