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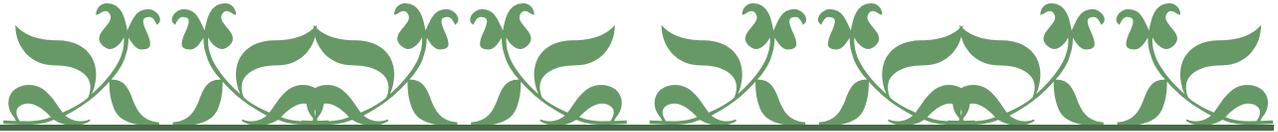


Congratulations go out to Troy and Bonnie Brusven. They purchased a home through the United States Department of Agriculture Rural Development. They are looking at moving into their new home some time after January 1, 2011. USDA Rural Development is the loan program that provides subsidy to as low as 1%. The program enables the applicant to request financing for accommodations to be installed into a home. Bonnie plans on continuing participation in the social and recreation program.

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.



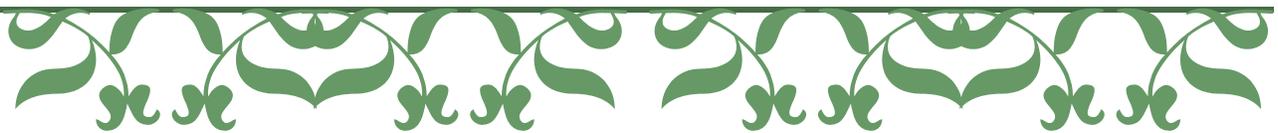
Alzheimer Association started three new telephone support groups in October. The date and time for these support groups are:

- 1) First Thursday of the month—10 am CST
- 2) First Saturday of the month—10 am CST
- 3) Fourth Thursday of the month—2 pm CST

Some helpful facts about the telephone support groups are:

- The dial-in numbers are toll-free, so participants incur no charges.
- Pre-registration is required—participants will receive dial-in-information at the time of registration.
- There are a limited number of spots for each session and participation is first come, first served.
- Participants may remain anonymous during the phone call if they wish.
- Anyone in North Dakota may use any of the groups; people may also call in for more than one group, as long as they are pre-registered.

If you are interested in any of the support groups contact Krista Headland at 701-258-4933 to pre-register.



It is that time of the year to fill out the Homestead Renters Refund Tax Credit Application.

Eligibility Requirements:

- ♦ **65 years of age or older**
- ♦ **Must have a total and/or permanent disability**
- ♦ **Must have a form filled out by your physician documenting your disability**

Qualified homeowners receive a credit to reduce property taxes on their home and qualified renters receive a partial refund of their rent.

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

THE VOICE OF ROYCE

It's hard to believe that the next Legislative session is just a few days away. That means it's time to roll up our sleeves and have our voices heard by getting behind legislation that will improve the lives of people with disabilities and the community as a whole.

We at Dakota Center for Independent Living will be tracking bills, contacting Legislators – mainly doing whatever we can to have our voices heard. That's where we need your help. The more people involved, the bigger the impact.

It's true that there is strength in numbers and together we CAN make a difference.

And on that note, The Legislative Procedure and Arrangements Committee met last winter and a small group of people with disabilities testified on the inaccessibility and hazards of the lift in the Brynhild Haugland Room. For those of you that used that lift, you know what an experience that was! Anyway, as a result of those efforts there will be a new lift installed in the Brynhild Haugland Room, hopefully in time for the new legislative session. Woo Hoo!

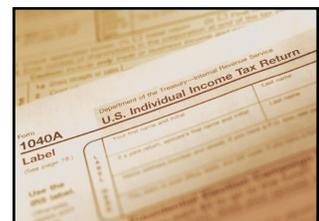
Happy Holidays!

LEGISLATIVE INFORMATION

The following is a list of Governor Dalrymple's proposals:

- Qualified Service Providers (QSP's) will get a 3% raise each year of the biennium.
- Home Community Based Services (HCBS) (waivers) will get a 6% increase.
- \$400,000 in state funds for CIL's authorized last session was "retained" and included in his budget...No more, no less.
- \$243,000 in American Recovery and Reinvestment Act (ARRA) funds given to CIL's was not replaced by state dollars as that was for 'one time' projects.

Tax season is here once again. Free filing services are available for the elderly and persons with disabilities. You may call Royce at DCIL to schedule a time to bring in your W2 Forms by calling 222-3636.





DCIL Consumers enjoy a holiday supper at the Amvets Club.



us out on Facebook at Dakota Center for Independent Living (DCIL). www.facebook.com

Anyone interested in becoming a Peer Mentor for Dakota Center for Independent Living contact Jeannie at 222-3636.

