



DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenger

What is an Independent Living Center?

Part 2

Last month we began a series in our newsletter informing our readers as to what an Independent Living Center (ILC) is and what core services that an ICL offers to the public. First of all, we work with people of all disabilities of any age, and offer guidance that will allow them to stay independent for as long as possible.



Our first core service is **Information and Referral** services. We assist and can be a contact point for people with disabilities, their families, and the community in locating available services and products such as affordable, accessible housing, transportation options, adaptive equipment, support services, and more.

DCIL staff can also provide referrals to many outside service agencies, resources and community providers. The center maintains a list of accessible housing rental options in our community.

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

To Disclose or Not to Disclose a Disability to an Employer or Potential Employer

The DCIL Staff held a very profitable discussion regarding the topic of disclosure at the Public Library on Monday, November 20. Several people from the community attended, as well as some teachers from the Public School's Transition Program and an employee from Protection and Advocacy Project. While there is not a 'correct' answer to this issue, many different scenarios were discussed in support of disclosing your disability so that the employer can make reasonable accommodations if the disability will affect the job. On the flip side, if the disability will not affect your job performance, and no accommodations are needed, there is no need to disclose.

If you have questions regarding this subject of disclosure, please feel free to contact our office and we can go over some of the information that we have available.

701-222-3636



Assistance Needed!

Are you a woman between the ages of 18-50 with a physical disability? The University of Michigan Medicine is recruiting women from across the nation to be part of a focus group regarding their health and well-being. This meeting will last 2 hours and will be held at Dakota Center for Independent Living. Each participant, IF SELECTED, will be given a gift card of \$25.00 for their time and effort. Lunch will be served. Date and time for the focus group will be determined after the participants have been identified.

If you are interested or would like more information, CALL Jeannie FROM DCIL at 222-3636.

COFFEE CLUB MEETINGS

Caribou Coffee in Kirkwood Mall

Men: 3rd Wednesday of the month

Women: 3rd Friday of the month

10 a.m.





NEW EMPLOYEES AT DCIL DICKINSON OFFICE

From Heather: (left) I am a Dickinson native. I am married and have 2 children. I am the new Independent Living Advocate at the DCIL Dickinson satellite office. When not at work, I enjoy reading, painting, and refinishing furniture.



My name is Chantel Zeller (right) and I feel very blessed to have the opportunity to work with DCIL once again. I am a Dickinson native who moved back with my husband and our two daughters, a little over 11 years ago. I am super excited to be providing services for consumers with disabilities to all of Southwest (Region 8) North Dakota. I look forward to promoting people first language, self-advocacy skills training, community education, youth services, budgeting, and other core services to current and new individuals.

Please stop in and see us at
26-1st Ave E, Ste. 103 in Dickinson.

BETTER CHOICES/BETTER HEALTH

Are you an adult living with an ongoing physical or mental health problem? Sanford Health's Better Choices/Better Health 6 Week Workshop may help.

YOU CAN:

- Feel better
- Be in control
- Do things in life, you want to do

Get the support you need, find useful ways to deal with pain and fatigue, learn about better nutrition and exercise choices, learn how to talk with your doctor, and discover other topics important to your overall health. There is no charge.

Call Sanford Health at
(877)234-4240 (toll free)
today to register.

SANFORD™
HEALTH

NEW BISMARCK DCIL EMPLOYEE



I am so happy to be the Money Follows the Person Transition Coordinator as this is something that truly speaks to my heart. The MFP is a federal program that provides the funds for me to help someone with a one-time moving cost and arrange for services and supports to help them live outside an institution. At Dakota Center for Independent Living, we encourage people to learn to help themselves so they can be as independent as possible. I enjoy reading, crafts, music, animals, learning new things and mostly, helping others in a lasting way.

FROM JOHN

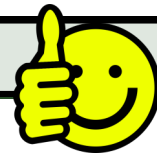
Hi. My name is John. I am a TBI Survivor. Yep. One of those mysterious TBI Survivors. Just how well can others know us if we are unable to know ourselves? Well, apparently better than I was aware of. Aware!! Now that word says a lot. After my TBI I was unaware of what I had lost. Also, unaware of what I had gained. A shifting, if you will, of how I perceived everything. I dare say an unconsciousness of how to deal with situations. All situations in my case. On the surface I'm okay, but the turmoil within. Chaos...And I've become aware over time, typically on hind sight, that with all of life, there are hawks and there are doves. I believe hawks are the driving force of society. And I find this disturbing. But, it's how I see it. And I'm not comfortable with the directions society gets swept up and carried away with, the mass called 'humanity'. But, the hawks...always circling...looking...for the unwary...the uncertain...the susceptible. And so the doves. Advocates for us survivors. Sad fact is the hawks would have me for lunch. And they almost did. And I might tell the them, 'You're Welcome'. Not that they'll thank me. I see my trust in the doves is well placed. On all fronts, they have my welfare-my best interest at heart. And although I might not see it immediately, they are looking out for me. These doves may not be the big movers and shakers that the hawks are, but to me the doves keep me from becoming 'hawk food'. No mistake. To me, the doves, the advocacy groups for survivors of trauma of any kind, are angels. I'm grateful to perceive this.

