

Summer
2022

DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenger

Celebrate. Learn. Share.
ADA32 ★ ★ ★ ★ ★
★ 1990 - 2022 ★
Americans with Disabilities Act

Dakota Center for Independent Living would like to remind everyone that the Americans with Disabilities Act will celebrate its 32nd year since it was signed into law. The staff would like to thank all of the businesses who have taken steps to ensure that people with disabilities have better access to their services. There are successes to be celebrated and challenges still to be met to create a barrier free community. If you would like help in making sure your business complies with the ADA, call the center at 222-3636



Brian was able to obtain funding through the Coronavirus Aid, Relief and Economics Security ACT (CARES Act), allowing him to remain independent in his

home. His wife, Barb states, “We just love it! Thanks to everyone who helped us out!”

What does ADA mean to you?

Make everything equal for people with disabilities, as for those without disabilities

I have a disability, but I can work around my disability because of the ADA

The way they take care of accessible doors and places where they have steps, they put in elevators or ramps

Mission Statement:

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

IS IT LEGAL TO PARK ON THE BLUE DIAGONAL STRIPES?

Is parking here legal?

These lines are actually called 'access lines' and they are there for a very good and important reason. Let's imagine a van that is parked next to these blue lines. That van has an access ramp that opens on the side that allows the driver of the van to get their chair in and out of his/her vehicle. You come and park on those blue lines to run into an establishment for just a few minutes. Well, while you are in there, your neighbor that drivers that van comes back to get in his/her vehicle and they have a very important meeting they are nearly already late for...or not. They now have no access whatsoever to get back in their vehicle and leave. Now let's say the temperature is 100° F. Or it's winter and the wind-chill is -30°F. What is that van owner going to do until you get done doing your business? And what if your activities take you longer than you expected? I know that many of us have never had to endure this type of inconvenience but I can guarantee that it is happening more than you can ever imagine, even in Bismarck...and if it only even happens once, it is too many times. I really think that those of us that don't live with these types of physical disabilities, rarely consider those that do. Will you do me a favor and just imagine this scenario for a minute? This is how I would feel as the driver of that van.....,"Ok, so you are far busier and more important than I?" As a person without a physical disability, when I come out to my car, I normally don't have to worry about finding that people have made barriers for me to move about freely in my community while I am in shopping or at a doctor. appointment. How about you? I hope that we will all take the time to consider our neighbor before the convenience of ourselves.

DID YOU KNOW?



The Blue Diagonal Stripes are NOT parking spots. They are designed to give people with disabilities room to get in and out of their cars and vans. Parking in those spots are **PROHIBITED AND SUBJECT TO A FEE.**



Information provided by:

**Dakota Center for
Independent Living.
701-222-3636**



Dislelea... Dislexia... Dislexeu...

I got it from my dad; at least that is what he has told me. It affects a lot of people differently; for me, it affects my spelling, reading, seeing and saying words. When I was in elementary school for as long as I can remember, I went to a special reading class that would help me learn grammar and reading tips. We would read little books and play games that after looking back, didn't really help me at all. None of my teachers really understood how my brain worked.

I didn't read much as a child which all my elementary school teachers blamed as the reason for my poor reading and spelling abilities. It wasn't really until 5th grade where the school finally understood and acknowledged what was the cause of my spelling errors and imbalanced reading comprehension.

Things got kind of better in middle school. I felt like I was being treated like a child. Another frustration was that no one really took me seriously; that still happens, people think I am so incapable. We worked a lot with these giant books full of worksheets with exercises that were supposed to "help". It honestly felt like they didn't want to actually help me get better, but rather just keep me busy.

It wasn't really until junior year that I started to do well at school. I actually felt like I did good work and could accomplish something with my life. I went from freshman year having all D's to the following years having mostly A's and an average GPA of 3.8 which is the most impressive thing I have done so far in my school. It made me so proud of myself sophomore year that I had a GPA of 4.0. My case manager had never had a student get a GPA like that. I have tried to be that good of a student since then.

I was really excited for high school because they had many different classes you could take. I took digital art and photography, and I was really into it. My mom saw that and for Christmas that year I got a camera. I took another class in the same pathway called Graphic Design, I really enjoyed that class too. I love being creative and I also love that class because its' based on effort of creating things and not on tests. In fact my goal is to make people happy with themselves by making them feel good about themselves. Like being creative does to me.

I now understand how much this impacted my life for the worse and also for the better. It has made me put my heart into things I love. Without these experiences I also would not be the person I am today. The only thing that will probably never change in my life is that I don't know how to spell dyslexia.

~The author of this article is Elliot, a 2022 Bismarck High School graduate

"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.

Way To Go, Heidi!!!



Heidi was committed and had a couple bumps in the road in obtaining her permit, but she didn't give up and did what was needed in order to get her permit and passed.

Heidi went from getting her permit to obtaining her license and the part that she is most proud of is she was able to purchase her own car.

Completed Classes!

