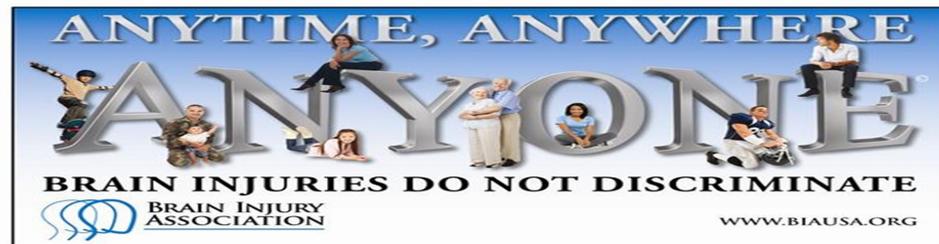


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BRAIN INJURY AWARENESS MONTH



THE FACTS:

- A traumatic brain injury (TBI) is a blow, jolt or bump to the head or a penetrating head injury that disrupts the normal function of the brain.
- 2.4 million people, including 475,000 children, sustain a TBI in the U.S. each year. 5.3 million individuals live with life-long disability as a result of TBI.
- 52,000 people will die. 275,00 people will be hospitalized. 1.365 million people will be treated and released from an emergency department.
- TBI's are caused by falls (35%), car crashes (17%), workplace accidents (16%), assaults (10%), and other causes (21%).
- TBI is a contributing factor to a third (30.5%) of all injury-related deaths in the United States.
- About 75% of TBI's that occur each year are concussions or other forms of mild traumatic brain injury (MTBI).

Brain Injury Association of America

Mission Statement:

The Dakota Center for Independent Living believes in self-determination for people with disabilities and helps to create the environment in which it is achieved!

“The contents of this newsletter were developed under a grant from the Department of Education. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.”

This newsletter is available in alternative format—upon request.



Toll-free 855.866.188 • Fax 701.777.1431

Brain Injury Resources

North Dakota Brain Injury Network helps people with brain injury, their families, and providers find answers to questions, to receive ongoing support, and gain access to services.

Types of Assistance Include:

- Information and training about brain injury
- Assistance locating and applying for services
- Coordination among service providers, state agencies, employers, and school personnel
- Referrals to pre-employment training on-the-job supports
- Referrals to local support groups and programs providing social and recreational opportunities

To Get Started

Call toll free **1-855-866-1884** or complete the referral form found on our website, **ndbin.org**.

Getting Back to Work

If you have a return to work goal, we can help connect you with specialized support provided by our partner, Community Options.

Community Options provides pre-employment training for brain injury survivors and believes that everyone who wants to work should be given the support to do so, despite the level of their disabilities.

Dakota Center for Independent Living is holding a TBI support group every 4th Thursday of the month except in the months of November and December.

If you are interested contact Jeannie at 701-222-3636 for more information.



Homestead Tax Credit for Senior Citizens or People With Disabilities

Requirements for Person With Disability

1. You must have a permanent and total disability.
2. Proof of total disability must be established with a certificate from a licensed physician, or a written determination of disability from the social security administration or any federal or state agency that has authority to certify an individual's disability.
3. You may be either a homeowner or renter.
4. There is no age requirement for the applicant with a total and permanent disability.
5. A homeowner, who has a disability must meet the same requirements, except for age, as a senior citizen homeowner.
6. A renter who has a disability must meet the same requirements, except for age, as a senior citizen renter.

Eligibility Requirements:

You may be eligible for North Dakota's Homestead Credit Program if you are:

