

# DCIL's BRAIN INJURY PRESENTATION AT THE UNIVERSITY OF MARY

On April 17, our staff and 3 consumers with a traumatic brain injury hosted a Brain Injury Awareness presentation to a class of students at the University of Mary. The students were members of Kathryn Krukenberg's Dimensions of Diversity class, Behavioral Sciences Department. This presentation focuses on the diverse populations of people that these students might encounter in their careers. The class included social work, criminal justice and psychology students. Our Brain Injury Survivor panel did an amazing job at explaining what it is like living day to day with a brain injury. We look forward to offering this presentation again at the U of M in the fall.

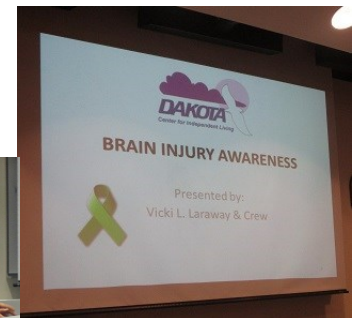
### Testimonials from Students

Nikki- "Law Enforcement have difficulty identifying brain injury/mental illness. I think this is an area that definitely needs improvement."

Michael- "Eye-opening & Informative! Best way to learn about this topic."

Hanna- "This was a great presentation! Please keep this one for next semester. TBI survivors are the only population that I can feel myself being uncomfortable with."

Emma- "...gave me a better understanding and a greater respect for those living with a BI."



### Mission Statement:

The Dakota Center for Independent Living believes in empowering people with disabilities by minimizing barriers, advocating for inclusion and promoting consumer choice.

"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.

# IT'S ABOUT 'COMMUNITY'



## LIBERTY ELEMENTARY SCHOOL

Mrs. Ely's 3rd grade students are advocates for children with disabilities. They have purchased this swing so far and are still fundraising to get a completely accessible playground. If you would like to donate towards this project contact the school @ 701-323-4000

## THANK YOU

This years DCIL fundraiser auction was a total success. We appreciate all those businesses and individuals that donated items and time to help us raise money for our Youth Social Skills and Services Group.

Corpus Christi Church I-Keating Furniture Prairie Knights TSC  
Capitol RV Zorrell's Bismarck Parks & Rec. Baymont Inn Bison  
Impact Gallery Theodore Roosevelt Musical Anna Mary Beierlein  
Loving Hearts Puklich Chevrolet Basin Electric Pro-Image  
Arrowhead Drug Walmart Ruth Schadler Linda Coffee Break  
Connie Johnson Landers Spaces Captain Jacks Radisson Inn  
McCabe Methodist Runnings Magnolias Scheels  
House of Prayer Big Screen Bar John Olzweski Black Ridge Bank  
Amazing Greys (Charity Lutheran Church) Bath and Body Works  
Northern Improvement Glow Bismarck Larks Baseball Eagles

Bismarck Bobcat Hockey Minnesota Vikings Anthony Huber  
Minnesota Twins



THANK YOU

TEMCHACK AUCTION

## WHAT IS WRONG WITH THIS PICTURE?



## HEAVEN'S HELPERS

### SOUP CAFÉ

Sign up today to serve your neighbors, as an individual volunteer or a group. You will be blessed by the experience.

Contact Mark:

751-(soup) 7687

# PEOPLE NEEDING PEOPLE

## DCIL Hosts Bicycle Safety and Bully Prevention At Pioneer Elementary School



## 28th ADA CELEBRATION 1990-2018

Come and join us at:  
EAGLES UNIVERSAL PARK  
  
THURSDAY, JULY 26, 2018  
2:00p.m. to 5:00 p.m.  
100 14th Street NE, Mandan, ND

**ND FEDERATION OF FAMILIES**  
  
**“Nothing About Us Without Us”**  
  
**Youth Transition Conference**  
  
**July 15th-16th, 2018**  
  
**Radisson Hotel Bismarck ND**  
  
**Keynote: Youth Move National**  
  
**For more info call 222-3310**

## ICE CREAM SOCIAL



FOR MORE INFO  
CONTACT ARDEEN OR  
KATHY AT  
222-3636



## COFFEE CLUB MEETINGS

10 a.m.



