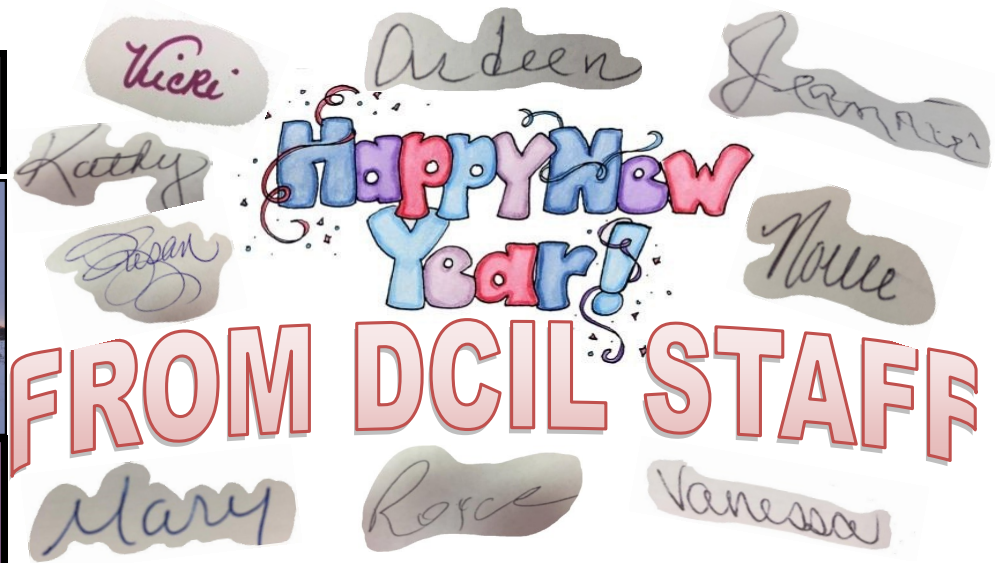




Dakota Challenger



ND Legislative Update

North Dakota's 65th legislative session is set to convene January 3rd, 2016. DCIL will be watching the money this year as we are anticipating the budgets to be tightened. There are numerous items within the budget that will affect people with disabilities, and we will need your help to make sure our voices are heard. One of the areas that DCIL will be watching carefully is the "Money Follows the Person Sustainability". This program is vital in helping people transition from an institution back into the community versus living in a Long Term Facility. We ask you all to become involved in the legislative process by contacting our elected officials who control the purse strings. If you are interested in testifying, tracking bills, or writing up testimony, please contact DCIL, and we will assist you in any way that we can. (See page 6 for information on getting involved in our Legislative Working Group). Remember, **YOU CAN MAKE A DIFFERENCE!**



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."

Lutheran Social Services Housing

Lutheran Social Services Housing, Inc. is a non-profit subsidiary of LSSND, created in 2008, to respond to the housing challenges in North Dakota by building new and affordable apartments for those struggling with escalating rents and/or housing shortages. To ensure our tenants and buildings were well taken care of on a permanent basis, we also created a property management arm. Seeing our growth, many additional rural property owners around the state began to ask us to manage their rental units. From 24 new apartments in Watford City, to nearly 800 units under management today, Lutheran Social Services Housing is providing hundreds of individuals and families with safe and attractive places to call home.



Winter 2017 Event

BLACK HILLS SKI FOR LIGHT



We offer two skiing venues, cross-country and down-hill, at our annual winter Ski for Light (SFL) event. This four day event is held the latter part of January. The cross-country area is located on Wharf Resources, a mine reclamation area, while the down-hill area is located at Terry Peak Ski Area. We welcome all who are blind or have a visual impairment, and individuals with mobility impairment, to join us and participate in these activities. All levels of experience, from the individual who has never skied to the advanced skier, are welcome. The highlight of the event is the last day's fun races where skiers have a chance to show off their skiing skills. The dates and time have not been set for this activity yet, but you can watch for info on their webpage: www.bhsfl.org

A STORY OF HIS OWN

DO YOU HAVE ONE?

We all have a story to tell....whether it is a story of success or a story of failure; or maybe your story is what lessons you have learned from either one of these. We may have a story of love, we may have a story of pain. No matter what your story, life is FULL of stories.

Our friend John, shared with us his journal story of a fulfilled promise, even though that story was played out in a way that was entirely different than what he envisioned it would be. You can read John's entire story by checking out our Facebook page. You can also go to YouTube and watch the video blog titled, John Yunker, Grace's



Tale author. In this blog John shares with us about his disability and his journey. We are so thankful that John has been so willing to allow us into his world/life a little to help us and others, understand the story of living with a severe brain injury.

We would like to help others in their journey by opening up about their journey. If you would like to help us out by doing your own life story or video, please contact me, Vicki, at 701-222-3636, and we will set up a time .

NORTH DAKOTA HOUSING FINANCE AGENCY is busy preparing for their 26th Statewide Housing Conference. "Revive, Restore, Reconnect" is their theme this year. The Conference will be held at the Best Western Ramkota Hotel in Bismarck, ND. Dates and times for this conference is as follows: Tuesday, February 07, 2017 7:30 AM—Wednesday, February 08, 2017 2:00 PM.