- 65 years of age or older
- Have a total and permanent disability

LOAN EQUIPMENT AVAILABLE AT DCIL



Wheelchair

Shower Bench

Toilet Grab Bar

Hoyer Lift-one without sling



Walker

Electric Door Opener

Air Purifier



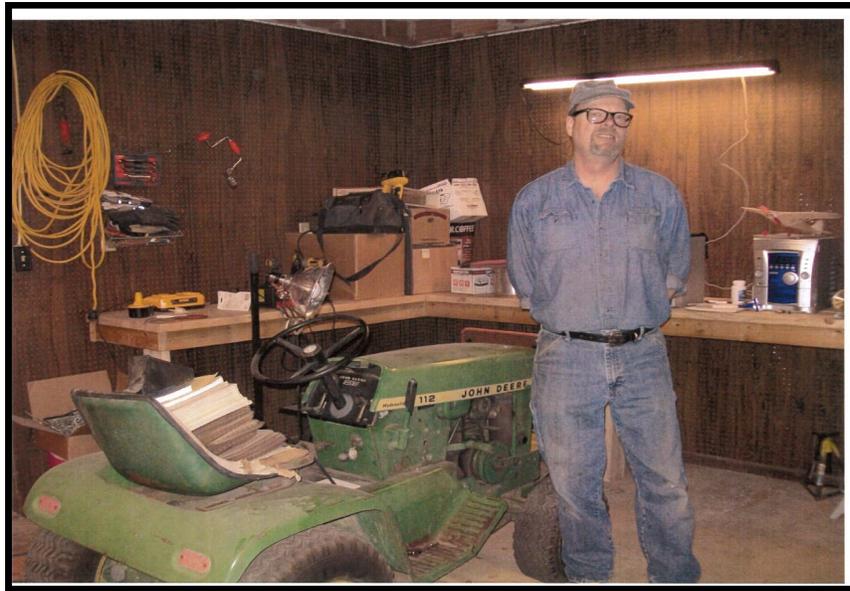
Quad Cane

Grab Bars

Door Knob Opener

Call Jeannie at 701-222-3636 if you are in need of any equipment

Success Story After Traumatic Brain Injury



In August of 2011, staff from the Dickinson office began working with Kevin. Kevin was referred to the center by his Voc Rehab counselor. Kevin was requesting assistance in learning how to use a computer. Kevin was 55 at the time and had recently acquired a traumatic brain injury due to a brain tumor. His vision, balance and every-day functions were affected. His past employment had been as an airplane mechanic. Kevin stated that his new employment goal was to work with computers. Kevin went through the course; he also participated in coffee club and some of the social events offered at the center. Staff also assisted him in obtaining services through the county. At times staff helped Kevin look for housing in New England, North Dakota. Kevin had a desire to move closer to his brother and sister-in-law. In August of 2013 Kevin secured a job at the Dickinson Museum inserting photos into computers. He credits his skills learned at the DCIL, for his success at this job. But Kevin still wanted more and still had the desire to move closer to his family. In March of 2014, his dream came true. He called the Center to say that he was in deed moving to New England. For now he would be renting a room from his brother and he would also be starting his own business. His brother and sister-in-law own a store called the “What Not Shop”. He would be helping them run that store and also be opening a lawn mover “Fix It” repair business next door. Staff traveled to New England in March to visit with Kevin and his family and to look at his new shop. Kevin is so excited to be living his “dream job”.

May 27, 2014 DCIL will be starting a “Living Well With A Disability Training”. If you are interested and would like more information contact Jeannie at 701-222-3636.



PEER MENTORING



My name is Chelsi Collins and I'm attending North Dakota State University. I am participating in the Peer Mentoring Program, and Living Well With A Disability Training. In part because I'm doing an internship with Dakota Center for Independent Living, but I also wanted to be able to help others. I am able to relate to the consumers of Dakota Center for Independent Living because I am a former consumer myself. Now, not every disability is the same, for those that are one person does not always have the same experience as another. It is nice to be able to converse with DCIL consumers and share some of my prior experiences, as well as taking the opportunity to use some of their experiences. I hope by doing this Peer Mentoring Program the Consumer and I are able to put our ideas together to help reach their goal, while enjoying each other's company.

My name is Trevor Vennett and I am participating in the Peer Mentoring Program because it helps me to learn about different devices that help me live more independently .

Are You Looking For A Peer Mentor?



Peer Mentor is one person with a disability offering to share his/her life experience and knowledge with another person with a similar disability.

Peer Mentoring is a goal-oriented process with the outcome or results remaining in the hands of the consumer. The mentor's responsibility is to assist the consumer with increasing their self-confidence or their ability to access community resources.

If you are looking for a Peer Mentor, or would like to train in becoming a Peer Mentor, contact Jeannie at 701-222-3636.

HAPPY EASTER

LIVING WITH A DISABILITY

Living with disabilities can be more than a little challenging, but with the help of caring people and a little humor, you can still enjoy life. Whether you are dealing with a physical or mental disability everyday life can be difficult. I have Bipolar Disorder and Parkinson's disease and it has been interesting learning how to deal with it all. My name is Tonia.

I am not sure which I would prefer to live with if I had a choice but over the years I have found ways to deal with it when I just feel like giving up. My hands shake so badly sometimes that it make it difficult to write, cook and really doing anything with my hands. Leave it to my son to make me laugh when all I wanted to do was cry. He told me I could make great milkshakes without a blender. I just broke out laughing because there was some truth to that. At one point I was using a wheelchair because my legs just would not cooperate. Guess they are stubborn like me. My kids were very scared by that. As a mother it broke my heart to see them scared to come near me. So one night we decided to play Candy Land. It was the only time the kids did not fight about who was going to win because they were too busy laughing at me. They wanted to help me pick my card and move my character but I was determined to do it myself. Well the cards ended up on the floor and I knocked everyone off the board but it was so wonderful to hear my kids laughing so hard and forget about my disabilities. Cooking is always fun with shaky hands. I made mashed potatoes once and I think over half of them ended up on the floor. I told the kids we should just have a picnic. Who needs plates? Of course we did not do that but it helped me not get upset with myself because I put mashed potatoes on the floor. Every time I clean my house I am always laughing when I look at the ceiling and see little splatters of food up there. At least I can cook a little. I do get frustrated when I cannot write because my right hand is shaking too badly. I do use the computer to just talk into sometimes but I enjoy writing with pen and paper. I was not going to let anything keep me from being able to do it. I taught myself how to write left handed. That was interesting but I was proud of myself that I did it. It is the simple things that sometimes give you the most satisfaction.

