

Spring
2023

Meet & Greet

DAKOTA CENTER FOR INDEPENDENT LIVING



Dakota Challenge



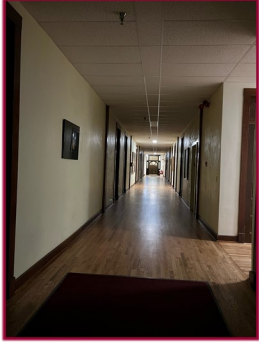
DCIL consumers and staff meet our legislators



Mission Statement:

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

Valentines At The Abbey



This past Valentine's Day, DCIL staff Paige and her coworker Kaitlyn, through Money Follows The Person Program had a Valentine's Day that was one for the books...

Paige who also works with Money Follows The Person grant through the Human Service Department of North Dakota traveled with Money Follows The Person housing coordinator Kaitlyn to Dickinson for scheduled meetings. Unknown to them, the unexpected Valentine's Day blizzard would be sweeping through western North Dakota, making road conditions to no travel advised and white-out conditions.

While driving out of Dickinson, Paige and Kaitlyn knew that the road conditions would be tough, and for the first 25 miles out of town, conditions seemed to only worsen. This brought them to pull off the interstate and bring them into the small town of Richardton, North Dakota.



As daylight was running out, Paige and Kaitlyn needed to decide if they would continue onward to Bismarck or turn around and drive back to Dickinson. As they looked at the road report again, road conditions did not seem to change and time was running out to find a place to stay. They looked online to see if Richardton had a hotel and there was one listed but it was noted as closed. Then, Paige and Kaitlyn thought of the idea to see if the Assumption Abbey would take guests. After a quick phone call of approval, Paige, and Kaitlyn arrived at the Abbey and were greeted by the guest master. After being shown to their rooms, Paige and Kaitlyn ventured around the Abbey and explored the

St. Mary's Church on the East Wing of the monastery, which was built in 1910 and is known in North Dakota as a landmark. It is visible across the western prairie with its lancet windows, the arcade detail, and cathedral ceilings.

The next morning, Paige and Kaitlyn were greeted by the guest master and expressed their gratefulness for lodging at the Abbey. Paige and Kaitlyn then drove back to Bismarck with clear skies and spoke about how the stay at the Abbey will be an experience they will never forget on Valentine's day. *~Written by Paige Walters*



What's the Difference?

A **service dog** is trained to help people with disabilities, such as visual impairments, mental illnesses, seizure disorders, diabetes, etc. A **therapy dog** is trained to provide comfort and affection to people in hospice, disaster areas, retirement homes, hospitals, nursing homes, schools and more. **Emotional support dogs** provide their owners therapeutic benefits through companionship.



Dakota Center for Independent Living Consumer Advocates for IL Funding

In December of 2022 I was diagnosed with central adrenal insufficiency as a result of a failing pituitary gland. My body was slowly shutting down due to certain hormone deficiencies, and as a result of this, I was suffering from severe cognitive deficits. I have since been put on medication which is successfully treating the condition and should allow me to live a mostly normal life.

The fight for me was in getting the diagnosis. Disabilities are not glamorous and people with them often fight alone. This fight required me to advocate for myself without the benefit of support from family and friends, for the treatment of a medical condition which is rare and not well understood by most doctors.

I was a few months from being hospitalized or worse. Were it not for the support I received through DCIL – the connections they helped me to make, and the tools they gave me to advocate for myself – I would not be writing this testimony.

I can state without a doubt that the service DCIL provides is not only necessary, but critical to the support of individuals with disabilities. DCIL is not just an organization, it is the people that selflessly give their time to educate and assist people in our community to live independently in spite of their impairments. DCIL staff does what needs to be done, exceeding the office with name on the door. The level of service the staff provides exceeds the funding they receive by orders of magnitude.

