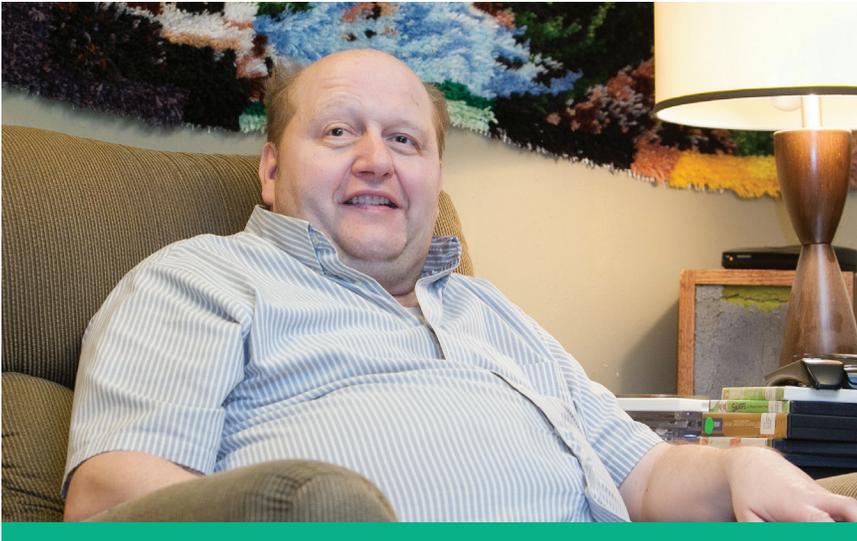


LSS Services for People with Disabilities Jeff



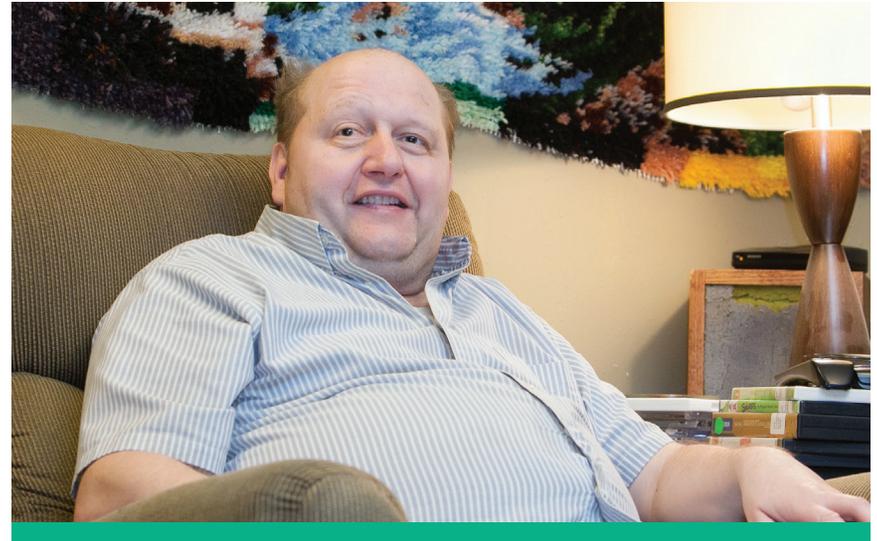
People closest to Jeff know him to be a hardworking, but soft-spoken man. “Hearing him confidently share what he wants to achieve was wonderful growth to witness,” said Amy Schreier, designated coordinator for Lutheran Social Service of Minnesota, who watched Jeff advocate for himself at a Person-Centered Planning meeting.

“Now he says he feels more empowered and in charge of his life,” Schreier said. Through person-centered planning, LSS of MN helps people with disabilities explore what is possible for their futures. The self-discovery process gives people positive control over things they desire and find satisfying.

Jeff, an avid cyclist, finds comfort in exploring nearby trails. At his person-centered planning session, he shared goals to ride more frequently and independently. “It gives me time to myself and I can exercise,” he said. “I love it.” When he’s not out riding his bike, Jeff stays busy with work around the house. He enjoys tending to his garden in the summer, raking leaves in the fall and taking care of winter snow shoveling.

“I’m really happy with life right now,” he said. His confidence spills over into his work life, too. “I’m excited to try new tasks,” he said of his job cleaning and making sure building grounds are kept up. “It makes me feel good.”

LSS Services for People with Disabilities Jeff



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Get Involved!

Lutheran Social Service of Minnesota's Personal Support Services (PSS) offer person-centered support that empowers people with disabilities to make their own decisions. This shapes their quality of life and enables them to live the life they image for themselves. People who receive these services can benefit from integration into our community. We need you to help make this happen. This is your opportunity to engage personally with PSS homes in your area!

We are in need of:

- **Drivers** to take individuals to church or community events
- **Friends** for coffee and games
- **Kitchen items:** pots, pans, utensils, home décor, furniture
- **Landscaping helpers:** bring and plant flowers, trim trees, or maintain flower beds
- **Gift Cards** to give as gifts to individuals as they participate in the community
- **Financial Gifts** to improve and maintain LSS homes for people with disabilities, provide much needed equipment and supplies, as well as provide recreational and leisure opportunities.

Get started by contacting Maria Hurni, Volunteer Capacity Builder:
maria.hurni@lssmn.org or **651.642.5990**.

For more information about LSS Personal Support Services visit:
www.lssmn.org/services/services-for-people-with-disabilities

Donate: www.lssmn.org/give.

We are deeply grateful for your continued support.

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1.800.582.5260 651.642.5990

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