

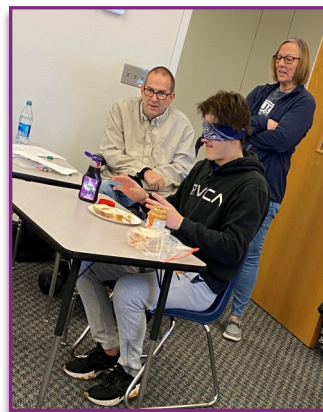
Winter
2022

DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenge

Cross-Disability Panel

DCIL staff Jeannie, Royce, DCIL Board Member Helen Baumgartner and past Consumer Randee Sailer were part of a cross disability panel at Bismarck State College. Each one on the panel shared how they acquired their disability and how it changed their lives. They also shared their experiences with barriers in the community and how it affects their lives. They met with the students from the Culture Diversity class.



Two students volunteered to do simulations of what it's like to have a disability. One was blind folded to be visually impaired and had to make a peanut butter and jelly sandwich. The other individual had to put on a button up shirt without using their dominant side. Once the shirt was on, they had to button it and unbutton it. Having the students participate in a hands-on activity made them realize some of the simple things people without disabilities take for granted.

DCIL offers these presentations in the community at request.

Mission Statement:

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

ADA Upgrades at ND State Capitol



The Americans with Disability Act upgrades are completed at the North Dakota State Capitol, in time for the 2023 legislature session.

During the 2021 session, the legislature approved \$750,000 for the project. Some of the improvements were ADA- standard railings, automatic door openers into the House and Senate Chambers, the double doors were widened from 30 inches per side to 42. Two of the men's restrooms and one of the women's are now ADA compliant. Braille signs were installed to identify the meeting rooms and a ramp now replaces the wheel chair lift in the Brynhild Haugland Room.

Be A Part of Lawmaking

The 68th Legislative Assembly is scheduled to begin January 3, 2023. If you have never been to the state capital during the legislative session, we strongly encourage you to spend a day there. You can plan your day by looking on the website to see which bills you want to hear or testify at. The hearings are all open to the public and you can search www.ndlegis.gov to find out dates and times of any of the hearings. You can also participate online; to watch or testify. If you are submitting testimony; it must be provided in written form, even if you'd like to testify in person or online.

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 of the legislators.

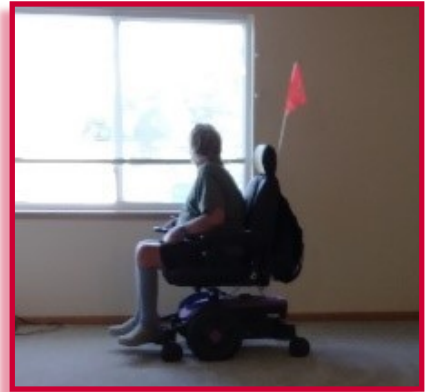
Jim's Story~

Jim started with Money Follow's the Person Program (MFP) in early June 2022. Jim was then residing at Miller Pointe, a Nursing facility in Mandan, ND since May 2022. Jim enjoyed visiting with the other residents as well as wheelin' around in his "Harley" by Miller Pointe and in downtown Mandan but wanted to gain his independence by getting his own apartment and being able to let his two boys stay with him.

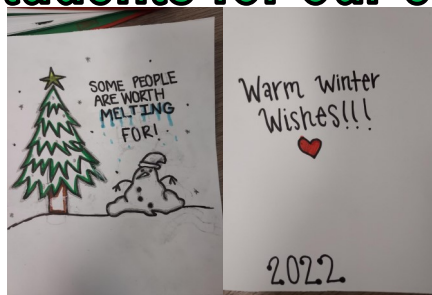
Jim was able to transition into a fully accessible apartment in late July with the help of MFP Staff and Home and Community Based Services. Jim even found housing that has a path by his apartment, so he is still able to ride in his "Harley" to places in the Bismarck area. Jim is very happy to be back into the community and that his two boys can stay with him from time to time. Jim says his boys really like the apartment and being able to spend more time with him.

Jim is receiving Home and Community Based Services through Lasting Love and Mom's Meals where he is receiving homemaker services and weekly meals. Jim says this is going well and they help out a lot.

Jim is excited to maintain his independence and live within the Bismarck-Mandan community for years to come.



Christmas Cards made by Liberty Elementary 5th Grade Students for our consumers



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

Thank You Steffes LLC Employees

Thank you so much for providing your time, energy, and resources to help those needing a little extra assistance in our community.

Your generosity and kindness have already touched the lives of many of our DCIL consumers throughout Region 8 - SW ND and are very much appreciated.



Steffes Employees provided donations of cleaning supplies, laundry supplies, toiletries, socks, baby supplies, paper goods, food, and other personal and hygiene items to the Dickinson DCIL pantry to administer to consumers throughout Region 8, SW ND.

Merry Christmas and Happy New year to you all, Chantel and Mary Beth - DCIL Region 8

Congratulations to our partner

Standing Rock Community High School

DCIL always looks for partners working towards our all-inclusive goals, and we are fortunate to have found that partner in the Standing Rock Community High School. Collaborating with Colette Fleck, the school's Transition Coordinator, DCIL has been able to advocate for our mission and have an impact in that community. Advocates from DCIL participate in the school's Annual Community Fair, teach Driver Permit and Budgeting classes to students and offer various presentations that support the school's needs. Collaboration can change the world. Congratulations from Dakota Center for Independent Living!



