



HAPPY HOLIDAYS

66th ND State Legislature

The 66th Legislative Assembly will begin officially on January 3rd, 2019. If you have never been to the state capital during the legislative session, we strongly encourage you to spend a day there. Here is the website that will tell you everything that is going on: www.legis.nd.gov

The hearings are all open to the public and you can search this site and find out dates and times of any of the hearings.

Also, visit with your local senator or representative if you have a concern on an issue. This website has all the contact information for each representative.



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'



**Consumer Decorating
Ornaments**



TO DISCLOSE OR NOT TO DISCLOSE YOUR DISABILITY

THE CENTER HAS BEEN BUSTLING WITH ACTIVITIES THIS QUARTER



TO DISCLOSE OR NOT TO DISCLOSE TO EMPLOYER



INDEPENDENT LIVING SKILLS TRAINING



TRANSPORTATION Q & A



VOTERS EDUCATION



4 DCIL CONSUMERS ATTENDED LEGISLATIVE TRAINING INSTITUTE

SERVING OUR COMMUNITY

Starting every November, the Sal-
vation Army's bright red kettles
campaign kicks off. This year two
of our consumers have
volunteered their time to this very
valuable and beneficial fundraiser.
We are proud of you two.



DICKINSON OFFICE



Diana, DCIL consumer made a Thanksgiving door hanging.

We made Holiday Centerpieces. Thanks to all of our consumers who participated and thanks for a Creative and Wonderful afternoon.



Kathleen, a DCIL Consumer made a Christmas centerpiece for her table.



Join us at:

Dakota Center for Independent Living
3111 E Broadway Ave, Bismarck

Date and Time:

January 11, 2019 7:00 p.m.

Event:

Advisory Board Meeting for new
Social & Skills Group for
Youth with Disabilities.

THERE WILL BE
SNACKS, LAUGHS, AND
FUN AS WE ALL GET TO
KNOW ONE ANOTHER
AND SET SOME GOALS
FOR OUR GROUP.

CALL VICKI OR KATHY IF YOU HAVE QUESTIONS 222-3636



FOLLOWING IN MOM'S BOOT STEPS

By: Tonia, a consumer & volunteer at DCIL

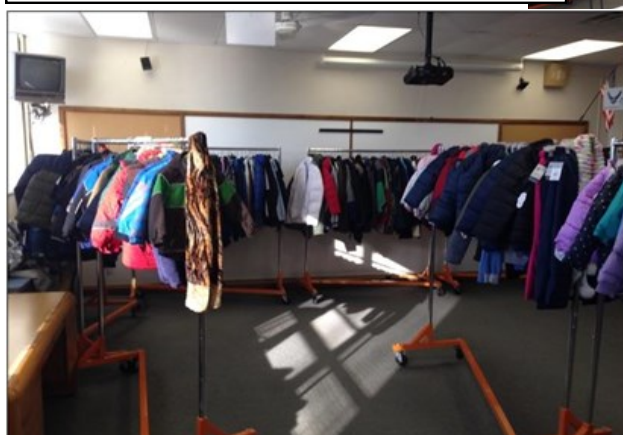


Seeing my son, Austyn, graduate from basic training was so heartwarming and a trip down memory lane. A trip I will never forget and one I have needed for so long.

Austyn left for basic in June, 2018, and even though as most teenagers and parents do, we fought and had our moments, I knew I would miss him terribly. I cried when I dropped him off at the bus to leave. He had never been away from home for more than a couple days. I had been in the Navy over 20 years ago and gave him the best advice I could. I was so proud of him.

August 30th comes around and that was family day at the base. Such a happy day for me! I was able to spend the day with Austyn and his brother, sister and my granddaughter, who came along. To see the change in him was amazing. How he was helping his little brother and apologizing for things. He had grown up so much.

Being back on a base took me back to when I was in the Navy. It made me miss being in the service. On August 31st was Graduation. Seeing him march in wearing his dress uniform brought tears to my eyes. I was so proud of how hard he had worked to make it through, and I thought back to all those years ago when I had made it through boot camp.



DCIL in Dickinson participated in the Project Connect and it was a great success. One hundred sixty-seven people were served and 358 coats were given away and lots of boots, scarves, beanies, and gloves to families in need. Thank You to Sax Motors and Paradise Cleaning for being our drop off locations and cleaning the coats that were donated. Also, a BIG thanks to all organizations who participated to make this event a total success.

