



DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenger

ADA 27 YEARS LATER, WHERE ARE WE NOW?

July 26, 2017, we will be celebrating the passing of the Americans with Disabilities Act.

The Americans with Disabilities Act (ADA) was signed into law on July 26, 1990, by President George H.W. Bush. The ADA is one of America's most comprehensive pieces of civil rights legislation that prohibits discrimination and guarantees that people with disabilities have the same opportunities as everyone else to participate in the mainstream of American life -- to enjoy employment opportunities, to purchase goods and services, and to participate in State and local government programs and services. Modeled after the Civil Rights Act of 1964, which prohibits discrimination on the basis of race, color, religion, sex, or national origin – and Section 504 of the Rehabilitation Act of 1973 -- the ADA is an "equal opportunity" law for people with disabilities.

To be protected by the ADA, one must have a disability, which is defined by the ADA as a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment. The ADA does not specifically name all of the impairments that are covered.

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.”

MEDICAID INFORMATION

There will be no Medicaid Provider Inflation on July 1, 2017. This is effective for both Medicaid State Plan Services and Medicaid 1915(c) Waiver services. There will also be no inflationary increases on January 1, 2018 for Nursing Facilities and Psychiatric Residential Treatment Facilities.

Fee schedules for services are on the Department of Human Services website at: <http://www.nd.gov/dhs/services/medicalserv/medicaid/provider-fee-schedules.html>
Comments can be sent to and viewed at: Medical Services Division Room 309, ND Department of Human Services, 600 E Boulevard Ave Dept 325, Bismarck, ND 58505-0250. Questions may be directed to the local county social service office, or individuals may contact the ND Medicaid Program at 1-800-755-2604.



**Bike Camp
for Individuals with
Disabilities
July 31 - Aug. 4, 2017**

**July 31 - Aug. 4, 2017
Nishu Bowmen Club
Bismarck, North Dakota
Hosted by:
*Designer
Genes***

DON'T SWEAT THE MONEY STUFF



We have all felt stressed when it comes to money management.

Please join Susan at the DCIL office, (3111 E. Broadway)
for a fun VIDEO class that will help you understand some
important elements of finance.

You can attend one or all of these classes at NO charge.

No need to register but if you have questions you can call 222-3636.

2
DIFFERENT
DATES

**JULY 13, 2017
4:00–5:30 P.M.**

**AUG 10, 2017
4:00–5:30 P.M.**

Imagine

Take just one moment and imagine with me, a life like you never dreamed of. What does your life look like? Pause....

Do you live in a castle with servants at your every whim?

Do you live in a beach cabin that you own, no payments, no worries, just swimming, laying on the beach or surfing all day?

I know...you live in a cabin in the mountains, perfectly safe and hardly a neighbor within a few miles. Imagine the smell of pine and cedar when you walk out in the morning, the sound of the water from the nearby river splashing against the rocks in the gentle breeze all day and then in the evening, the smell of the wood burning in the rock fireplace.

Maybe your dream life will be that you live in Milan, Italy, and you have the money of a millionaire, so you can shop every single day until you drop.

Well, none of these scenarios are exactly what I had in mind when I asked that question, "What does your life look like?" I was thinking more like: what if one of your very first thoughts many mornings was, 'I was just dreaming I could walk and I could run, but my body tells me different. Oh, that's right, I can't feel anything from my waist down.' You look over to the spot next to your bed and see that just like every other morning, your chariot (wheel chair) awaits. Oh, that's right it's not a chariot, in fact as thankful as I am for it, certain days it seems like a prison to me.

Or, maybe if you can imagine with me for a minute, waking up every morning knowing that the depression that pretty much debilitated your life yesterday, made you feel hopeless, the inability to construct or envision a future, could find its way back again today; you wonder if again the enemy of your mind wins another round of the battle that you war against daily. It's like being stuck in a box that you can't get out of—a very dark place where you feel so low that even simple tasks of life are difficult. You feel completely alone and wonder how you will ever be at ease with this battle but hope that it will be better today.

