

~Helping Your Business To Thrive!~

Did you know that hiring persons with disabilities can improve agency culture, enhance morale among employees and create a diverse workplace? Let us from Dakota Center for Independent Living share information that 30 years of experience has given us.

- I need to understand the 5 titles of the ADA better.
- Am I currently compliant with ADA regulations?
- What can I ask when interviewing a person with a disability?
- Is my establishment accessible for everyone?
- Do my employees know 'disability etiquette' for all types of disabilities?
- Do we have accessible formats in our advertising and menu?

Contact us and let us show you how you can be more inclusive in your establishment: 222-3636

Mission Statement:

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

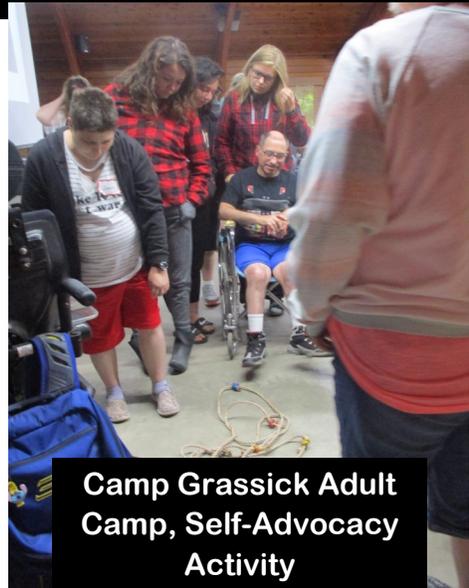
"The contents of this newsletter were developed under a grant from the Department of Human Services. However, those contents do not necessarily represent the policy of the Department of Human Services, and you should not assume endorsement by the Federal Government."

This newsletter is available in alternative format—upon request.

IT'S ABOUT 'COMMUNITY'

Brain Injury Support

Held at DCIL



Camp Grassick Adult Camp, Self-Advocacy Activity

Health and Wellness Class

Held at DCIL



Health and Wellness Class

Ruth Schadler is a Volunteer at DCIL. Ruth is a Certified Wellness & Lifestyle Coach and she offers a fabulous class that educates you on how to:

- Increase Energy
- Decrease Stress
- Reduce depression
- Other general health issues

Call our office for more information or to schedule a class. 701-222-3636

A DREAM COME TRUE FOR SHARON

I FINALLY MET HER AT POW WOW ON FRIDAY NIGHT
ARDEEN I AM SEND YOU A PICTURE OF ME AND HEIDI



OCTOBER IS DISABILITY EMPLOYMENT

AWARENESS MONTH

WE CREATED
POSTERS TO
BE DISTRIBUTED TO
BUSINESSES AND AGENCIES
IN OUR SERVICE AREA.
A BIG THANK YOU TO
BASIN ELECTIC FOR
PRINTING THEM FOR US.

Thank
You

IF YOU OR ANYONE
THAT YOU KNOW WOULD
BE WILLING TO HANG
ONE IN THEIR WORK
ESTABLISHMENT,
PLEASE COME TO OUR
OFFICE AND PICK
THEM UP. AND IF YOU
WANT TO VOLUNTEER TO
HANG THEM , CALL US.
701-222-3636

The **problem** is
not a person's
disability;
it is society's
view of a
person's
abilities.

OCTOBER IS NATIONAL DISABILITY EMPLOYMENT
AWARENESS MONTH



I don't need to
be fixed!



I am not weak.



I am not
damaged.

I don't need to be
cured!



701-222-3636

The Lady is a Survivor

Stepping out of that comfort zone....coming out of one's shell....these things may not be easy for people that suffer from the disability of depression. "The intentions might be good, but as soon as you put your hand on that front door knob to leave your home, the mind just will not allow it to happen." But for this incredible lady, she has not only opened that door, not only stuck her head out of that door, but she is walking with her head up high. Roxane came to DCIL in the hopes of being able to 'feel' again and the opportunity to be able to trust someone again. She started out with baby steps and they have brought her to the giant step of seeking out employment. Roxane, with the encouraging hand of DCIL, has now taken control of her depression and emotions and is not afraid to go out and to apply for jobs or to sit down for an interview. She may still be anxious, but she doesn't let it stop her. So, the question is, how far can she go to become more independent and live life to the fullest? Well, today she is loving her new job and living in her own place, moving forward and anxious to see where this new journey will take her. She has renewed hope that life will finally be okay. Once you have hope, anything is possible. Roxane is a survivor.

TRUE TESTIMONY OF COURAGE

It is amazing that we as Americans take so many things that we consider 'normal' for granted in life. Many simple tasks that we think are easy, may not come so easy to others. As part of our mission here at Dakota Center for Independent Living, we encourage others to do anything that they set their mind to do, no matter what their abilities or disabilities might be. Courage is the 'word', because it's never too late to learn.

Being at the age of 69 and never really knowing how to read or write, this has been a challenge for Bruce all of his life. This is the case for Bruce in his words.

"All I want to be able to do is to be able to read my own mail and know how to write."

Through Bruce's determination and trying to find a place that would accept a 69 year old person to read and write is not easy. Bruce never gave up and now has his own personal tutor and states, "I like my teacher and it's fun to learn."