I think I have a harder time with Bipolar. It is not something people just know about you and can see how you may need help. I do not even know all the time what I need from people. The ups and downs can be tiring. I wanted to get my college degree so badly but I was getting very overwhelmed with going full time and raising my kids as a single mom. I thought I could do anything and I did not want it to be any other way. That is the problem with mental disabilities. You feel you should be able to do what anyone else can and in the same way. It was actually going through college that made me have to ask for help. I realized it was okay and I did not have to be ashamed that I have any type of disability. If I wanted that college degree in my hand then I had to break through my own thoughts and allow people to help me. I had to accept that I could not handle going full time and that it would take me more time to get my degree. I had a hard time accepting that. I was ashamed of that. I wanted to show my kids that you can accomplish whatever your dreams no matter what you are dealing with. That is exactly what I did. I took part time classes and had some great instructors who worked with me and I got two degrees. I am very proud of that. A few years ago I never would have thought I would own a home and have some stability for my kids. **Continued:**

Here we are in our own home with a little yard. Nothing fancy but it is ours. Do I like that I have to have a payee? Not always but I have finally come to realize it has been the best thing for us.

I also have to come to realize that having these disabilities is not all a bad thing. I have done things I never would have because of them. Speaking to the legislature was a wonderful experience that I never expected to do. I am proud I was able to do that. Even just being able to speak at little events and being able to help others to not be afraid or ashamed of what they are suffering from is a great feeling. I have also met some people that I never would have who are huge supports for me. On those days when I am crying for no reason I can turn to them and they remind me that I am okay. It is not my fault I feel this way. Sometimes you just need to hear that.

What we all need to remember is no matter what we are dealing with, we all have abilities and it is up to us to decide if we are going to let our disabilities hinder us or motivate us. Some days are easier than other and it will always be that way. I am thankful every day that my kids are healthy happy and I am still here to enjoy them. That is really what matters.

A Big Leap! by Royce

A couple months ago I was thinking that I needed to get out of town for a while for some R&R, s`o I called a buddy of mine see if he was interested in going to Vegas for a few days. Well, he had to decline because of his schedule. After thinking about it for a while, I decided I would go by myself. Now that might sound like an easy decision, except for the fact that I have never been on vacation by myself before. I started by calling the Center for Independent Living in Las Vegas for suggestions for personal care attendants or agencies who could help me. A few phone calls and a couple hours later, I had found an Agency that could assist me. Next, I went online and searched for a hotel room that wasn't going to cost me an arm and a leg. As it turned out, the cheapest hotel I found in the area where I wanted to stay was called The Quad (a little irony here). So I booked my room for three days, made my airline reservation, and I was done planning my vacation. That was the easy part. The hard part was telling my family I was going by myself. I started out by telling a couple of my nieces, and then worked my way up to telling my sister, and then my Mother. (For those of you who don't already know, my family is a little protective of me.)

For the next month I couldn't stop thinking about everything that could go wrong - and there is a lot. I had to keep telling myself that it doesn't mean something **will** go wrong. Fortunately, the only hiccup during the whole trip was that an attendant couldn't come in on schedule due to car trouble, but after a couple hours, someone else was able to assist me.

I was kind of surprised how helpful complete strangers were, and it didn't matter if they were Americans or Foreigners. They opened doors, moved chairs, and even gave me my coins after cashing in a ticket. Normally, I just leave the coins because I can't get them out of the little tray.

Now I hope I don't jinx myself because this trip went so well, I'm planning another one for August. (Shhh, don't tell Mom!)

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Fax: 701-222-0511

Web address: dakotacil.org

DCIL has a satellite office in
Dickinson, ND. They can be
Reached at: 1-701-483-4363

Spring, 2014



RECREATION: Events are a great way to meet new people and make new friends. Come out and join us for a wonderful time. **For more information contact Jeannie at 222-3636.**

**Dakota Center for Independent Living is offering Computer Training.
If you are interested in learning:**

- What is a tool bar?
- How to type a letter using Microsoft Word.
- How to set up an email and Facebook account.
- How to work the internet, and much more.

Call our office at **222-3636** and ask for Jeannie.

