

WINTER

2021

DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenge

WELCOME TO DCIL's Newest "Money Follows The Person" (MFP) Staff

Kevin was born in Grafton and he recently moved to Driscoll, ND in 2020. Kevin enjoys hunting, fishing, camping and riding his motorcycle in his free time. He is very experienced in working with the elderly and those with disabilities. He was the Director of Social Services for the Good Samaritan Society in Arthur, ND.



Kevin has a bachelor's Degree in Social Work from the University of North Dakota. He did his internship at Community Living Services in Fargo, ND. Kevin is a licensed addiction counselor and an American Veteran who served in the Marines. He joined Dakota Center for Independent Living in July of 2021 as a Transition Coordinator for the **Money Follows the Person Program.**

MFP

Money Follows the Person Program

MFP helps older adults and people with developmental disabilities transition from nursing homes or institutions to community living that meets their needs and wants.

What Services are provided:

A transition coordinator works with a person who wants to move back to community living by creating a written plan that identifies the person's needs and wants and arranges for services and supports to meet those needs. A person moving from a nursing home will have 365 days of services and supports from a transition coordinator employed by a Center for Independent Living and from a qualified service provider to assist with such needs as bathing, shopping, cooking, and house cleaning. A person with a developmental disability moving from an institution will have 365 days of services and supports from a community developmental disabilities agency and ongoing follow-up from a developmental disabilities program manager.

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Mission Statement:

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

DANNY'S STORY

Danny comes from a family with both father and mother, half brother, and full brother. I would say a very normal, loving home, living in Arizona. When Danny was born, he had all of what a baby boy should have and was healthy. We were so happy when we brought him home. He had such bad colic and doctor took him off formula and then on a soybean formula. It worked for awhile and then it, too, was creating such problems with his bowels that the Dr. put him on goat milk. Danny loved his older brother who was seven years older and he looked up to him. Two and a half years later, Danny's younger brother was born and it was so much fun watching all of them grow. Danny started going to kindergarten and the teacher adored Danny, for he was so good and quiet in class. But he had trouble with learning and socializing with the other children. This was on going into the first grade. His teacher said she noticed that he was squinting and moved him up to the front row. We took him to the eye doctor and he needed glasses and quite strong lenses for his age. He did better, but still had learning problems and liked being alone most of the time. His teacher thought it better to let him take the first grade over again. It was a hard decision to make, but he was struggling along and would have had a very hard time in the second grade. He matured a little by that time, but by the end of the year, his older brother had moved to San Diego to live with his natural father and Dan missed him so much. He would come and stay for long visits during the year. We didn't know how much it affected Danny, not really understanding it all.

The next year when Danny started the second grade, we had moved to Albuquerque, New Mexico, and started him in his new second grade. He had a hard time. He didn't like his teacher very well, and would not ask her to use the bathroom. He wet in his seat in class and was so embarrassed and wanted to go home. She suggested he stay and just bring him some clean clothes to put on. I think it would have been better for him to go home. That is when all things seemed to go in another direction. We brought him to see a doctor for he was so thin. The Dr. was worried about his feelings so he suggested a therapist. Danny liked the therapist and the conclusion was that he thought Danny was depressed, but in good health.

We visited with Danny on his trips to the therapist. He was prescribed an anti-depressant. We had found out that kids were picking on him constantly. I had talked with his teachers and nothing was being done about it. Time went on and into middle school, and the same thing started

happening. Then onto high school, where it had gotten so bad, for their were gang groups, and Danny didn't want to go to school at all. Therapy didn't seem to help nor the anti-depressants. Danny wished he could be like his brothers all of the time. No one picked on them and they liked school. He said he felt like a failure and no one deserves this treatment. Danny wore thick lenses and was so thin that bullies found him to be an easy target. We didn't know it, but in his junior year, Danny had played hooky a lot. I never saw any mail or got phone calls on this, so we didn't know. It wasn't until his senior year sign up that we learned about all of this. We got him back on track, but he was having so much trouble with trying to learn. It was just too much for him. One afternoon he told me about the voices. I didn't understand what he was saying but I saw the look on his face. I asked, "What are these voices? Are they out or in your head?" He said, "In." Then I asked what they were saying and he told me that they wanted him to do away with himself. I couldn't believe what he was telling me and asked why he hadn't told us this before. He was afraid to say more. I quickly called a whole new group of doctors, psychiatrist, and psychologist that were near to us in Rio Rancho. We got in the very next day, after I had explained what was happening. They did a whole work up on Danny and after physical and psych assessments they said that he has a schizoaffective disorder. I had no idea what that was, so they explained it to me; mood disorders, depression, anxiety, and in some cases, learning disorders. They put him on not just anti-depressant's but anxiety meds and psychotropic meds. We also had weekly visits with both physical and mental therapy. He had a good group working with him. Danny didn't graduate from high school, but we moved to Ohio, and he finished high school through a correspondence course and graduated with an A+. He was thrilled! He got his diploma and class ring. He discovered he had a green thumb and rescued plants that you would never think could come back to life! Danny tried many jobs, but never stayed at one long, for he can't cope with certain situations. His longest was one year and that was because he had people he was able to feel good with. Danny is a wonderful, helpful a with a huge heart and mind. He volunteers with the animal shelter and always is willing to go out of his way for people that need assistance, especially the elderly. From all the worry that we all have been through, Danny is one of the best people that I know. Thanks to Medicare, Medicaid, and the help of Carol Christilli and staff at the Dakota Center for Independent Living, we are happier! Danny feels so comfortable with their care and commitment to all the people that they help. God Bless you ALL! You work miracles, daily!