Helping Hands Program Helps Kathleen



Kathleen is a consumer in the Dickinson DCIL office. In January at our Social/Rec event staff shared information to consumers about the Helping Hands Program through Community Action Partnership. Kathleen owns her own home and stated that her fuse box is very old. An application was completed to the Helping Hands Program, requesting a new or update her existing fuse box. Kathleen was notified the next day that she had been accepted. Within a couple of days, a local electrical company installed a new fuse box. The Helping Hands Program provided \$3,500 towards the new box. Kathleen stated she was grateful for the funds and thanked DCIL staff for providing her with the information regarding the funding opportunity.

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.

Awareness Days at the Capitol

DCIL staff was at the Capitol for Awareness Days the beginning of March. At the Brain Injury Awareness Day there were about four tables as the weather was a bit stormy. Several masks were displayed showing how people who have brain injuries perceive things. The next day was Disability Awareness Day, the weather was a little nicer. There were quite a lot of people who were able to attend with about 26 different organizations from all over the state represented. There was a great turnout of people with disabilities along with the legislators and staff visiting in the Great Hall.

#DisabilityAwarenessDayAtCapitol #DCILServesPeopleWithDisabilities #WeAreAdvocates #ServingPeopleWithDisabilitiesSince1980



WE'RE HIRING

Current OPEN Positions

⇒ Independent Living Advocate

Positions are open until filled. We encourage people with disabilities to apply.

Please click on the link or search Dakota Center on Indeed to see all open positions.

I AM DEAF OR HARD OF HEARING <small>This card is for law enforcement officers and others to help with communication.</small>	COMMUNICATION SIGNS Please point to the picture that explains why I was stopped.
Quick Communication tips: <ul style="list-style-type: none"> • Get my attention first • Maintain eye contact with me while speaking • Speak clearly and a little more slowly • A hearing aid or cochlear implant does not allow me to understand everything • Shining a flashlight in my face will make it hard for me to understand you 	VIOLATIONS/WHAT IS WRONG
BEST WAY TO COMMUNICATE WITH ME Write Assistive Device Text	WHAT HAPPENS NEXT
Interpreter No Lip-read Lip-read	WARNING
INFORMATION NEEDED Driver's License Registration Insurance	If I am arrested, or need to come in for questioning, I may need: <ul style="list-style-type: none"> • A qualified sign language interpreter • CART (Communication Access Realtime Translation) In order for me to make a phone call, I may need some type of assistive technology. Please ask me what I need.
MUST REPORT GUN IN CAR!	Created by NDSO/RCDHH Adult Outreach Services and generously funded by donations to the North Dakota Friends of Deaf and Hard of Hearing Foundation
HELP NEEDED 	

It is not a goodbye but a see you later...



Dakota Center is saying a farewell to Jeannie Pedersen our Peer Program Coordinator as she retired from Dakota Center with nearly 30 years of service. Jeannie will be known for her advocacy to the IL philosophy and her commitment to making the Bismarck/Mandan community a better place for individuals with disabilities.

Jeannie has been a part of Dakota Center in several ways, such as her coordination of running the Brain injury support group, Peer to peer, being a representative payee, teaching classes on tenant rights, coordinator of the spinal cord injury support group and teaching classes on legislation during session, just to name a few.

Over the nearly 30 years of dedication, Jeannie has helped over 2,400 individuals with supports they needed to strengthen themselves in the Bismarck/Mandan area. We thank you Jeannie, it will not be a goodbye but a see you later...



Best of Luck, You'll be Missed

DCIL staff would like to wish our Dickinson Branch Office Coordinator, Chantel Zeller, the best in her new career path. Thank you for your hard work and dedication to our organization. You will be greatly missed!