Caribou Coffee in Kirkwood Mall

Men: 3rd Wednesday of the month

Women: 3rd Friday of the month

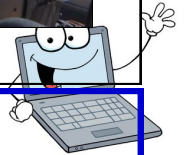
Contact Kathy at  
222-3636



## **MONEY FOLLOWS THE PERSON**

**KFYR** did a great story on the ‘Money Follows the Person’ Program. DCIL’s Alan and Royce were featured in the story. To view this, go to KFYR website and search, “Money Follows the Person” or type:

<http://www.kfyrtv.com/content/news/Money-Follows-the-Person-program-helps-over-400-North-Dakotans-statewide-482850171.html>  
Contact Melissa @ DCIL to find out more about this amazing program that help’s move eligible individuals from institutions to community settings.



### **Ted’s Story**

I met Ted through a Dakota Center for Independent Living computer/technology workshop, held at the Bismarck Senior Center on March 23, 2017. Ted showed up with a laptop. When I asked him what he wanted to learn on his laptop, he said, “I don’t know. My son sent this to me and I haven’t even turned it on yet.” This just brings joy to my heart when I hear of these hard working and now seasoned retirees that are not afraid of this ‘technology world’ that we find ourselves in today. So many of them tell me how dumb they are, and I love to tell them that the truth of the matter is that they were working hard, providing for their families the best way that they could, while all these youngsters were growing up using this new technology for everyday life. I tell them that I imagine that they may have accomplished much more in their lives than many of this younger generation will even dream of doing. So it is with Ted.

Ted said that his kids have FaceBook and he would like to stay in contact with them by viewing their photos and instant communication through messenger. So, ‘we’ began with signing him up with a FaceBook account. I say, ‘we’, however, I didn’t sign him up for it, HE did the registering so that “he could learn how this all works”. The only thing that I did was to go onto my own computer and get him a required email address registered, as FaceBook requires an email address. While signing him up for an email service, I learned that Ted was 91 years young. NOW I am REALLY impressed. How many of our seniors are willing to step out of their comfort zone and branch into the new realm of communication? Ted is my new HERO!

Ted is a faithful friend of mine on Facebook and I am so impressed at how brave he was jump right into this every changing world of technology. He uses it well and he appreciates how we were able to help him to venture into the cyber world.

—By Vicki L. Laraway, Systems/Community Advocate Bismarck Office

## **Meet Katrina Ollila-An Exceptional Person In So Many Ways.**

Katrina is a friendly and outgoing 20 year young athlete participating in Special Olympics sports such as: volleyball, track, bowling, basketball, and softball. She's an active camper with Camp Re-creation and in her free time she enjoys hanging out with her friends, going to movies, and watching Aaron Rodgers play football for the Green Bay Packers, Katrina's favorite team. Katrina credits much of her support and encouragement to be more outgoing to her involvement with Special Olympics in Dickinson. She shares they are "like a second family to me." When a person first meets Katrina, you will be greeted with a warm smile and might not notice when Katrina turns to stand face to face with you, so she can read your lips to better understand your words. Don't be alarmed when she might ask you to "please speak up", so she can hear the conversation more clearly, as Katrina has a hearing impairment, which might go unnoticed at times.



Katrina was only 3 months old when she got sick and began to lose her hearing. At 1 year of age, Katrina's parents were told she was going to be deaf. Katrina, her parents, and her brothers learned sign language together. This is a skill that Katrina and her family will always have.

In April of 2016 Katrina received her first cochlear implant and shared it has been, "helpful, but scary at the same time, since I have been without hearing for 19 years." Katrina's initial reaction when her cochlear implant was turned on was, "my mom sounds like Mickey Mouse!" Katrina is working with her doctor in Bismarck making plans to receive her second cochlear implant.

A few of the barriers Katrina has overcome and is most proud of are: living independently in her own apartment, having fair opportunities at work, using assistive technology such as: bed shaker alarm clock, doorbell light and motion detector, a cell phone that will light up and vibrate when it rings, and having a NOAA weather radio that lights up when there is an alert. Katrina would like to see more teachers who are trained to work with children who are deaf or have hearing loss, in the schools. This was an ongoing challenge for Katrina as she graduated out of elementary school and into junior high and high school.

Katrina's mom, Jennifer, is on the Board for Hands and Voices ND which is a non-profit agency that works with families and individuals who have hearing loss or challenges. Hands and Voices ND also provides mentoring and support services to families who have a newly diagnosed member who is experiencing hearing loss or is without hearing.