UPCOMING TRAINING & DCIL CLASSES

January 19, 2011

5:00pm to 7:00pm

Legislative Training

- 1) Learn How a Bill Becomes a Law
- 2) Learn How to Track a Bill

February 2, 2011

5:00pm to 7:00pm

Tenant Education Class

March 16, 2011

5:00pm to 7:00pm

Self Advocacy Class

North Dakota Aging and Disability Resource Center Service Extension Plan

ADRC is moving forward with its extension effort to service additional counties. Planning meetings have been held in Morton and Oliver Counties. In these counties, Options Counseling will be provided by ADRC Options Counselor, Katie Halloran. By spring, plans are to provide service to Emmons and Kidder counties.

Options counseling is a resource for individuals and families who need help in locating programs and services to assist them in living independently in their homes and in the community. Options counseling involves helping individual's identify their goals and preferences, review each of the options available, and encourages planning for future long-term support needs.

For more information on the Aging and Disability Resource Center, call Kate at 328-8606.

Quilting for a cause is up and running. If you like to sew, quilt, talk and have fun, come and join the Staff at Dakota Center for Independent Living. The quilting class meets the first Tuesday of every month, from 4:00pm to 6:00pm. All the quilts that are made will be donated to Project Homeless Connect. Bring a friend, family member, or come alone and meet new friends,

Transportation will be provided one way.

If you are interested or would like more information call Ardeen at DCIL.

701-222-3636



Ruth Meiers Hospitality House opened a “drop-in center” on October 1, 2010 as a trial basis at their women and children’s emergency shelter. The shelter is located at 215 West Front Avenue. **The new drop in center will be for single adult females over the age of 18 and/or women over the age of 18 with children. Due to limited space, and fire department codes/regulations the new drop in center will only be able to hold 10 individuals on any given night.**

Hours for the new drop in center are:

Winter—10:00pm—6:30am (October 1st—March 31st)

Summer—12:00am—5:00am (April 1st—September 30th)

If anyone has any questions or concerns regarding the new

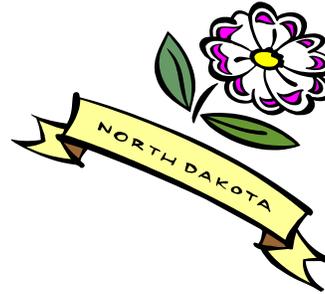
drop in center please contact Sue or Lori Johnson—Walker, LSW at 222-2108.



DAKOTA PRAIRIE

ORGANIC FLOUR COMPANY

Dakota Prairie mill features a new line of organic flours, offering a level of flavor, consistency and reliability never before available in organic flours. **Dakota Prairie’s dedicated gluten free facility has been newly upgraded to assure you and the satisfaction of your customers of our quality products for use in gluten free diet, gluten free recipes, gluten free foods, and the finest gluten free bread.**



Dakota Prairie Organic Flour Company

500 North Street West

Harvey, North Dakota, USA 58341

Phone 701-324-4330

Fax 701-324-4334

www.dakota-prairie.com



The Southwest Homeless Coalition Inc. has recently been approved by the Secretary of State to be recognized as an incorporated entity and continues its work to provide a homeless shelter and possible transitional living facility for families and individuals who need housing in Southwest North Dakota.

Know the Difference Between a Cold and H1N1 Flu Symptoms.



- **Fever**
Fever is rare with a cold. It is usually present with the flu in up to 80% of all flu cases. A temperature of 100 degree farenheit or higher for 3 to 4 days is associated with the H1N1 Flu.
- **Coughing**
A hacking, productive (mucus-producing) cough is often present with a cold. A non-productive (non-mucus producing) cough is usually present with the H1N1 Flu (sometimes referred to as a dry cough).
- **Aches**
Slight body aches and pains can be part of a cold. Severe aches and pains are common with the H1N1 Flu.
- **Stuffy Nose**
Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week. Stuffy nose is not commonly present with the H1N1 Flu.
- **Chills**
Chills are uncommon with a cold. Sixty percent of people who have the H1N1 Flu experience chills.
- **Tiredness**
Tiredness is fairly mild with a cold. Tiredness is moderate to severe with the H1N1 Flu.
- **Sneezing**
Sneezing is commonly present with a cold. Sneezing is not common with the H1N1 Flu.
- **Sudden Symptoms**
Cold symptoms tend to develop over a few days. The H1N1 Flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
- **Headache**
A headache is fairly uncommon with a cold. A headache is very common with the H1N1 Flu, present in 80 percent of flu cases.
- **Sore Throat**
Sore throat is commonly present with a cold. Sore throat is not commonly present with the H1N1 Flu.
- **Chest Discomfort**
Chest discomfort is mild to moderate with a cold. Chest discomfort is often severe with the H1N1 Flu.

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Bismarck, ND 58501

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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



HAPPY HOLIDAYS FROM
THE STAFF AT DCIL

**How lovely 'tis to take this time
To greet our dearest friends,
To wish them health and happiness
Before the old year ends.**

**Darkness comes late afternoon
And winter lies ahead,
But friendship is a glowing fire
When all seems cold and dead.**

**Just as in some vacant barn,
Unnoticed in the night,
The whole of human history turns,
So we, too, make things right.**

**We must keep alive the flame
Though darkness grip the Earth;
For in the love we find in friends
Is our chance for rebirth.**

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