

Spring  
2020

DAKOTA CENTER FOR INDEPENDENT LIVING

# Dakota Challenge

## 'NORMAL' SEEMS TO BE CHANGING QUICKLY

I think that we can all agree that we are living in some interesting times. History will write about the month of March 2020.

I don't believe there is room for panic, but a few changes that we can personally make, could help the long term story .

These are all things we should have been doing all along. But, now it is vitally important to take all these very seriously

1. Wash your hands often.
2. Cough or sneeze into your elbow.
3. Try not to touch your face.
4. Try to keep your hands busy.
5. Use hand sanitizer and disinfectant to wipe surfaces & door handles.

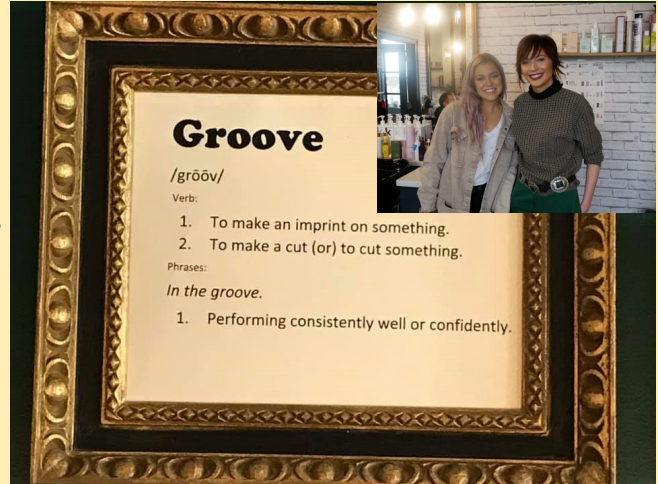
If you are sick, call your doctor, stay home, use tissues, avoid contact with others, and keep objects and surfaces clean.

### Mission Statement:

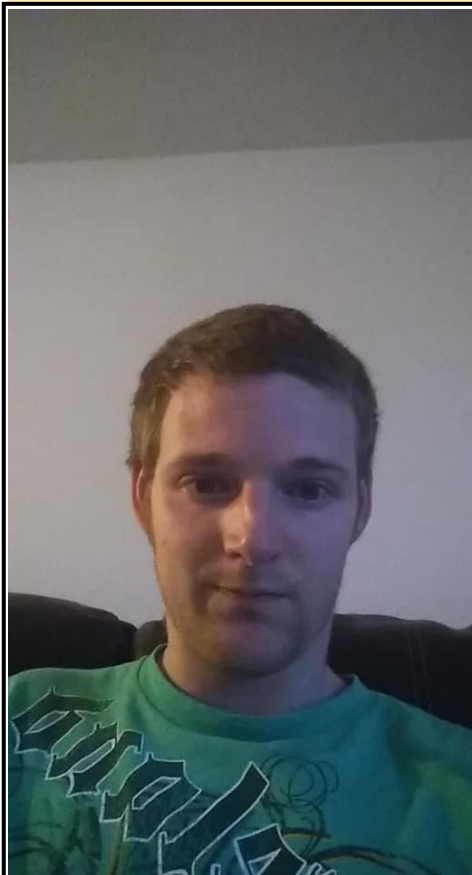
The Dakota Center for Independent Living believes in empowering people with disabilities by minimizing barriers, advocating for inclusion and promoting consumer choice.

# GROOVE SALON—701-391-1643

**Kayla and Hannah had a passion to have an inclusive beauty salon. Kayla says that this is one of the last professions that you might expect this to be a priority. However, after an experience that they witnessed at a different establishment, these young ladies made it a goal . They took extra steps to ensure that EVERYONE**



**would be able to get services at the Groove Salon. From the 5 foot halls to accommodate assessible chairs, to the tilt sinks that were creatively installed to accommodate many chairs, they will do what it takes to get your hair done the way that you want it. Their plan for the layout and construction of their salon, took research and looking at a bigger picture so they would never have to say ‘no’ to anyone looking to enjoy the relaxing experience of a ‘day at the salon’. Thank you so much for your forward thinking and your passionate hearts.**



## Jon’s Blog—YESS BOARD MEMBER

I'm way more then what I'm defined as by the status quo. Those that know me well enough like the other members of YESS do, would say I'm very high functioning beyond any doubters understanding. I work and use everything that's given to me at my advantage, to advance myself in anyway I can. I don't sit back and accept defeat, I keep working things out.

I'm not by any means ‘handicapped’, but if I accept things as they were handed to me begin with. I would be more handicapped than I already have been. But it comes to my goals and interest. I don't mess around, I fight tooth-and-nail to make sure things get done. I'm autistic and I'm truly proud of it. It's part of my identity, and I wouldn't want to be what other people prefer me to be.

- [Jon Fettig](#)

## **ACTION ALERT: Tell Congress to Include People with Disabilities in Their COVID-19 Response**

I don't have room in the newsletter to include all the important issues that need to be included in the Families First Coronavirus Response Act, so I will mention a few.

- Provide more funding for Medicaid for increasing costs of the pandemic
- Prevent discrimination in medical decision-making like: supply of medication, medical supplies and equipment
- Ongoing access to home and community based long term services and supports. People belong in the community.
- We need to pass a permanent reauthorization of the Money Follows the Person program
- We need to expand paid sick and medical leave to reflect the needs of people with disabilities and chronic illnesses and their family members
- We need emergency income relief. This needs to plan for people with disabilities.
- Increased funding for Centers for Independent Living (CIL's). The National Council on Independent Living has requested \$100 million so CIL's can continue meeting the needs of the people w/disabilities in their communities in response to this crisis. Our people on the front lines need resources.