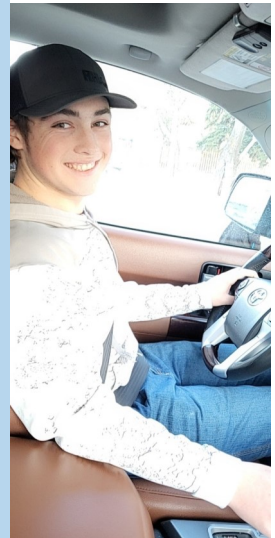
Written by Danny's parents

Kaleb's Success Story

Hi! Thank you so much for helping him. We were totally lost at home as how to help him study for it. There wasn't an easy way to quiz him? We are very proud of him in taking the initiative himself to get the extra help. We are very excited for him to have his permit. We are excited for him to learn more behind the wheel. It will be awesome to have someone help out driving!

Thank you, again. Your help is more appreciated than you know!

Kristin (Kaleb's mother)



Kale Takes a Step to More Independence

"I'm excited to have my permit. It means I can be one more step closer to being independent. I do not need my Mom or Dad to drive me everywhere once I get my driver's license. It means I can get a job and earn money of my own to buy things."

Kale



I just wanted to add that the class he took with you made all the difference in helping Kale achieve more independence. It was taken at his pace and tailored to his learning style. It helped him know what to study and know what to expect when he did take the permit test. It gives me a peace of mind knowing he can get a job and become more independent of me as he prepares to enter adulthood in future.

Lisa, Mom



Carol's Christmas Card

From Legacy High School

**Driver
Permit
Course**

If you are a person with a disability and need assistance in preparing for your driver's permit test, contact Carol at 701-222-3636 in Bismarck or Marybeth at 701-483-4361 in Dickinson.

"The contents of this newsletter were developed under a grant from the Department of Health and Human Services Administration for Community Living. However, those contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government: This newsletter is available in alternative format - upon request.

Vehicle of Freedom

Before moving out of 'the home', which I liked to call the 'roof', (a place that I stayed, not home) and into my own space, my money that I was working hard to save for things I wanted, was being used to make other people happy besides myself. I had a long hard battle and it took years to be able to get out from underneath their control. Now it's been two years since I moved out and I've accomplished more than what people would have given me credit for. One of those things is getting a car. It is now at the point that I won't have to rely on other people's schedules when going out. I have no problem walking places, but before I had no choice but to do just that, walk everywhere. Before I transferred over to NDSU from Bismarck State College, I remember leaving my apartment really early and walking nearly four miles to campus, even in the bitter cold. It was a hardship. It felt more like a chore than an actual enjoyable walk. One of the greatest highlights in having a vehicle is that I don't have to deal with public transportation any longer. People don't realize what it's like having to live with this. I've always said, everyone needs to experience riding transit so that they understand what it's like to live day to day having to rely on it. It would help others to see that not everything is awesome for those outside your personal circle. The same can be said with having to rely on certain public transportation like transit which is not really user friendly. These assumptions and so many more like them get made way too much. I remember when I worked at Family Wellness, after my three-hour shift, many times I'd be waiting an hour for them to show up and then sometimes an hour to get back to the roof. There have been some 'feel good' moments with Transit, but those, for me, would only come when I would ride it to school from the apartment or roof. But now with my own vehicle, I can be rest assured that I don't, for sure, always need to rely on other means as much, and boy is it relieving.