Esther Gains Independence

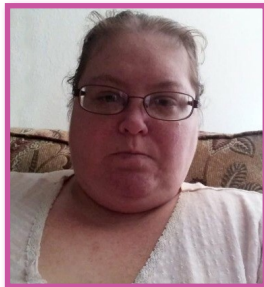
Esther started working with the MFP Program after a referral was given to the ADRL Link by a facility social worker at Western Horizon's Care Center in Hettinger. Esther had been residing at Western Horizons Care Center in Hettinger since 03/30/2022. Esther wanted to return to Bismarck where her husband, William lives. MFP worked with Esther and the interdisciplinary staff to develop a transition plan that would help her to return to Bismarck. Esther struggled with being able to stand for extended periods of time. With the assistance of therapy services at Western Horizons Care Center, Esther was able to regain some strength needed to assist staff with transfers and she was able to walk short distances aided by side rails. Esther met with Prudent Home Care staff to discuss potential placement at the Sunset Haven Adult Foster Care Home in Mandan, ND and was found to be a great candidate for admission. Esther has support from her brother, Edward who has been assisting her with her finances. Upon review of the information Edward and Esther agreed moving into the Adult Foster Care Home would be very beneficial for her. Esther transitioned from the Western Horizons Care Center in Hettinger to Sunset Haven Adult Foster Care Home on 1/10/23. Esther was the very first admission to the newly opened Adult Foster Care Home in Mandan. Since entering the Adult Foster Care Home MFP has assisted Esther with obtaining a heated massaging reclining lift chair. She states that she has been treated like a queen since the day she moved in. Esther said that the Adult Foster Care Home staff have transported her several times to visit with her husband, who is currently residing in a nursing home. She states that she has been able to get back out into the community which includes playing her favorite activity, bingo. Esther wants to thank the Money Follows the Program and staff, that have helped her transition out of the nursing home. She is happy living back in the community and having the independence to make her own choices.

With Great Sadness We Announce the Death of Judy Heumann



The Independent Living Research Utilization Staff announced the death of a deeply admired and cherished friend, Judy Heumann. Judy was a well-known activist, advocate, and leader who advanced the cause of disability rights. Judy was first widely known for her important role in the 1977 nonviolent takeover of a San Francisco federal office building to protest the federal government's failure to issue regulations for Section 504 of the Rehabilitation Act. The act became law four years before Heumann and other activists successfully pushed the government to issue the regulations. Heumann was active in securing passage of the Americans with Disabilities Act, which became law in 1990. Later Heumann was named head of the Office of Special Education and Rehabilitative Services (OSERS) by President Clinton. She continued to advocate for disability rights in the Clinton Administration, at the World Bank, and in the Obama Administration. She was instrumental in advancing disability rights internationally, including her leadership role with the World Institute on Disability. She fostered programs such as "Crip Camp" that helped instill pride in young people with disabilities. She was deservedly known as the "Mother of Disability Rights".

Judy, we reflect with gratitude on your life of many accomplishments in which you advanced the rights of millions of people with disabilities in this nation and internationally. We will hold you in our hearts with love. We will miss you. We will keep the faith!



DCIL is Saddened by the Loss of Long-Time Consumer, Teresa

Teresa Kay Hetletved, 47, Bismarck, passed away on March 19, 2023 in the hospital surrounded by family.

Teresa was born on February 3, 1976, in Bismarck, where she was raised. She graduated from Century High School and took away from her education a passion for books.

She loved to read; if there wasn't a book in her hand, one wasn't far away. She leaves behind a donatable collection of romance novels, mysteries and who-done-its. Teresa would bring along a book to appointments or even just trips to the store to catch another chapter whenever she could. She also loved to watch movies and tv shows and never got scared off by a scary flick. It wouldn't be uncommon to find Teresa channel surfing to find the perfect show or movie to knit to, a skill she picked up from her grandma. She liked to do crossword puzzles.

Teresa is survived by two sisters, Sheryl Jatta and Rose (David) Hovda, Rose's mother-in-law, Marlene Hovda; two nephews; one niece; a half-sister; two half nieces; one half nephew; her aunts and uncles; and her grandmother, Elaine Perkins.



CLOSED BUT
STILL
AWESOME

DCIL office Closed:

April 7 - Good Friday

May 29 - Memorial Day

July 4 - Independence Day

Craft Corner



Game Night



Bowling Fun





Are you AWARE?



April:

- National Autism Awareness Month
- Parkinson's Awareness Month
- April 5 National Self-Care Day

May:

- ALS Awareness Month
- Mental Health Awareness Month

June:

- Alzheimer's & Brain Awareness Month
- National PTSD Awareness Month



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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 or cathyj@dakotacil.org.

Also, available in alternative format—upon request.

DCIL was established in 1980