There is such a wide range of disabilities, such as depression, autism, missing limbs, cerebral palsy, severe back pain, rheumatoid arthritis, visual impairments, hard of hearing, speech disorders and on and on. Can you believe that 56.7 million people live with these disabilities every single day of their lives, and this is in the U.S. alone? Can you imagine living your daily life with a disability? Can you even dream of what it would be like? I don't think many of us could imagine, or want to imagine.

Many of these people are our own neighbors here in Bismarck, ND. What can be done to support them so that they have the same quality of life that so many take for granted?

We are coming up on 27 years since the passing of the Americans with Disabilities Act. The purpose of this law is to make sure that people with disabilities have the same rights and opportunities as everyone else. The ADA gives civil rights protections to individuals with disabilities similar to those provided to individuals on the basis of race, color, sex, national origin, age, and religion. It guarantees equal opportunity and access for individuals with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications.

Now let me give you another challenge.

Imagine yourself for a minute being one of these people with disabilities. What would you want to change about our world so that it wouldn't be so difficult to live life like those without disabilities? Pause....

Ask yourself....'In what way can I help get that changed?'

New **TRANSIT** Hours of Operation Changes

And

Holiday Hours:

Beginning July 1, 2017

Operational Hours:

Monday—Saturday: 5:30AM—Midnight (12:00AM)

Sunday: 7:30AM—2:30PM

2017 Holiday Hours:

Fourth of July 6:00AM—4:30PM

Labor Day 7:30AM—2:30PM

Thanksgiving Day: 8:00AM—5:00PM

Christmas Day: 9:00AM—3:00PM

Transit

Effective July 1st the qualifying age for the paratransit service (door to door transportation service) will increase to 70 and the new hours will be implemented. Individuals with disabilities who wish to utilize the service will need to complete a new application by July 1st. Applications may take up to 21 days to process. If you need assistance in completing this application please call Jeannie at 222-3636

Central Dakota Veterans Stand Down

The 13th Annual Stand Down will be held in Bismarck, Thursday, August 24th from 9 a.m.—3 p.m., at the AMVETS Club Post #9 @ 242 Railroad Avenue, Bismarck, ND.

JUNE 15th WORLD ELDER ABUSE AWARENESS DAY

The day aims to focus global attention on the problem of physical, emotional and financial abuse of elders. It also seeks to understand the challenges and opportunities presented by an aging population, and brings together senior citizens and their caregivers, national and local government, and the private sector to exchange ideas about how best to reduce incidents of violence towards elders, increasing reporting of such abuse and to develop elder friendly policies. Dakota Center for Independent collaborated with the West Central Vulnerable Adult Coalition by participating in the following events.





Success Stories



There is more to Lee than the Wilson's Disease. Lee loves to spend time with his horse and used to be a Bronc rider. He is funny, witty, and always trying to get people to smile. Lee is a 33 year old man with Wilson's Disease. For those of you who don't know what it is; Wilson's disease is a rare inherited disorder that causes the body to store too much copper. If your body cannot eliminate copper properly, it accumulates and can damage the kidneys, brain, and eyes. Liver disease, central nervous system dysfunction, and even death can occur if not treated. But when diagnosed and treated early, many people with Wilson's disease live normal lives. Lee was diagnosed with this in his 20's. For Lee, there were many challenges that have come along with this disease. Some of those challenges include some deep rooted anger, including outbursts, and other aggressive behaviors which has resulted in Lee being in several different placements during his short 33 years. Lee got involved with The Money Follows the Person Program and we were able to assist him with securing an apartment in Bismarck, and getting his apartment services set up. Since his transition in 2016, he has come a long way in which his speech has improved, his mood is significantly better, he has decreased outbursts. Because of his progress the amount of time he needs assistance throughout the day has lessened, and he has a better quality of life. He is getting to spend more time with his horse-both riding and training. Riding his horse has given Lee muscle relaxation and core strength to help decrease some of the symptoms of the Wilson's Disease.