Jon Fettig

Secretary of the Youth Empowering Social Status Group



Money Follows the Person

Hello, my name is Sheila and I would like to tell you about my transition from Sunset Nursing Home. On January 8, 2021 I had a stroke that affected my left side of my body, leaving me with limited movement of those limbs. On January 15, 2021, I moved to Sunset Prospera on Sunset Drive in Mandan. Then in March, 2021, I heard about the Money Follows the Person (MFP) program from a social worker. I then met with the Money Follows the Person Transition Coordinator and she explained the program. During that time, I discovered that I would need to have my bathroom remodeled to have it handicap assessible. So, Sparling Construction was contacted and an estimate was given for the remodel job. As the remodeling was happening in the home, I was still in the nursing home. During that time I was working on rehab, trying to use the left leg and ability to stand with assistance, and transferring with the assistance of another person. The remodeling took what seemed forever and like it was never going to get done. It took two and half months to get done, but when complete, I was able to move back home. In the remodel I received a roll-in shower with a bench for showering, accessible sink, and a raised toilet to meeting my needs. I also received some items to help me with my every day life in cooking and other little things I need to do around the house.

I would like to say 'thank you' for the help that I did receive from Money Follows the Person, for the help they got for me. I can now live in my home every day with only having the full use of one leg and one arm. It has made my daily life better.

Thank you, DCIL and MFP,

Sheila

(Continued from page 1)

How does a person qualify?

A person must qualify for Medicaid, have lived in a nursing home or an institution for at least three months, and have a desire to move back into community living.

How does the program help with costs of moving back into community living?

The Money Follows the Person Program pays up to \$3,000 for one-time transition costs, which may include, but are not limited to: Health & safety technology; Security & utility deposits; Home modifications; Adaptive equipment; home/apartment furnishings; Assistive technology devices; one-time vehicle modifications.

For more info, contact Jake Reuter-Money Follows the Person Program administrator - 701-328-2321

MFP

N.D. Department of Human Services,
Medical Services Division. dhsmed@nd.gov

Mental Health Resources

- The National Suicide Prevention Lifeline is free and confidential providing support for people in distress, provides prevention and crisis resources for you or your loved one.
- 1-800-273-8255 for TTY dial 711 then 1-800-273-8255.
- The National Alliance on Mental Illness (NAMI) is a United States based advocacy group originally founded as a grassroots group by family members of people diagnosed with mental illness.
- Crisis Text Line-text 741741 for free 24/7 crisis counseling services.

LETTER FROM VERY THANKFUL CONSUMER

The Apple iPad has been a great help. (DCIL was able to purchase some iPads for seniors that were shut in during the pandemic and suffering from loneliness and isolation.)

Jerry can check the stock market and news. We have been able to get pictures of our great granddaughter, which is wonderful!!!! She is almost 6 months old already.

We have been able to check the obituaries of people we know and watch funerals online, otherwise we would not be able to go to them.

For a little time we weren't able to use it, and we found that we really missed it.

Thank you!!! And thank you for your help in learning how to use this device.

Jerry and Ann

(Funds were provided by the CARES Act)



Pioneer Elementary Students, in Bismarck, Created Holiday Cards for DCIL Consumers & People at the Homeless Shelter and Edwinton Place





WHEN: Saturday, April 9, 2022,
4:00 - 6:30 p.m.

WHERE: Bismarck Eagles 313 N 26th



YESS BOARD MEMBERS COLIN AND JACEY RECEIVED HELP IN GETTING THEM THEIR NEW ASSESSIBLE CHAIRS.

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For more information:
CONTACT
Jacey 701-400-2157
Colin 701-329-0191
Vicki 701-222-3636



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- Helping kids and young adults for 23 years
- Recipients live with cerebral palsy and other childhood - onset permanent conditions
- Stationary bike race

Due to lack of live RACES in the past 2 years caused by Covid, we need your support more than ever. Please consider joining us. There are many young people that are counting on your support.



BisMan Green Dot is a comprehensive approach to power-based violence prevention that focuses on the power of peer and cultural influence through bystander intervention.

For more information:
Call Carol at DCIL 701-222-3636
Or email at carolc@dakotacil.org



BisMan Green Dot Training

January 20th, 2022
2-3:30 PM CST
IN PERSON:
Eagles 313 N 26th St
ZOOM: ID 899 730601101 PSWD: 721708

Join us for an incredibly fun and interactive zoom training.



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DCIL has a satellite office in Dickinson, ND. They can be Reached at: 1-701-483-4363

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

Website address: dakotacil.org

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