



The Dakota Center for Independent Living (DCIL) partnered with the North Dakota Brain Injury Network (NDBIN) to hold an open house for Brain Injury Awareness Month in both the Bismarck

and Dickinson offices.

Brain injury is a major cause of death in the United States. Depending on the severity, those who survive a brain injury can face affects lasting a few days (i.e.. concussion) to disabilities which may last the rest of their lives. Affects of a brain injury can include impaired thinking and memory, movement, personality changes, depression, and changes in vision and hearing.



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 Human Services. However, those contents do not necessarily represent the policy of the Department of Human Services, and you should not assume endorsement by the Federal Government.”

This newsletter is available in alternative format—upon request.



The North Dakota Brain Injury Network and the Dakota Center for Independent Living provides information and support to individuals with brain injuries and their families. DCIL offers social and recreational opportunities in the community for people with brain injuries. Both the Bismarck and the Dickinson office provide brain injury support groups. People with

brain injuries and their families meet monthly to share their stories, learn about other services and resources in their communities, and provide coping skills.

The event at our Bismarck office included booths from providers in the community. This allowed community members and other providers to learn more about the services that are available for people with brain injuries.



Loan Equipment Available at DCIL



Wheelchair

Shower Bench

Walker

Grab Bars



Quad Cane

Door Knob Opener

Hoyer Lift-one without sling

No Charge for Rentals

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

The DCIL Empowerment Committee Begins to Take Action



Last November, DCIL had started a new advocacy group. After a few meetings, the advocacy group gave themselves a new name: the DCIL Empowerment Committee. This committee will be working to advocate for themselves and others in the community, as well as become more involved in DCIL.

The committee consists of consumers at DCIL who want to make a difference and be more involved in their community. Currently, the group is beginning the planning process for DCIL's 26th Americans with Disabilities Act anniversary celebration.

Committee members also have sign up lists concerning board meetings and city commission meetings.

If you are interested in being part of the DCIL Empowerment Committee, please call 701-222-3636. Ask for Ardeen or Kathy for more information about the group, how to get involved, and meeting times. The group is open to anyone with a disability.

New Curriculum: My Next STEP



Our Systems/Community Advocate has been hard at work creating a new curriculum, My Next STEP. STEP stands for IL-Skills, Transition, Empowerment and Possibilities.

The two critical times in the lives of children with disabilities and their families are when they enter the special education system and when they leave it. Transition services will help your student acquire the tools, supports and resources to live successful, independent lives.

Outcomes have shown that students with disabilities are more likely to graduate, become employed and be more independent with proper transition services.

The goals of My Next STEP include building skills and confidence in youth to assist them in obtaining their goals, promote independence through self-advocacy skills, give youth a chance to make a difference in the community, help connect youth to other resources in the community and support student directed IEP meetings.

My Next STEP is a hands-on approach. This curriculum includes 44 lessons that were designed to promote self-advocacy, communication, independent living, career exploration, self-empowerment and so much more.

If you'd like to learn more about the program, contact Dakota Center for Independent Living at 701-222-3636 and ask for Lauren.

Four Cornerstones of Financial Literacy

This class builds the ability to understand how to budget, reduce debt, build good credit and live financially responsible lives. Classes will take place at the Bismarck Library in Room C.

April 6: Budgeting to Create Savings	1:00-3:00 pm
April 13: Debt Reduction and Asset Building	5:30-7:30pm
April 20: Building a Good Credit Rating	5:30-7:30pm
April 27: Consumer Protection and Financial Institutions	10:00-12:00pm

Success Story

It was Christmas time. A time that's usually full of cheer, but not for Tiffany. Tiffany was 22-years-old, had never been alone before, and was now homeless.

Dakota Center for Independent Living (DCIL) immediately sprang into action. Her advocate helped her to apply for housing assistance and searched for available apartments with reasonable rents; however, there were no openings and the application process takes one to two months. In the meantime, Tiffany went to the Adult Abused Resource Center (AARC) to see if they had any rooms. There weren't any rooms available at AARC, but she did receive some food and supplies. Her advocate called around to several other agencies to see if there was any assistance available to keep Tiffany in a motel until housing opened up, but the only assistance available was rent assistance for those who already had an apartment.

Tiffany used up her available resources on motel rooms and food. The time came where she had to make the choice of moving away to live with family in another state or go to the homeless shelter. Tiffany was petrified of the shelter so she decided to move to South Dakota until there was reasonable housing for her back in Bismarck. Tiffany had to quit school, leave her friends and the city she called home.

In February, Tiffany's housing application went through and she received notice that an apartment had opened up and she jumped at the opportunity. Tiffany had very little money and very few belongings. Tiffany's advocate called around to several different furniture stores to see if they would work with payments on a mattress and it paid off. Fundamental Furniture agreed to put Tiffany on a payment plan and delivered the mattress free of charge that day. Tiffany was also taken to several different thrift shops to buy items for her place.

Before Tiffany could move into the apartment, DCIL had to seek out assistance for rent and a deposit. Without assistance, Tiffany would not be able to afford to rent the apartment. Tiffany's advocate called various agencies and luck was on her side. AID Inc. and Salvation Army had assistance available. Tiffany was on track to move into her own place.

Tiffany moved in three weeks ago and now has a place to call home.

Legislative Working Group



The Legislative Working Group is hard at work at Dakota Center for Independent Living. The group gets together every other month when the State Legislature is out of session and discusses federal laws as well as any changes to state legislation or budgets.

The recent proposed state budget cuts have targeted many necessary services for people with disabilities. This sparked the Legislative Working Group to take action. At their last meeting, they wrote a letter to the legislature describing how these proposed cuts would negatively impact the independence of people with disabilities.

If you'd like to learn more about the Legislative Working Group, call Dakota Center for Independent Living at 701-222-3636 and ask for Ardeen or Jeannie.



Special Needs Registry Sign-up

Registration in the North Dakota Special Needs Registry database is intended to provide first responders with the information they need to adequately plan for and respond to a disaster. Preparedness information will be provided so registrants will be able to help themselves in an emergency. Assistance registering will be provided.

Date: Wednesday, April 13th

Time: 5:00-7:00pm

Location: Dakota Center for Independent Living

3111 E Broadway Ave, Bismarck, ND



The Voice of Royce

I remember thinking a number of years ago what life would be like for me in the future. Transferring in and out of bed, in and out of my chair and all of the stuff I did then. Well now, as I get older, I am finding out that my mind and body have been changing over the last few years. Everything I took for granted even 10 years ago is no more.

I switched from a manual chair to a power chair, which was a really difficult transition for me because I thought I was giving up and losing the battle to my disability. As it turned out, that was the best thing I could have done because I have way more independence with my power chair, and my shoulders and elbows do not burn all day like they used to. Over the last 4 years or so, I have lost some strength and need some assistance getting out of bed which I thought was the end of the world. It turned out to be not that big of a deal. In talking with friends of mine who have been in chairs for 2 or 3 decades, I have learned that we're all that we're going through the same thing - it's part of aging with a disability.

The one thing know for sure is this beats the alternative, and none of us are going down without a fight. We are all going to come to that day when our bodies are going to say "oh no, you're staying right here." Until that day, I'm going to keep doing what I love. By the time you read this, I will have just come back from one of my trips to Las Vegas. I'm not going to let aging slow me down. My message to everyone is this—whether you have a disability or not, don't wait to do things you want.

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.

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

Spring 2016



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.**



Check out our blog:

dakotachallenger.wordpress.com

**If you would like to receive the newsletter by e-mail,
please contact**

Lauren at DCIL by calling (701) 222-3636