Katrina shared that "overall, her school has been supportive" and she will graduate in May 2018 and plans to enter the workforce full time. Katrina would like to work with children in a preschool or daycare setting. Katrina would like everyone to know that "You can do anything you put your mind to." Thanks Katrina for the excellent advice.

—By Chantel Zeller, Program Coordinator, Dickinson Office

## **Making Friends When You Have Anxiety**

I have never been that person who had a lot of friends but I do like to have a couple of close friends in town that I can do things with or vent to when things get tough. In the last 20 years I have not had that and at first it did not bother me so much because my Bipolar Disorder controlled my life. I was either dealing with my depression and did not care really if I had friends or the mania took over and I was doing a lot of different things and did not realize I was missing not having friends in town. I have my friends on Facebook and I think that was helping at that moment.

As I dealt with my Bipolar though I began to realize how much anxiety I had. It had been covered up for so long and now I am having to deal with it. I am also having to deal with the fact that there is this void in my life and I finally figured out that I was missing having a friend or two here in town that I could just do something with. As my kids are getting older they are not needing me as much and I see others out and about talking and laughing and I think how nice that would be. Then I start to tear up because it is almost a paralyzing fear that takes over thinking about trying to make a friend. My heart starts racing and I worry about what would I even talk about really?

Do I even know how to keep a good friendship going? I have not had a true in town friend in 20 years. I was in the Navy the last time I had a friend. That seems so long ago. I struggle in my mind with I really want to do this yet I do not because I do not feel confident enough. Right now I have a friend from childhood and we do these videos to each other which is really helpful so I can get some of that anxiety out and talk about it. I feel at times like this should not be so difficult to do yet I struggle so much. I see some of my kids struggle with it too. How can I help them with it if I can not help myself?

I do listen to my doctors and do a lot of mindfulness meditations and other helpful things for anxiety because I want to be able to control it. I hope one day I will find a friend that likes me just the way I am. All I can do is take it one step at a time.

Blog written by Tonya for Dakota Challenger Blog Site  
a consumer at Dakota Center for Independent Living

# 25 YEARS???

**Happy Work Anniversary.  
Jeannie Your compassionate  
heart and years of service is  
truly appreciated.**



## WELCOME MARY BETH, to our Dickinson Office

My name is Mary Beth Hoffman. I am married to my wonderful husband, Travis. We have two beautiful children, Braedyn who is 13 and Brooklyn who is 6. Our kids keep us super busy all year round with a variety of sports that includes football, basketball, baseball, and softball. In our spare time love the outdoors, fishing, biking, car racing, demolition derbies, boating, and traveling. My passion in life is making a difference in the lives of others.



# BICYCLE SAFETY

**HELMETS SAVE LIVES AND ALSO REDUCE THE CHANCE OF BRAIN INJURY!!!**

### Helmet Facts

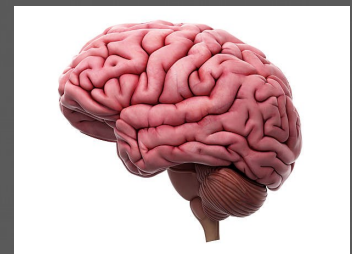
#### When to Wear a Helmet

1. Biking
2. In-Line Skating
3. Skateboarding
4. Playing Sports
5. Skiing and Snowboarding
6. Riding a Horse
7. Riding a motorcycle
8. **Riding all terrain vehicles**

**Wearing a Helmet Reduces the Chance of a Brain Injury by 85%-87%**

**300,000 kids go to the emergency room each year because of bike injuries.**

Fun hands on activities. Contact Jeannie to come and teach the 'Rules of the Road' Bicycle Safety to your youth. 222-3636



**PROTECT THE BRAIN**

#### How do Helmets Help?

Helmets protect the brain during a fall by absorbing the impact.



## **IS YOUR RESTAURANT or HOTEL REALLY ACCESSIBLE?**

If not you could be losing customers and profit.

Join us at the Chamber of Commerce Energy Room as we discuss:

- Re-thinking disability
- What do we mean by accessibility
- Identifying potential barriers
- Reasonable accommodations
- Customer Service/Disability Etiquette

1640 Burnt Boat Dr.  
Bismarck, ND



Tuesday, July 17, 2018, 2:00-3:30 p.m.

Call ROYCE if you have questions: 701-222-3636

### **Established in 1980**

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](http://dakotacil.org)

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

**Vicki at DCIL by calling (701) 222-3636**