DID YOU KNOW?



The Blue Diagonal Stripes are NOT parking spots. They are designed to give people with disabilities room to get in and out of their cars and vans. Parking in those spots are PROHIBITED AND SUBJECT TO A FINE.



Information provided by:

Dakota Center for Independent Living.

IS IT LEGAL TO PARK ON THE BLUE DIAGONAL STRIPES?

Is parking here legal?

These lines are actually called ‘access lines’ and they are there for a very good and important reason. Let’s imagine a van that is parked next to these blue lines. That van has an access ramp that opens on the side that allows the driver of the van to get their chair in and out of his/her vehicle. You come and park on those blue lines to run into an establishment for just a few minutes. Well, while you are in there, your neighbor that drives that van comes back to get in his/her vehicle and they have a very important meeting they are nearly already late for..or not. They now have no access whatsoever to get back in their vehicle and leave.

Now let’s say the temperature is 100° F. Or it’s winter and the wind-chill is -30° F. What is that van owner going to do until you get done doing your business? And what if your activities take you longer than you expected? I know that many of us have never had to endure this type of inconvenience but I can guarantee that it is happening more than you can ever imagine, even in Bismarck...and if it only even happens once, it is too many times. I really think that those of us that don’t live with these types of physical disabilities, rarely consider those that do. Will you do me a favor and just imagine this scenario for a minute? This is how I would feel as the driver of that van....,“Ok, so you are far busier and more important than I?” As a person without a physical disability, when I come out to my car, I normally don’t have to worry about finding that people have made barriers for me to move about freely in my community while I am in shopping or at a Dr. appointment. How about you? I hope that we will all take the time to consider our neighbor before the convenience of ourselves.

This is the North Dakota way.

Success Story

Finding Your Way Back to Managing Your Own Money

When I first came to DCIL in 2007, I wanted nothing to do with helping to plan my budget or pay my bills. I made sure my bills were sent directly to them and then I stayed out of it. At that particular point in my life my Bipolar Disorder was ruling my life. As long as they paid the bills and we received our spending money and grocery money that was all I cared about.

Slowly as I was getting better I began to want to know more about what was going on with my money and have a little more input about it. But how do you start to do that when you have gone years not having any control at all? I started asking how much I had in my accounts. I would ask for a little extra money for things that I wanted. Yes, sometimes I felt like a child asking a parent for money, but it did get easier. I realized this was in place to help and protect me. It was still my money. I would get statements at the end of the month so I knew where my accounts stood. I started helping figure out my budget and then came the time when I felt ready to try and have more responsibility. So we decided together to start taking out my spending money all in one shot and I was responsible for that. What an exciting move that was for me! I made out envelopes for every week and I divide up my money. I was so proud of myself because I have been successful in that. We kept doing that for quite a few months and I kept getting better. In time, I felt ready to try more. The next step we took was to try getting all my monthly grocery money. Every little step to me is exciting because I never thought I would ever get to this point. It has been going so well.

Next, I asked if I could write the checks out. DCIL still had to sign them but at least I could physically write them. I had not done that in years. They said I could and I was so happy!! I know who would be happy about paying bills right? I am. Once I started writing my own checks I started feeling more like a regular person. They allowed me to make more decisions when it came to my money. I felt normal. This has all led up to me being able to open my own checking account and pay the bills myself; something I have not done in so many years, yet I know they are still here if I fall. They have given me the tools and the confidence to know I can do this and succeed at it. I have fought hard to get where I am and it feels so good to finally be here. Managing my own money has been one of the best experiences I have gained from DCIL and I am so glad they have been here to help me.



Success Story

How many changes can happen in one person's life? Linda is a consumer at DCIL. She believes as the saying goes, "speak up or forever hold your peace." Linda called her advocate at DCIL and said that her Dr. recommended that she asks for a larger apartment in her building. Linda made the request to the apartment manager and was told there were no larger apartments in the building. Linda knew that there were larger apartments and felt that she was being discriminated against. With assistance, Linda called High Plains Fair Housing and asked for Reasonable Accommodations. She asked her Dr. to fill out information that was needed, stating the reasons why he prescribed a larger apartment and then sent everything to housing. After using her voice to speak up and then waiting for 5 months for an answer, Linda now has Reasonable Accommodations in the same apartment building and enjoying the larger space needed.

In the process of fighting for a larger apartment, Linda became more empowered and felt as though she needed to move forward in her life in more areas as well. Linda has had several obstacles to overcome and one of them was to believe in herself. PACE was a good place for Linda at that point in her life. However, finding her voice has caused her to become more independent and she is now driving, grocery shopping on her own and needs no assistance with medications. Linda independently gets out and volunteers at the Good Will store 2 days a week. Linda's biggest fear of being on her own was her medical expenses. "How do I pay for medication; what happens to my Medicaid and Medicare?" was her greatest concern. By sitting down with Linda and explaining that nothing was going to change, and that together we will make this happen, helped empower her and give her the confidence that she needed to succeed. Linda now speaks up and is independent. This is what Linda recently said, "I'm going to be pushed from the nest, but I'm going to fly!"

