



MARCH IS BRAIN INJURY



AWARENESS MONTH

Dakota Center for Independent Living partnered with the **North Dakota Brain Injury Network, HIT, Inc., and Community Options** to offer an event that was held on March 15, 2018, at the HIT facility, in Mandan. Four of our DCIL consumers were able to participate in a Brain Injury Panel to discuss how their Brain Injury has affected their lives. (Photos from event are on page #3) 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 a traumatic brain injury social program, that provides recreational opportunities in the community.

Brain Injury 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.
- 2.8 million people, including 329,290 children sustain a TBI in the U.S. each year. 50,000 people will die. 275,00 people will be hospitalized. 2.5 million people will be treated and released from an emergency department.
- TBI's are caused by falls (47%), being struck by or against an object (15%), motor vehicle crashes (14%)
- Intentional self-harm was the second leading cause of TBI-related deaths (33%) in 2013.

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 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.

PEOPLE NEEDING PEOPLE

50th Anniversary of the Federal Fair Housing Act

Fair Housing Film Festival

SAVE THE DATE

Bismarck-Monday, April 9 @ the Heritage Center 6 - 8 pm



PLAINS FAIR HOUSING
has moved
406 Demers Ave.
Grand Forks, ND 58201
(701) 792-2878

www.highplainsfhc.org; michelle@highplainsfhc.org



On March 3rd, we celebrated our 9th Anniversary of serving soup in the Bismarck area.

On June 2, 2018, we will hold our Grand Re-opening Celebration in the afternoon with musical entertainment at the café along with dessert and coffee and a surprise or two.

Not only that, from 9-11am that morning, we will be hosting "Coffee with a Cop" and have invited local law enforcement to stop by. We will connect with the area children to meet some heroes in our community; maybe we should rename this "Koolaid with a Cop!"

BRAIN INJURY

SOCIAL AND REC

Making homemade playdough was the activity and it became apparent very quickly that we never outgrow the need to have fun and enjoy a little playdough fun.

"Bismarck Office"

COFFEE CLUB MEETINGS

Caribou Coffee in Kirkwood Mall

Men: 3rd Wednesday of the month

Women: 3rd Friday of the month

10 a.m.



Contact Kathy at
222-3636

DID YOU KNOW?

DCIL offers a variety of classes and services?

Tenant Education

Teaches renters the tenant and landlord's responsibilities as well as information regarding tenant rights.

Wheels of Safety

A video/community class that uses a common sense approach to the issue of how to travel safely in a wheelchair on our sometimes unfriendly sidewalks and streets.

People First Language

Teaches people how to put the person first when discussing disabilities.

Disability Etiquette

Helps to broaden understanding of disability issues and ten quick tips on disability etiquette.

There's a Bully in All of Us

Bully prevention program provided for grades K-12. Programs discuss bullying, bystanders, and tips to help students who are being bullied.

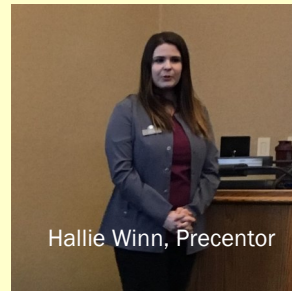
Don't Sweat the Money Stuff

Learn to develop an effective money mindset in this fun video series.

**Call 222-3636 today
to set up a class**

What's Happening in our Dickinson Office?

The Dickinson DCIL office started a **Wellness Group** in January 2018. The group meets monthly and offers a different topic and presenter each time. Presentations are typically held on Wednesdays at the Dickinson Public library, but the day or location may change if the library is not available. This group was started for several reasons. It provides an opportunity for education on a variety of topics, it allows for attendance from community members as well as people who are consumers of DCIL, and also helps to increase awareness about the Dakota Center for Independent Living and the services we provide. These presentations are free of charge and open to the public.