Driver Permit~

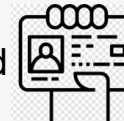
- 10 consumers at Standing Rock Community High School
- 26 consumers at Bismarck High School
- 17 consumers at Mandan High School

Hailyann, Lars, Tyler, Deomay, Joseph, Beyonca and Justice obtained their Driver Permits



Budgeting~

- 16 consumers at Standing Rock Community High School completed Budgeting classes in May



NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

The Lifeline and 988

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on **July 16, 2022**.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

~Meet Paige~

Paige was born and raised right here in Bismarck, ND. She attended Bismarck High and Bismarck State College where she received an associate's degree in Arts before transferring to Minot State University receiving her bachelor's degree in Social Work. In her free time, she enjoys camping along the Missouri River with her family, walking her two dogs, Chloe and Kirby; reading, and volunteering as a member of Sporting Chance where she helps to bring a "Sporting Chance" to many individuals who are physically or mentally challenged. She is also the student representative of North Dakota's chapter of the National Association of Social Workers since 2021. Paige joined Dakota Center for Independent Living in May of this year as a Transition Coordinator for Money Follows the Person Program and is very humbled and excited to utilize her experience and education to help older adults and people with developmental disabilities transition from nursing homes or institutions to community living that meets their needs and wants.



~Meet Cathy~

I was born in Bismarck and have lived in North Dakota my entire life. Although, mainly a city girl, I have lived the farm life in rural Kidder/Logan County area. Living in German country, I learned many things; including that strudels are not just a *pop in the toaster* kind of food and knoephla goes with everything and is very versatile.



I have a passion for people in the disability world as being a caregiver has been my life. Growing up, my mom was diagnosed with Type 1 Diabetes and MS (multiple sclerosis). At a young age, I was kind of the "mom" in the house. In my adult life, I'm a single mom of two (now adult) children. My son has autism with many sensory sensitivities. My daughter has a lot of medical needs, including Type 1 Diabetes.

I participated in the Partners in Policymaking courses, where I learned so very much. One thing that really sticks with me is "*People first language*". Throughout the year my family and I participate in many awareness walks in the community. We especially try to attend the ones that have affected our family, such as Strides (Diabetes) Walk, Alzheimer's Walk, MS Walk, Buddy Walk and the Out of Darkness Walk.

I co-lead a local parent-to-parent [support] group for parents/caregivers of kids with aggression issues through Facebook and in-person monthly meetings. In my free time I like to crochet, spend time in Medora and attend classic car events. I am super excited to be a part of Dakota Center for Independent Living, as the Community Outreach/Advocate.

Assistive Technology



Left: Dickinson Office provided presentations on DCIL Services and Assistive Technology in Hettinger County

If you need assistance in registering for this conference please contact Deidre at deidrehillman@gmail.com or 701-400-2598

Scan to learn more & register!



Join us to hear inspiring stories and learn about resources for disabled individuals and their caregivers.

- 11 sessions to watch/attend.
- Light breakfast, lunch and snacks are included.
- Vendor Show, Fun Social with Speakers

Tasha Schuh, Resilience Expert - *"The Power of PATH: Building Resilience for Mental and Emotional Health"*

Russell Lehman, The Autistic Poet

"Advocacy, the steadfast pursuit of our best selves"

Heather McDougall, CEO, change-maker and mentor

"Vocal Breakthroughs. Feel the potency of your unique message for the world"

Scan the code for the agenda details and to register.

embrace your voice

Day of Advocacy CONFERENCE

August 30, 2022 | Bismarck Event Center

NORTH Dakota | State Council on Developmental Disabilities
Be Legendary. HUMAN SERVICES



Visit the link to sign up for the Power-up Conference too!
www.ndcpd.org/powerup



This conference brings together attendees and caregivers to learn and grow their advocacy voice.



YOU'RE CHOICE:

- ✓ VIRTUAL OR
- ✓ FACE-TO-FACE



**WEDNESDAY,
AUGUST 31ST, 2022
9:30 AM – 3:30 PM
EVENT CENTER, BISMARCK**

MORE INFORMATION



REGISTRATION: Individuals: \$5/person and Professionals: \$75/person. Lunch included! Register on Eventbrite and search for Power Up Conference or type in <https://2022powerupconf.eventbrite.com>
Sorry, No Refunds!



BLOCK OF ROOMS: A block of rooms has been set up at a hotel in Bismarck the night of Aug 30th. To reserve a room, email deidrehillman@gmail.com and she will assist you with a reservation.



FINANCIAL ASSISTANCE: If you need financial assistance with registration or a hotel room, contact Julie at the ND State Council on Developmental Disabilities, www.nd.gov/scdd.



CONTACT HOURS: Up to 6 Contact Hours are available for nurses, social workers, and speech-language pathologists.



QUESTIONS: Call Korie or Susie @ 800-233-1737 or email ndcpd@minotstateu.edu.



Are you AWARE?

Upcoming

May: Mental Health Awareness Month

June:

Alzheimer's & Brain Awareness Month

PTSD Awareness Month

June 26-July 2 Deaf & Blind Awareness Week

July:

July 17: Disability Awareness Day

July 26: Americans with Disabilities Act (ADA) Day

August:

Don't Be A Bully Month

September:

World Alzheimer's Month

Sept. 5-11 National Suicide Prevention Week

Sept. 10: World Suicide Prevention Day

Sept. 21: World Alzheimer's Day

Dakota Center for Independent Living
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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

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 CathyJo at DCIL by calling (701) 222-3636.**

Also, available in alternative format—upon request.

DCIL was established in 1980