**CALL YOUR SENATORS AND REPRESENTATIVES AND MENTION SOME OF THESE NEEDS TO THEM.** If you need help, call and let us know and we will help you.

Congress can be reached at 202-224-3121

Find your Representatives and contact form at:  
[www.house.gov/representatives](http://www.house.gov/representatives)

Darren



ADA  
COMMUNITY  
WELLNESS  
EVENT  
FOR MARCH

Mitch, Allen, Kivan



BRAIN INJURY AWARENESS  
MONTH HELD March 4, 2020

- conditions
- Muscle stimulation
- Tone
- Spasticity
- Pain



RUTH



- exercise and physical activity
- healthy body composition
- decrease fat
- increase muscle which increases metabolism
- more energy
- releases serotonin to stabilize moods
- may reduce risk of disease
- strength, flexibility, & balance

Linae



**For the safety of our consumers, staff, and community of neighbors, effective March 18, 2020, our Bismarck Office will be closed for walk in traffic. All appointments will be rescheduled until further notice. Keep watching our Facebook or call us and we will update you as needed**

**CALL 701-222-3636**

**Thank you for your understanding.**

**We ask for you all to take the necessary precautions for your health sake and for the sake of our great community and country**

## **Talk to Us, Not Whoever Is with Us**

***By Carol Cristilli, Independent Living Advocate,  
Dakota Center for Independent Living***

I had never noticed this before, but it happened and it was uncomfortable. I met our Executive Director, Royce, at a local hamburger joint. I was only there to have him sign some checks, not to eat. Royce, however, decided to have lunch. We had been seated at our table for a few minutes when one of the wait staff came and asked “how are you doing today?” I looked up and he was looking at me so I said “I am great, how are you?” He assured me, while never taking his eyes off of me, that he, too, was fine and then asked me how everything was tasting and could he get us anything else. Remember, I was not the one eating. I said I did not need anything and looked at Royce to see if he needed anything else and he said he did not. Still looking straight at me, the staff member said ok and went on his way. All this while, I was very uncomfortable because this staff had stared directly at me the whole while. I did not say anything, but wondered to myself did I had something on my face, in my teeth, in my hair that shouldn’t be there?? After the wait staff left our table, Royce asked me if I was aware of what had just happened. He had noticed something, too, and it had nothing to do with me. Royce uses a wheelchair and he pointed out to me what had really just happened. It can be hard to witness, but when you’re at a restaurant and see someone with an obvious disability, watch how the wait staff interacts with them. More often than not they’ll ask questions of whoever they’re with – not them. Not once did the waiter look at Royce, address him or acknowledge in any way that he was even in the room. I felt awful.

Make eye contact; never avoid someone with a disability. People who fear they could do or say something unintentionally disrespectful toward a person with a disability sometimes default to ignoring that person altogether. Never do this. People with disabilities are human, and their existence deserves acknowledgment. Any human would feel terrible being ignored; it’s never the right choice. The number one thing to remember is to treat someone with a disability how you would want to be treated. Everyone appreciates respect and etiquette, not just people with disabilities.

If you would like a free presentation on the topic of Disability Etiquette, contact The Dakota Center for Independent Living at 222-3636.



**The Heartbeat of our Community, Bismarck**

**If you or someone you know would like more information regarding the Driver Permit Course, call the Dickinson Office @ 483-4363 or the Bismarck Office @ 222-3636**



Jacob attended the Dakota Center for Independent Living's Driver Permit Course and successfully got his permit. Jacob is 17 year old at Dickinson High School. Jacob's goal is to take Driver's Ed in the summer and obtain his driver's license for his senior year of high school.

**Congratulations, Jacob!!**



**Thanks  
for the card,  
You're so Sweet!!**

DICKINSON OFFICE

Thank you  
for  
helping me  
getting  
my  
permit  
Mary Beth

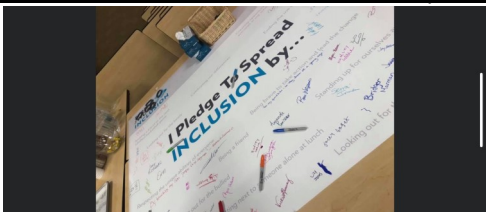


**BISMARCK**  
**OFFICE**  
**'ONCE A**  
**MONTH'**  
**AFTERNOON**  
**CRAFT !**



Golden Path Solutions helps students, schools, and employers work together to plan for the future. GPS provides a new application called Compass to students and schools that use a student's experiences (classes, activities, hobbies & interests) to give insight into skills, talents, and career paths. We work with employers to identify the skills, talents, and educational paths needed to be successful at jobs in their company. Finally, we provide options for students and employers to find each other, creating agreements where an employer can influence a student's educational path in exchange for a work agreement and tuition reimbursement. Our vision is to help students plan ahead, help schools and employers work together more efficiently, and help employers develop their future workforce. Learn more at [www.goldenpath.net](http://www.goldenpath.net),

**TYLER SCHWAB'S PRESENTATION**  
**HELD ON MARCH 4, 2020**



**A Crisis Response Platform**

**Giving Hearts has become  
Helping Hearts**

**Go to: Givingheartsday.org**

**And search for**

**Dakota Center for Independent  
Living and send your donation.**



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Fax: 701-222-0511

DCIL has a satellite office in  
Dickinson, ND. They can be

Find us on FaceBook at :  
Dakota Center for Independent Living  
Youth Empowering Social Status—YESS

**If you would like to receive the newsletter by e-mail, please  
contact Vicki at DCIL by calling (701) 222-3636 .**

Also, available in alternative format—upon request.

**DCIL was established in 1980**