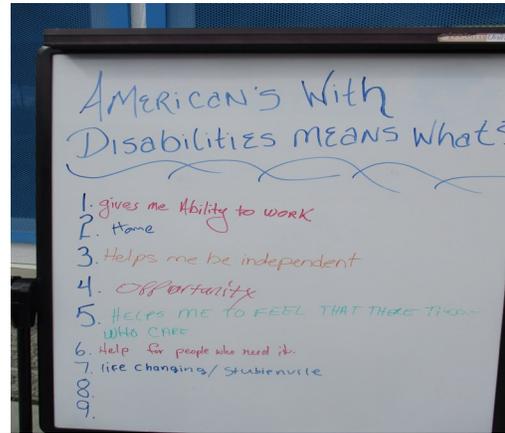
That's Not My JOB!!



This is a story of four people named **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that, because it was **Everybody's** job. **Everybody** thought **Anybody** could do it, but **Nobody** realized that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have.

ADA Celebration

Thank you to **South Dan's Super Valu** and **North & South Walmart** for your donation that helped make this event a
~~SUCCESS~~



PROGRAM FOR RESEARCH ON

WOMEN'S HEALTH AND DISABILITY

Dakota Center for Independent Living had the unique opportunity to have consumers from Region VII and VIII of Mental Health America of ND, take part in a study unlike any other study that has been documented. The University of Michigan (U of M) is working on a study of women with physical disabilities and how they relate to their physicians and how well they believe that their physicians relate to them. The study looks into how comfortable these women feel in discussing personal health matters with their physician. It also asks if these women feel understood, and if they feel that they are treated with dignity and compassion by medical professionals. U of M has asked DCIL to continue dialog and open communication with the U of M Medical team while they are conducting this study. This study is offered to women ages

18-50 with a physical disability. If you want more information regarding this study contact Jeannie at DCIL.



BoardWALK to Better Health

Emotional

Door Prizes

Behavioral

Mental Health

And Fitness Fair

Presentations

Physical Health

- Help build awareness of health risks

- Provide information on how an individual can make behavioral changes
- Enhance the overall health of the participants

SAVE THE DATE: December 5, 2018,
9 a.m.– 1 p.m. Eagles Lodge in Bismarck

If you are interested in participating as a vendor,
please contact us for a registration form.

Call 701-222-3636 or email kathyt@dakotacil.org

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: 701-751-SOUP (7687) or

Sign up to volunteer on the website:

Soupcafe.org

AARP

- Watchdog Alert (scams)
- Tips
- Resources

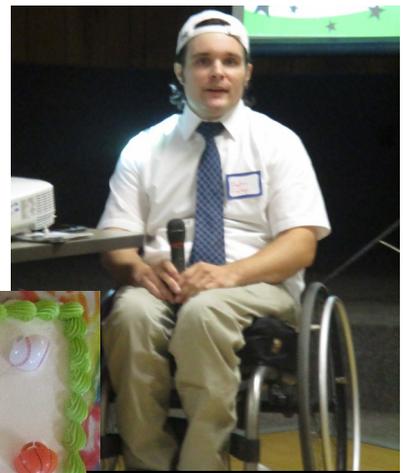
FREE FOR EVERYONE

Learn more at :

aarp.org/fraudwatchwork
or call 1-877-908-3360



DCIL CONSUMER/ VOLUNTEER APPRECIATION EVENT TOTAL SUCCESS



DCIL Board member

"I just wanted to congratulate the staff on a wonderful event. You can see how much the staff cares about the consumers. It's more than just a job to them."



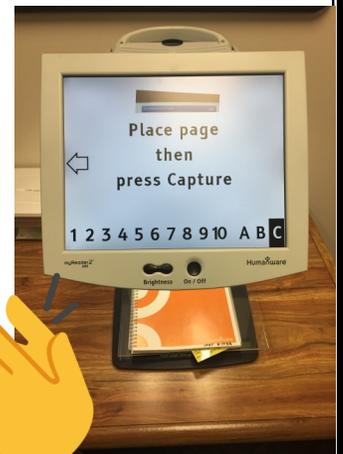
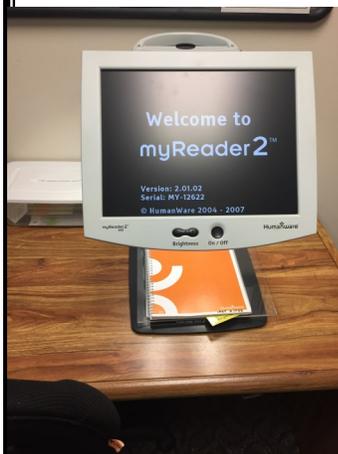
Dayton, DCIL consumer and his Dreams in Motion Team gave a great presentation. Thanks for sharing, your inspiration with us.



Thank you BISMARCK SENIOR CENTER

Lisa and her crew at the Bismarck Senior Center in Bismarck, are always expanding their programs and equipment. Whether they are learning, playing, exercising, eating or socializing with friends... BCSAP is always celebrating the little things. They now have this piece of technology that will assist those with

low vision to expand their reading capabilities. Thanks for all that you do!



TRANSPORTATION QUESTION & ANSWER PANEL



DAKOTA CENTER FOR INDEPENDENT LIVING

will be hosting a question and answer session about options for available transportation within the Bismarck/Mandan area. A panel comprised of representatives from the various transportation entities will be available to visit with you and answer your questions.

JOIN US at the Veterans Memorial Library, Bismarck, 515 N 5th Street. NOVEMBER 14 from 6:00-8:00 p.m.

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

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

Vicki at DCIL by calling (701) 222-3636