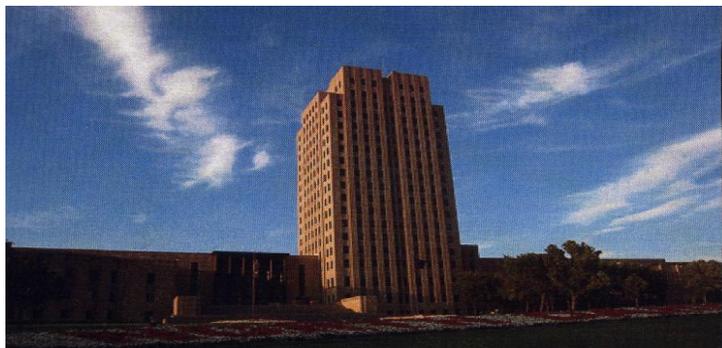


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Legislative Update

North Dakota's 61st legislative session is set to convene January 6th 2009. Dakota Center for Independent Living's main focus this year will again be the Department of Human Services Budget. There are numerous items within this budget that affect people with disabilities and we will need your help to make sure our voices are heard. With a record budget of \$2.3 billion submitted to the Governor's office, this will be one of the most exciting sessions yet. A few issues we will be watching are: increased funding for centers for independent living, increased reimbursement for dental care, increased hours for personal care and attendant services, and increasing medically needy income levels to 83% of poverty for a household size of one. Governor Hoeven is proposing a \$17 million increase for home and community based services. This plan would increase services that can help people remain in their own homes as they age. The plan would also create an Aging and Disability Resource Center to help state residents locate and arrange for in-home services. Our elected officials that control the purse strings need to hear from you. So if you are interested in testifying, tracking bills or writing up testimony please contact our office and we will assist you in anyway we can. One thing to remember is **YOU CAN MAKE A DIFFERENCE.**

"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."

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 Voice of Royce

Royce Schultze, Executive Director

In the recent general election in Mandan, there was a measure on the ballot to have businesses install electric doors. The ballot passed overwhelmingly. Now there is some confusion on which businesses would be required to do this and I think the city commission will do a good job at sorting this out. But, the bottom line is that the citizens of Mandan decided to go above and beyond the ADA and approve this measure. I, along with many other people with disabilities, applaud you in your efforts. As for those who oppose this, next time you go shopping stand by the door and try to imagine what you would do if you couldn't open that door yourself. Just some food for thought.

The city of Bismarck needs to take a hard look at this, along with the entire state. When you look at the cost of a new building, the additional dollars to incorporate an electric door is minimal and yet allows access for EVERYONE. Isn't that what America is about! The opportunity to shop, eat, drink, work and live where you want. Unfortunately, it doesn't work that way for many North Dakotans.

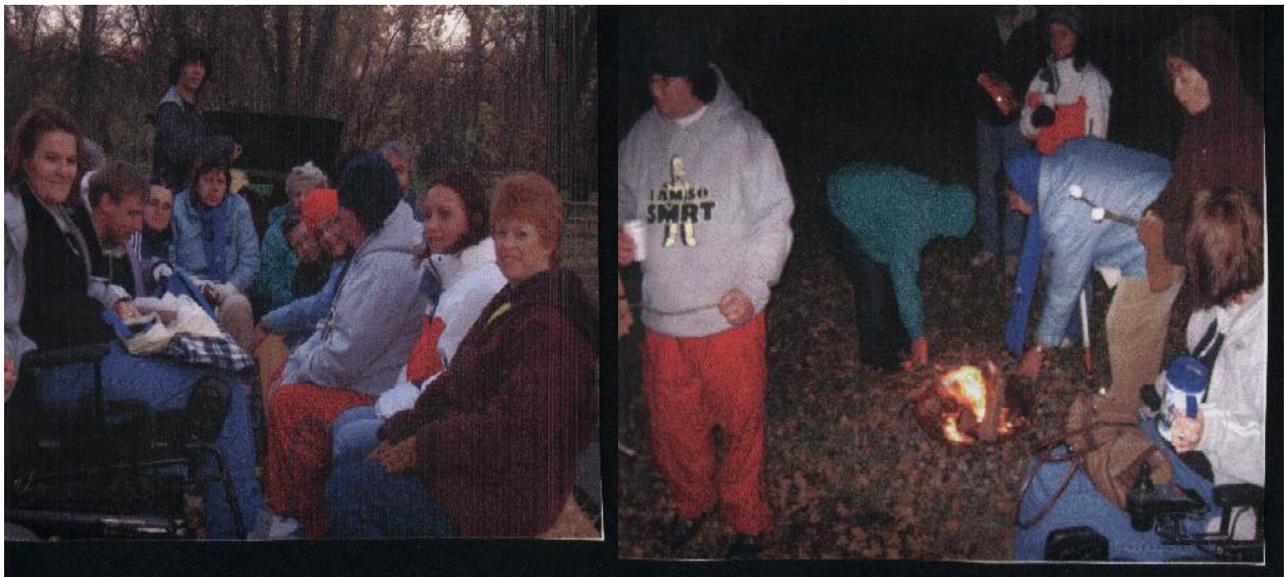
Hayrides and Campfire

It was early October; DCIL Consumers gathered to have some fun. They went on a hayride through General Sibley Park.