Linda continues with her success stories. Linda just started out wanting to be more independent and step by step has succeeded to make herself a life she thought she would never have again. The first step was requesting a larger apartment and speaking up and not backing down until she moved into that new apartment. Second step was becoming more independent by leaving the security of PACE and taking care of her own medical needs and daily living as she wishes. Third step was going out and volunteering and, finally, turning that volunteer job into a part time paid job. Linda said "it's great to have a job that you know what to do before you even get hired and paid to do it, have a little extra spending money, I love it!"



BETA SIGMA PHI

DCIL would like to **thank** these wonderful ladies of Beta Sigma Phi, for allowing Kathy and Vicki to spend a delightful evening with them.

Kathy and Vicki were able to share what services that the Dakota Center for Independent Living offers to the community and they had our Assistive Technology booth set up for the ladies to see what is currently on the market available to keep our citizens living independently as long as possible. WE at DCIL want to **thank you** ladies so much for your generous gift of \$50 to assist us in updating our AT booth. The thoughtful donation will be put to good use.



Summer feeding program

June 5-July 28

Free lunches will be served this summer for ALL kids in Bismarck ages 18 and under at five locations regardless of which school they attend. All adults with school and non-school age children are also welcome to eat lunch for \$4. A hot or cold meal will be served Monday through Friday, June 5-July 28, but not on July 3 and 4.

Here are the times and locations of the BPS Summer Feeding Program:

Wachter Middle School, off 7th St. and Expressway Ave. at 1107 S. 7th St., 11 to 11:45 am.

Sons of Norway Park, east of Myhre School on Expressway Ave., 12 to 1 pm.

Moses School Playground, off 3rd St. east of the Wave Pool at 1312 Columbia Dr., 11:45 am to 1 pm.

Will-Moore School Playground, off 4th St. and Ave. E, 11:45 am to 1 pm.

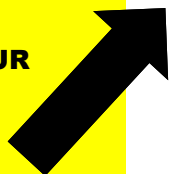
Lions Park, at Boulevard Ave. & 16th St. Lunch served at the shelter next to the playground SW of Hillside Pool, 11:45 am to 1:15 pm.



FUND

RAISER

**TAKE THIS PAGE WITH YOU
TO SPACE ALIENS ON JULY
3RD AND THEY WILL
DONATE 20% OF YOUR
ORDER TO DCIL!**





'Space Aliens Helping Earthlings' is an organization started by Space Aliens Grill & Bar to help support local teams, charities, and community projects. Through the 'Space Aliens Helping Earthlings' program Space Aliens Grill & Bar has helped raise money for local charities as well as help offset expenses for many youth sports teams. If your nonprofit group is interested in a fund-raising event, please contact the manager of your local Space Aliens Grill & Bar.

On July 3, 2017, Space Aliens Grill & Bar is happy to support the Dakota Center for Independent Living. Please bring a copy of this letter to Space Aliens Grill & Bar, during normal business hours, on the above date, and 20% of your total purchase will be donated to this worthy cause.

Please present this letter (hard copy or via Smartphone with Facebook, Twitter, or email) to your server at the end of your meal so we can make sure your organization receives proper credit.

Requests for credit on meals without this letter cannot be honored. Coupons or any other discount programs are not valid during this event. This flyer will be void if altered from its original form. Distribution of copies of this letter on Space Aliens Grill & Bar property is not allowed.



PROJECT SERVICE CONNECT

The 9th Annual Project Service Connect will be held at the Bismarck Veterans Memorial Library on August 17th, from 1:30-5:30 p.m.

Persons who are homeless or have other basic unmet needs are invited to meet with the service providers to receive information on available services and programs. This event will also provide direct services such as haircuts, basic medical screenings and donations provided by area churches.

Dakota Center for Independent Living
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Bismarck, ND 58501

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DCIL has a satellite office in
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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