(John brought us the series "Grace's Tale" last year.)

IN MEMORY OF CHUCK STEBBINS

Chuck Stebbins passed away on Saturday, November 25, 2017 surrounded by the people who loved him the most. Chuck worked for Dakota Center for Independent living from the mid 1980's to 2001. Chuck acquired a spinal cord injury on July 22, 1982 while swimming with his friends in the Heart River in Mandan, North Dakota. He spent the next 35 years advocating for all people with disabilities. He worked tirelessly using his voice to develop equal opportunities for the disability field. Chuck was a musician, artist, crafter and writer. He loved music, comics and conversation. There is a plan and a purpose, a value to every life, no matter what its age, gender of disability. For Chuck it was his ability that mattered, not his disability.

Success Stories



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.

TOP SCAMS TARGETING SENIORS

1. Medicare/health insurance scams.
2. Counterfeit prescription drugs
3. Funeral & cemetery scams
4. Fraudulent anti-aging products
5. Telemarketing/phone scams
6. Internet fraud
7. Investment schemes
8. Homeowner/reverse mortgage scams
9. Sweepstakes & lottery scams
10. The grandparent scam

To find out more about these scams, call 800-223-1737 or go to:

www.ndcpd.org/smp

OR call our office:

701-222-3636 and we can give you more information.

DO NOT EVER GIVE YOUR PERSONAL INFORMATION TO ANYONE OVER THE PHONE!!!!

IN MEMORANDUM

We were sorry to hear of the sudden loss of our friend James Peterson, who passed away November 27, 2017.

ACCESSIBILITY NEWS

ACCESSIBLE TAXI VEHICLES IN BISMARCK

On August, 22, 2017, the Bismarck City Commission passed an ordinance (6280) that requires each taxi licensee to have an accessible vehicle in their fleet by July 1, 2018. If they have only one vehicle, they will have to comply when replacing that vehicle.

Royce Schulte and Trevor Vannett both appeared before the Commission to discuss their support of this Ordinance. We are so thankful to those that will use their voice to support people with disabilities in our community. We are also thankful to our City Commissioners to recognize the importance of this Ordinance.

SECTION 8 HOUSING VOUCHERS

Burleigh County waiting
list is 18-36 months out.

Morton County waiting list
is 4 months out.

NEW TRANSIT HOLIDAY HOURS

- New Year's Day: 8 a.m. - 1 p.m.
- Memorial Day: 12 p.m. - 4 p.m.
- Fourth of July: 10:30 a.m. - 10:30 p.m.
- Labor Day: 12 p.m. - 4 p.m.
- Thanksgiving Day: 11 a.m. - 7 p.m.
- Christmas Day: 9 a.m. - 9 p.m.



DCIL Empowerment Committee Avocation Outcome

When the decrease in Para Transit holiday hours were announced from BisMan Transit, the DCIL Empowerment Committee decided to work together to adjust the allotted hours to be more accommodating to riders. The Empowerment Committee, consisting of Linda Cryderman, Daniel Friedt, Trevor Vannett, Ann Carnes, Roxane Fleck, Randee Sailer, Lee Red Horse, Jillian Schaible, and the late Jim Peterson, held several meetings to work out the details. They then invited other agencies and Executive Director of Bis Man Transit, Roy Richter, to discuss the proposed changes. After the meeting, Roy submitted the proposed changes to the transit board where the proposal was unanimously approved. The DCIL Empowerment Committee would like to thank AARP, Protection and Advocacy Project, and Community Options for their support. A special thank you to Roy and Shanda for meeting with the Committee to produce a positive outcome.



DCIL YOUTH SOCIAL SKILLS & SERVICE GROUP

We are in search of young people from the age of 17-24 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



POSITIVE HEALTHCARE NEWS FOR CHILDREN ON THE SPECTRUM

Two North Dakota health Insurance companies will soon be covering intensive therapy for children with autism under some of their health plans.


Blue Cross of ND and Sanford Health Plan will offer it under some of their insurance plans.

“It’s huge,” said Sandy Smith, president of ND Autism Center in West Fargo. “This is a positive thing. This is certainly a win for families who have a child with autism.”

Applied Behavioral Analysis (ABA) therapy has been endorsed as safe and effective by several state and federal agencies, including the U.S. Surgeon General. They say that through recent studies professionals have embraced the therapy to help those with autism live happy and productive lives. The therapy has been found to promote I improving socially appropriate behaviors such as communication, social behavior, learning and adaptive abilities.

HELP, I Spent TOO MUCH MONEY FOR CHRISTMAS.

BUDGET IS REALLY NOT A NASTY WORD!!!



Did you spend too much for Christmas gifts and now that January is here, you are feeling bad about it? What better time to change that 'shortage of money' issue. How about YOU control your money, rather than letting your money controlling YOU? Call us at DCIL and we will assist you in creating an easy Budget. It doesn't have to be a battle between you and your money. When you plan ahead for the Holidays, you will already have your money waiting to purchase the gifts that you desire to give and you can live a much more peaceful New Year. Let us help. 222-3636

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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