A wagon was readied and loaded with fresh bails of hay. The sun was setting behind the Western Horizon. We all climbed aboard as the full moon was rising.

Since no one was in a hurry we drove along slowly. Soon someone suggested, "let's sing a song". We sang a few tunes as we giggled and laughed, and the moon set higher on the night in early fall.

After the hayride fun, we had a campfire where we roasted marshmallows and had hot chocolate. After all was done, we put out the fire and loaded up once more. Time passed so quickly; it seemed as if we just begun.



Digital Television Transition:

February 17, 2009

Are You Ready?

After February 17, 2009, full power TV stations will only broadcast in digital. The transition will affect those who watch TV through an antenna



or “rabbit ears”. What should you do to get ready? (1) Connect your analog TV to a digital-to-analog converter box. Converter boxes are in stores and have a one-time cost for \$40-\$70. To help you pay for the boxes, the U.S. Government is offering two \$40.00 coupons per household. For more information visit www.dtv2009.gov, or call 1-888-388-2009 (voice) or 1-877-530-2634(TTY). (2) Buy a digital television (a TV with a built-in digital tuner) (3) Subscribe to a paid TV service, such as a cable or satellite TV provider.

Emergency Shelter Expands

Ruth Meiers Hospitality House announced an expansion of its emergency shelter services. “The Lord has opened another door for us and we have been able to obtain a bigger Women & Children’s Emergency Shelter,” said Director of Development Kristi Schmidt in an e-mail announcement. “It surely is needed in our community.”

Located at 215 W. Front Ave. in Bismarck, the additional home will allow Ruth Meiers to provide 30 beds to homeless women and children in the Bismarck– Mandan area.

What is Women's Way?

Women's Way provides a way to pay for most breast and cervical cancer screenings for eligible North Dakota women. The Centers for Disease Control and Prevention distributes the money and oversees the national program. It is administered through the North Dakota Department of Health and local public offices. Eligible women ages 40 through 64 can receive; clinical breast exams, pap tests and pelvic exams. Women between the ages of 50 through 64 can also receive mammograms. Women's Way serves women who do not have health insurance; who are unable to pay insurance deductibles and/or co-payments, or who do not have breast and cervical cancer screening coverage through their insurance plan. To find out more information on this program or to see if you meet income guidelines, call Bismarck-

New Staff in Dickinson

Mel-Lisa Kubas

Mel-Lisa has been a North Dakota resident for almost seven years. She has been happily married for five years to her husband Brian. Mel-Lisa is very excited to be a part of DCIL. In her spare time she loves to crochet and read fiction.



Dickinson's New Home

26 First Street East #103

Dickinson, ND 58601

701-483-4363





Dakota Center for Independent Living offers free computer training. If you would like more information, call the center, 222-3636 and ask for Joey.



**Bis-Man Transit
adds routes!**

**If you need help in
learning the route
call the center.**

North Dakota Association for the Disabled Provide Services

The North Dakota Association for the Disabled provides services in several different categories. They are; **financial assistance**, which can be used for personal attendant care, durable medical equipment, home accessibility, medications or medical travel, **equipment for loan**, which includes a van equipped with a lift, **community fundraising**, **information and referral**, **advocacy and assistive technology financial loan**. For further information on services available call NDAD at 1-800-532-6323, or DCIL at 222-3636.

Bismarck-Mandan Mayor's Committee

The Bismarck-Mandan Mayor's Committee on Employment of People with Disabilities hosted a breakfast for community businesses that employ people with disabilities. Three new businesses received awards; Hardees in Mandan, North Wal-Mart and Sam's Club.

Linda Baker spoke to the audience about her stroke and her journey back into the job force. Linda is currently employed with Sam's Club in their membership and marketing department.

Need Help With Getting Your Driver's Permit

In December two students completed the driver's permit class. Nick Eckert completed the class and passed his permit test the next day. **Congratulations Nick!**

Dakota Center for Independent Living offers a Driver's Permit Course. If you are a person with a disability and need assistance in preparing for your Driver's Permit Test contact DCIL at (701) 222-3636



Congratulations Jim Keller!