DCIL and HANDY ASSOCIATION

CHRISTMAS PARTY



“I Was Really Successful at Living Poorly”

You met John Yunker on our Facebook and Blog site a few years back. John took 2 trips down the Missouri River in his homemade sail boat, with his dogs; the first one with Grace (“Gracies Tale”) and the second trip with Mercy.

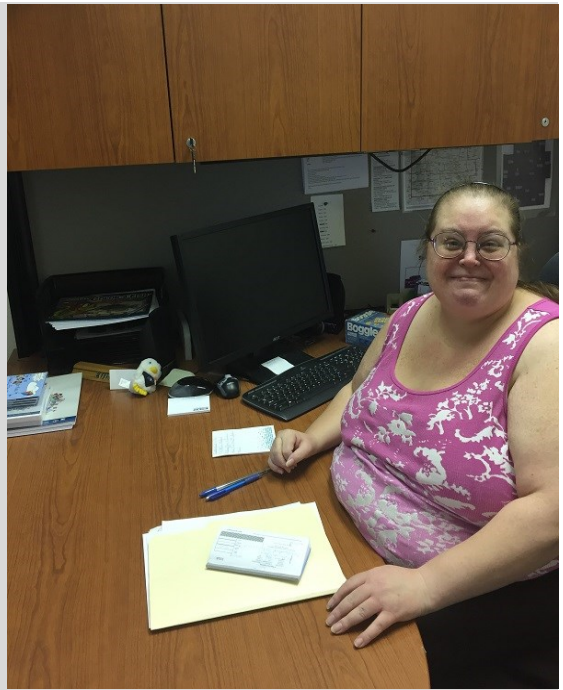


The sailing was not the only quest that our friend, John, has been on since his accident nearly 5 years ago. His accident involved a horse that came up out of the ditch as he was riding his motorcycle, hit John knocking him off of his bike, shattering his skull. John has had many challenges since then and the biggest one being his inability to get anyone at the Social Security Administration to acknowledge the brain injury was serious enough to effect his entire life and ability to work.

In Johns words: “I felt like a horse chasing a carrot, never getting closer to it at times. I just wanted to give up.” But, then I would say to myself, I’m not going to let them win. I had no other recourse; no continuous plan...either succeed or die. I was not ever recognized as a person with a brain injury, (there are so many different TBI’s) and mine is not physical. So, it got to be where depression took over and lead to medication and suicidal thoughts. It got so bad that I was hospitalized. After I was released from the hospital, I was notified that my hearing to determine if I would receive benefits had been moved up to two months instead of the one year. On August 14th was my court date. The judge ruled in my favor and awarded me 18 months back pay. Now I have SSDI and I can pay my rent, electricity, buy food, phone and actually have some clothes and money to call my own. I was really successful at living poorly. I learned how to exist and make it day to day. Now I struggle with how do I spend my money. I’m not sure what to do with myself. I thank God that I had help from DCIL (Dakota Center for Independent Living).”

Learning to Do It Herself

Teresa has been with DCIL since 1994 and receives Representative Payee services. Two years ago, Teresa decided she wanted to take an active role in managing her money. She started with going through the Rep Payee book and then she did her own spending checks and worked on balancing her account. The next step was to pay her monthly bills. Teresa now independently calls in to make an appointment monthly to pay all her bills.



GREAT JOB Teresa. We are very proud of you!

Brain Injury Awareness Presentation

With the help of some volunteer consumers, DCIL presented our extremely popular and educational BI Panel and Discussion Presentation once again to students that attend the Diversity Class, instructed by Katie Kruckenberg, at the University of Mary. This year's presentation was expanded to include some hands on activities that allowed students the opportunity to experience some of the difficulties that can accompany a Brain Injury. We look forward to going back again for the Spring semester.



Katie Kruckenberg: “In class, many of my students stated how impactful this presentation was for them, and several wrote about it as one of the 5 most important learning experiences in class this semester.”

Better Choices, Better Health

Do you have a long term health condition that affects your life physically, emotionally or socially? Better Choices, Better Health offers a free six week workshop that is designed to help adults living with ongoing physical and/or mental health conditions and caregivers understand how healthier choices can improve their quality of life, boast self-confidence, and inspire positive lifestyle

changes. This workshop will help you to:

- **Learn to manage your symptoms better**
- **Reach your goals by taking small steps**
- **Discover tips to manage your day-to-day activities**
- **Get support from others with long-term health concerns**
 - **Share your experience and help others**

**COMING
MARCH OF 2019**

You are interested in participating in or would like more information on, please contact Jeannie @ 701-222-3636

Established in 1980

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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