Hallie Winn, Precentor

CRAFT DAY at DCIL in DICKINSON



BRAIN INJURY AWARENESS MONTH

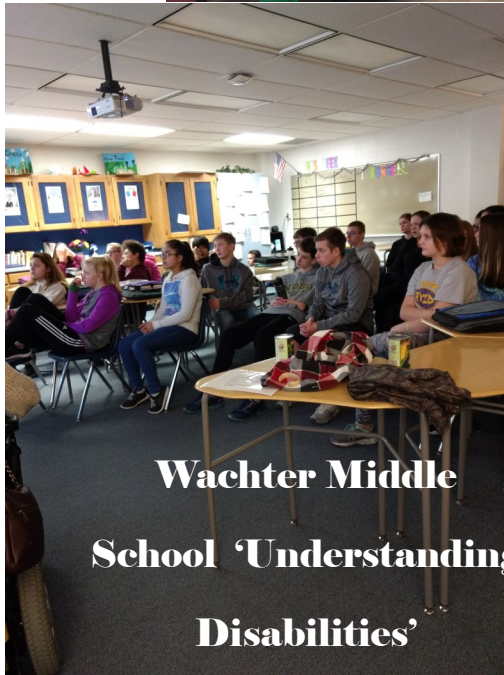
DCIL in Bismarck held a few special events to help honor March being Brain Injury Awareness Month.

On March 13th and 14th, we had the opportunity to go into Wachter Middle School and do some education and hands on activities with 6 classes of the eighth grade students. This was part of their “Understanding Awareness” project. It was exciting to see the great participation and attention that they gave to our program and activities. Our goal in doing this presentation is to help them be aware of the importance of protecting their brains in whatever ways are possible and also to be more inclusive and sensitive to those in the community, whether school or elsewhere, that might have a disability, visible or non-visible. The only ‘cure’ for a brain injury is PREVENTION and the only way to have true inclusiveness is to remember that we all have ‘abilities’ and in the blink of an eye, our abilities may change, just as others’ have. There were about 150 students that participated in this event and we believe it was very successful in its goal.

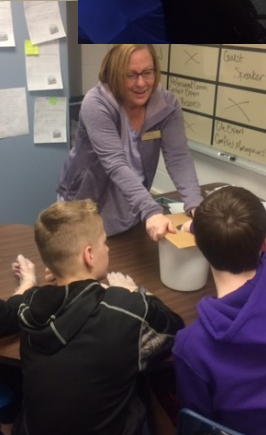
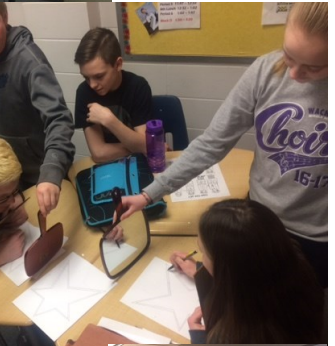
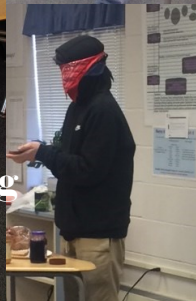
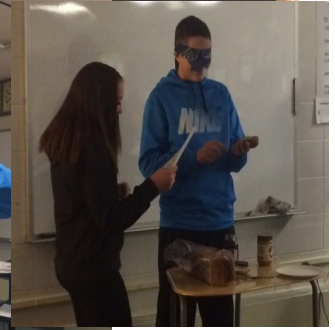
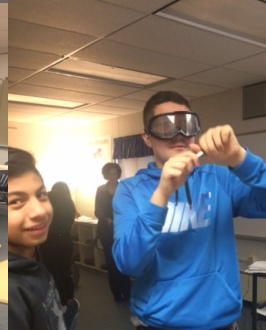
On March 15, 2018, DCIL partnered with HIT, North Dakota Brain Injury Network and Community Options to put on a Brain Injury Awareness Program at the Mandan HIT facility. It was a huge success. The people that came made an activity and then listened to the different centers tell about their individual services. We had an opportunity to listen to a panel of 5 people with brain injuries, who gave their stories and told a little bit about what it is like living with a brain injury. The NDBIN had their Unmasking display set up. If you go to their website, (<https://www.ndbin.org/brain-info/unmasking-brain-injury>), you can view all of the masks from people all across ND, and how they express their brain injury through their mask. The hope for this event is to offer it every year, in the hopes of the continuing education of our communities of what it is like living day to day with a brain injury and to also bring together those that live with a brain injury sharing the impact that it makes on their lives.



Brain Injury Awareness Month Event held at HIT



Wachter Middle School 'Understanding Disabilities'



SUCCESS STORIES



Marlene was referred to DCIL and came in to our Center for assistance with getting new steps and a railing for her condo as they were no longer safe. Marlene stated she was afraid of falling due to her unsteady balance and eyes that waiver a little. Marlene was injured due to a car accident that caused a brain injury. She did apply for and receive Social Security Disability but the income was not enough to cover repairs of this nature.