The Arc of Bismarck has announced that James Keller is the recipient of the Bill Sackter Citizenship Award. Jim received this award at the 2008 Arc banquet. This award recognizes an outstanding individual with disabilities who is an achieving member of his community. Jim has been an integrated member of the Bismarck community for many years. Currently he is employed by Wal-Mart and regularly volunteers at the Salvation Army. He is also the President of the American People Self Advocacy Association. He has led several fund raising efforts.

New Online Help for Caregivers

Caregivers now have a new resource, The ASK Medicare website, launched by the Centers for Medicare & Medicaid Services. The site (www.medicare.gov/caregivers) includes information for navigating through Medicare, health care services, links to partner organizations that assist caregivers, and personal caregiver anecdotes.

Part D Premiums Increased in 2009

The average monthly premium for Medicare prescription drug plans was \$30.00. The average premium in 2009 will be \$37.00, a 24 percent increase. Additionally those enrolled in one of the 10 largest drug plans could see average increases of more than 30 percent, according to Avalere Health's calculation.

Two of the nation's largest plans, both sponsored by Humana are increasing premiums by over 60 percent. In January 09, the premium for Humana's standard drug plan, the second largest in the country, will have increased by 330 percent since it launched its "low-premium" plan in 2006.

Most prescription drug plans still do not offer gap coverage. In 2009, 75 percent of PDPs offer no gap coverage and 56 percent of Medicare private health plans offer no gap coverage. The Kaiser Family Foundation estimates 3.4 million people with Medicare reached the coverage gap in 2007.



Pictured on the left is Polly Chase, Fort Berthold, Wilberta Gray, Standing Rock, Karen Du-boise, Standing Rock, and standing is Diana Medicine Stone, Bismarck. Not pictured is Patti Kelly, Standing Rock.

“Keeping The Fire Lit”

The Indigenous Peoples Brain Injury Association was held November 9-10 at the Comfort Inn in Bismarck. This year’s theme was “Keeping the Fire Lit” by DJ Vanas. His message was on renewing your sense of purpose, passion and performance as you work to build stronger and healthier communities. In Native American traditions, warriors spent their lives developing their talent and abilities to become assets to the village they served. Today that village can be your family, community, clients— anyone you serve. In order to create success within the community, we must first be able to take care of ourselves and keep our fires lit.

MEMBERS NEEDED

The North Dakota Statewide Independent Living Council is recruiting new Council Members. The Council is made up of 16 members who are appointed by the Governor for three year terms on a voluntary basis. A majority of the members must be people with disabilities. The Statewide Independent Living Council works closely with the North Dakota Centers for Independent Living to promote the philosophy of independent living and provide services which include but are not limited to peer support, self/systems advocacy, information and referral and independent living skills training. If you have the desire and believe you can help individuals with disabilities attain their independence, please consider applying for a position on the Statewide Independent Living Council.

The Council meets quarterly each year in various locations across the state to discuss and oversee issues affecting individuals with disabilities. If a position is currently filled, an individual may still apply and their file will be retained by the Council for three years. When a position does become vacant, that individual will be considered for the open position from their region. All regularly scheduled meetings of the SILC are open to the public. EVERYONE IS WELCOME. Please consider becoming an advocate for individuals with disabilities.

For more information or an application please contact:

Royce Schultze

Phone: 701-222-3636 or e-mail: royces@dakotacil.org

3111 East Broadway Ave.

Bismarck, ND 58501

Phone: 1-800-489-5013

Fax: 1-701-222-0511

Web address: www.dakotacil.org

DCIL has a branch office in

Dickinson, ND. They can be

Reached at: 1-701-483-4363

Available in alternative

formats—upon request

New Roho Cushions For Sale

Fairly new roho cushions, used about six times. Asking \$150. to \$250.00 or best offer. There is one back cushion and two seat cushions.

They come with repairs and a two year warranty. Call Gary at 701-746-5126

Donations Needed

Dakota Center for Independent Living is seeking working computers with Windows XP or Windows 2000. Also in need for computer software that is compatible with XP, + flat screen monitors or smaller monitors, printers with operations CD and computer speakers.

Call 701-483-4363 to donate an item

Upcoming Events

Supporting a Person with Difficult Behaviors—February 5th, 2009—Doublewood Inn, Bismarck

North Dakota Council for Exceptional Children—February 6-7, 2009—Doublewood Inn, Fargo

8th Annual Indian Child Welfare Conference—March 3–5th, 2009—Radisson Hotel, Bismarck

Statewide Housing Conference—March 4-5th, 2009—Ramkota Hotel, Bismarck