DCIL staff attended the Standing Rock Community Fair at Standing Rock High School as a vendor on October 13, 2022. Students and teachers from Standing Rock High School and surrounding area attended. 34 additional vendors participated. DCIL staff was able to talk about DCIL services. In addition, 150 pre-filled DCIL bags filled with soap, toothpaste, toothbrushes, hand sanitizer, Cup of Soup, shampoo/conditioner, Kleenex and stress balls were distributed. When that supply of bags was depleted, additional supplies on hand were available for participants to pick and choose from. In all, 300+ people visited the DCIL booth.

Sampson Got His Driver Permit

Congratulations Sampson on obtaining your driver's permit! Sampson is a recent graduate of the DCIL Driver Permit Class. You can see how excited he is by the big smile on his face. Now he's working on getting his driver's license.



Carrie Got Her License

I was always told that I was incapable of getting my permit let alone my license because I have autism and I'm so glad that I'm able to prove those naysayers wrong. I want to thank Carol from DCIL who helped me with the drivers permit course and cheered me on and everyone at Advocates Leading their Lives for being there for me. Without you, I wouldn't have been able to move closer to independence. ~Carrie

To learn more about the DCIL Driver Permit Class or some of the accommodations that may be requested when taking the driver permit exam call Carol in Bismarck at 701-222-3636 or Mary Beth in Dickinson at 701-483-4363.

Officer Helps with Q & A

Bismarck police officer, Erik Johnson, took part in a question and answer session during a recent DCIL Driver Permit Class.

Thank you, Officer Johnson!



I finally get to go home

After falling, breaking a leg and hip Allen needed 24-hour care. Allen was stuck in the hospital with limited mobility. With the shortage of nurses, recuperating was taking a longer period of time. Allen became stronger and as we all say and Allen stated, "I will heal faster at home, I just want to go back to my place." With the assistance and advocacy of Allen's social workers and DCIL staff, 24-hour care was established. Allen stated, "Spending eight weeks in the hospital I'm finally home, there is no place like home."

Upcoming Events

Feelings of Depression There is



Thursday, Feb. 23
2:30-3:30



Meet our speakers:



Monique Pederson,
MS, LPC, LPCC



Brittany Tofsrud,
MS, LPC, LPCC



In person or by Zoom

Dakota Center for Independent Living
3111 E Broadway Ave Bismarck

To register for Zoom:

Kathy Temchack at
701-222-3636 or
kathyt@dakotacil.org



VITALITY MENTAL HEALTH, PLLC
Empowering Growth and Change

KNOW YOUR BENEFITS

SOCIAL SECURITY

Learn and Ask about

- A. **my** Social Security
- B. SSDI/SSI
- C. Retirement

Presented by
Patty Hoffman

FEB 16, 2023
1:00—3:30 CDT
in person
or by Zoom

To register for Zoom please contact:
Kathy Temchack
701-222-3636
kathyt@dakotacil.org

DAKOTA
Center for Independent Living

3111 E Broadway Ave Bismarck

Understanding Your Disability

Do I have a disability, who me, when I get to be that age then maybe I will need assistance? These are the remarks people say when they hear the words, a person with a disability or do you need help in your home to remain independent. When does a person know that it's time to ask for help? When does a person understand their disability?

Dakota Center for Independent Living is offering classes on "Understanding Your Disability". It is not easy to talk about yourself, but these classes will help you to learn how to cope with your disability, meet new friends and share in activities.

On February 23rd staff from the Vitality Mental Health will be presenting on supporting your mental health. This meeting will be provided both in person at DCIL or through ZOOM. Call Kathy at 222-3636 or email kathyt@dakotacil.org to obtain the link.



DCIL office Closed:

- Jan. 2 - New Year's
- Jan. 16 - Martin Luther King Jr. Day
- Feb. 20 - President's Day
- April 7 - Good Friday

~Meet She'Maine~

My name is She'Maine Oden, I am a new MFP Transition Coordinator with DCIL. I have a BSW and a history of working with children, families, and others in the community of Bismarck, Mandan, and on the Standing Rock Reservation. I enjoy helping others and making a difference in everyone's lives. When I am not working, I enjoy painting, music, and relaxing. I am currently working towards my master's degree so there isn't much free time in between. However, I look forward to seeing where this journey working with DCIL, will lead me and the opportunity to continue to serve my community.



What does DCIL do?
We have many resources,
call us to setup a presentation.




Did you know!?




**We are on
social media!**

**Follow us,
like & share
our posts!**

 www.dakotacil.org

 **Dakota Center for Independent Living**
our logo is our profile picture

 **DakotaCenter.IndependentLiving**
Instagram our logo is our profile picture

 **YouTube Dakota Center for Independent Living**
our logo is our profile picture



Are you AWARE?

January:

National Mentoring Month

Jan. 4: World Braille Day

February:

Boost Your Self Esteem Month

March:

National Nutrition Month

Developmental Disabilities Awareness Month

Brain Injury Awareness Month



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

Find us on  **FaceBook** at
Dakota Center for Independent Living
 **DakotaCenter.IndependentLiving**
Instagram

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