

MY NAME IS LILLI ANNE SPRINTZ

I am a resident of Powderhorn Park in south Mpls. I am 58 years old, a recent graduate of the University of MN with a bachelor's in computer software training and women's studies. I am an artist who has been in several shows.

I've lived with disabilities for over 30 years. Severe fibromyalgia which causes pain and rigidity of all the body's muscles, and makes it easy to tear or pull them. I have arthritis in many of my joints, and spinal damage from my neck down through my lower spine. I have chronic fatigue, which interferes with brain function and the ability of the body to generate energy. And I have childhood brain damage.

My worst situations are caused by disability combined with poverty and isolation. I cannot drive, cannot take metro buses without risking injury from bumpy jarring, can't walk outside in extremely cold or bad weather so that I'm housebound for 4-6 months each year, not seeing anyone for 3-4 days at a time.

I became unable to ride Metro Mobility several years ago after being injured in their vans 3 times over a three-year period. Fast or careless driving, or being transported in inadequately cushioned or ergonomically unsound vehicles, can cause further injury. I need mini-vans or sedans with good cushioning and careful driving to save me pain and re-injury.

Three weeks ago I was hospitalized for three days after collapsing, due to walking in 95 degree heat to pick up food, or go to the library, or just be outside, because I couldn't risk spinal damage on buses. I was in the hospital for three days. \$40 for cab fare might have saved thousands of dollars, and me collapsing.

I used to have a small amount of money leftover for periodic \$5.00 taxi's. Because of federal regulation changes with Section 8 housing combined with local interpretation of them, my rent has doubled in 3 years.

I use mostly over-the-counter medication to deal with my disabilities, which is all out-of-pocket from my income. I have actually DECREASED drug usage the last five years because of my use of supplements, healthy diet

and alternative health care, despite how little money I have, or due to Medicaid restrictions.

Purchasing even my pain and sleep medication was a real problem several years ago due to co-pays, and DELIVERY costs. I was finally sent to a small pharmacy that does not require co-pay, and has free delivery.

I've lost friends, community, over and over again, and the use of my body due to poverty, though I keep fighting back to reclaim it; I am still alive because I have hope, and people behind me.

.....This is depressing.

This is about disability. And poverty is like poison it poisons our minds, our hearts, our bodies and our spirits.

Thank You.