Linda attends DCL's Empowerment Committee and volunteers when asked to help with projects here at DCIL.

WINTERTIME BARRIER VIDEO'S

<https://www.youtube.com/watch?v=akx6kGS84RA>

https://www.youtube.com/watch?v=_yilnmVE6S0



DCIL will be hosting a fundraiser Auction

All the proceeds will be used to purchase Adaptive Equipment for local residents. If you would like to donate, please contact Kathy at 701-222-3636. Live Auction Services donated by

Temchack Auction, LLC



There will be a Silent Auction followed by a Live Auction on March 3, 2017 at the Bismarck Eagles Club, 313 North 26th Street in Bismarck. The Eagles Woman's Auxiliary will be serving spaghetti beginning at 5 p.m. with proceeds to go to Eagles charities. The table bidding with begin at 5:30 pm.

COMPUTER CLASS FOR THE WISE

DCIL WILL BE HOLDING A BASIC SKILLS COMPUTER CLASS AT the Bismarck Senior Center beginning at 10 a.m., January 10, 2017. This class will be limited in size. It will also be held at different locations throughout the 2017 year, so if you are interested in hosting one to be held at your agency, or if you are interested in attending a class, please call Vicki at DCIL—701-222-3636.



The 65th ND Legislative Session will begin in January

DCIL has a Legislative Working Group that meets every other month until the session begins. Once Legislature begins, we will meet once a week. Please get involved and help follow those bills that will directly effect persons with a disability. You can have an active role in the legislative process.

CONTACT

ARDEEN OR
JEANNIE FOR
MORE
INFORMATION!!!!

701-222-3636



Wheelchair

Shower Bench

Loan Equipment Available at DCIL

Walker

Grab Bars

Hoyer Lift-one without sling

No Charge for Rentals

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



Quad Cane

Door Knob Opener



The Voice of Royce

As you all know, winter has hit us with full force. The amount of snow we have had so far this year has become a big issue for individuals with mobility impairments when they try to get around their neighborhoods and go to local businesses. Bismarck city ordinance requires property and business owners to remove all snow and ice from their sidewalk and curb cuts within 24 hours of snowfall ending. If it is not removed, the City may remove it and the cost will be charged to the property owner. In addition, if a business is on a corner lot, the owner/operator must keep the curb cuts kept clear of snow and ice.

Home owners are responsible for the sidewalks that are on their property, and if they have a corner lot they are also responsible for cleaning out the curb cuts to the point that an individual with mobility impairment can safely use the sidewalk and the curb cut.

Mobility impairments do not mean just individuals who use wheelchairs or scooters. It could be someone who uses a walker, cane, or has issues with their balance. It doesn't take much snow or ice to make it difficult, or even hazardous, to maneuver outside on sidewalks.

If you have any concerns about a sidewalk or curb cut being cleaned out in a timely manner, you can contact the City Engineering Department at (701)355 – 1505 and they will send someone out to look at the issue.



CARBON MONOXIDE SAFETY

Carbon Monoxide (CO) is a toxic, colorless, odorless and tasteless gas that is produced by incomplete burning of natural gas, propane, kerosene or any other fossil fuel heat. CO comes from poorly functioning appliances, or appliances that are not vented or are incorrectly vented. Appliances such as furnaces, space heaters and even gas or charcoal grills pose a threat. Outdoor equipment such as portable generators, heaters and stoves also can create dangerous levels of CO in cabins and hunting/fishing shacks. CO can be especially dangerous during the winter when homes are sealed up tight. The best ways to protect your family from CO are to:

- Ensure that fuel-burning appliances are installed, maintained and used properly and safely. That includes having an annual inspection of heating and venting equipment by a qualified technician.
- Never let a vehicle idle inside an attached garage, even with the door open. The CO from the exhaust can collect in the garage or go inside the home.
- Install CO detectors on every level of your home. Follow the manufacturer's instructions for proper installation and location of CO detectors. Check and replace batteries in CO detectors on a regular basis.

Warning Signs of CO Poisoning Since the symptoms of CO poisoning are similar to the flu, victims often don't realize the cause of their illness. CO poisoning symptoms can occur immediately or more gradually after long-term exposure. Symptoms do not include a fever, but do include:

- Dizziness.
- Confusion.
- Shortness of breath.
- Nausea.
- Headaches.
- Fainting.
- Tightness in the chest.

Household Safety For Winter Months

If you suspect CO poisoning, get fresh air immediately. If exposure continues over a long period of time, CO poisoning can lead to brain damage or even death. If the symptoms are not accompanied by fever, if everyone in the family is ill, or you have pets acting strangely and the symptoms disappear when you leave the house, it could be CO poisoning.

If you suspect there is CO present in your home, call Montana-Dakota immediately at 1-800-638-3278.

Check out our blog: dakotachallenger.wordpress.com

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.**

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3111 East Broadway Ave.
Bismarck, ND 58501

Web address: dakotacil.org

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

Phone: 701-222-3636

Toll Free: 1-800-489-5013

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

Vicki at DCIL by calling (701) 222-3636