Marlene had attended Nursing School and thought this is what she would do for the rest of her life, until life changed. She stated that it was difficult for her to come to our Center asking for help, but she did, because she cares about herself and really wanted someone to help with her porch so she wouldn't injure herself more.

Marlene was a person "at risk" for falling and so the Advocate reached out to Lyle at Community Works and he stated he needed her to get 2 bids for repairs along with a copy of her Award letter from Social Security. Lyle stated they could do the work as long as it wouldn't exceed \$4,999.00. Jerry Lee from Midwest Maintenance and his son came and completed the project before the winter ice and snow set in.

Marlene was very thankful to DCIL for the help that we gave her and stated, "I am so grateful to have a new front entrance with a railing that is very stable."

Coles Story



On January 10, 2017, we met Cole when he came to DCIL to study for his Drivers Permit test. He stated that he had taken this test before and failed. He said that he could read well enough, but did not know enough to pass the permit test. Cole is only 16 years old and in High School, with a dream of driving to a job. He stated that he had 'test anxiety' so we tested every class time. This was to get used to the word 'testing' so that there is no fear. Cole started out learning the **Signs and Signals** of the road, by using flash cards. Then we went on to learning the **Rules of the Road**. Cole attended every class, watched the videos on different driving situations and got more confident. We worked together on turns and **Right of Way** law. Cole completed every chapter test and stated that he understood the information. He worked hard and overcame his fears of testing. On March 13, 2017, Cole went to the DMV and took his Driver's Permit Test and passed! Cole's goal completed, with a smile.

DCIL YOUTH SOCIAL SKILLS & SERVICE GROUP

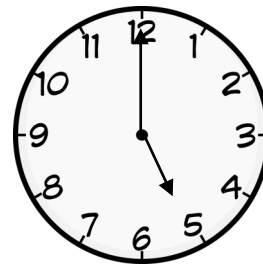
We are in search of young people from the age of 14-24 to participate in our new Youth Program. Our goal is to teach, encourage self-advocacy, self-assurance, and self-determination; set life goals and learn life skills that will allow youth with disabilities to be comfortable being their own self-advocate. We will be helping support our community through volunteer opportunities, educating our community on disability awareness; having our youth participate in peer support and join in peer relationship/trust-building activities. If you are interested or know someone that might benefit from this group,

CONTACT

**KATHY OR VICKI AT
701-222-3636**



IT'S TIME FOR A FUNDRAISER AUCTION



*Dakota Center for Independent
Living YOUTH SERVICES*



3111 E. Broadway, Bismarck, ND 58501

Call Kathy or Vicki at 701-222-3636

"OUR EYES ARE OPEN TO SEE OUR TRUE ABILITIES"

LET US SHARE THEM WITH YOU!

FUNDRAISER

AUCTION to raise money for
youth with disabilities.



The Silent/Live auction is to be held at

Eagles in Bismarck (313 N 26th St)

On Friday, April 13, 2018

Starting at 5 p.m.

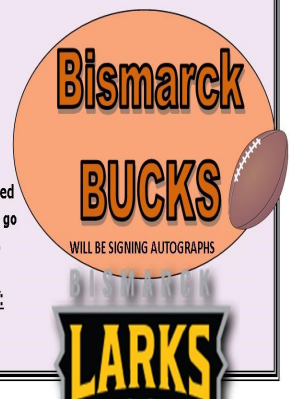
The money raised will assist in giving the DCIL youth many rewarding opportunities:

- Learn to give back to their community through volunteer efforts.
- Educate the community of their individual disabilities
- Peer support
- Peer activities

Eagles women will have a meal prepared at 5:30 p.m. for a free will offering to go towards the charity of their choice.

AUCTION SERVICES WILL BE DONATED BY:

TEMCHACK AUCTIONS, LLC





Accessibility

The City of Mandan recently submitted applications for the ND Department of Transportation Urban Grant Program which focuses on downtown transportation improvement projects. One of the reasons for this project include poor pavement conditions, and non-conformance with sidewalk requirements for people with disabilities.

The Month of May is “Older American Month”. There will be a Health and Wellness event held at the Bismarck Senior Center, Tuesday, May 8th, 2018, 315 N 20th St, Bismarck, ND 58501.

For more info call 701-255-4648

Dakota Center for Independent Living
3111 East Broadway Ave.
Bismarck, ND 58501

Phone: 701-222-3636
Toll Free: 1-800-489-5013
Fax: 701-222-0511

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

Web address: dakotacil.org

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

Vicki at DCIL by calling (701) 222-3636