



Recap of 68th Legislative Session

During the 2023 Legislative Session, Center Staff attended the AARP ND advocacy webinar. Some of the priority areas that staff tracked were the lowering of prescription drug costs, preventing financial exploitation of older adults, and access to healthcare and home and community-based services. SB 2140 passed this session which would cap out-of-pocket expenses for insulin and related medical supplies for individuals on the state PERS health plan. Two bills that were directed at preventing financial exploitation of older/vulnerable North Dakotans also passed. SB 2003 provides additional protections against fraud and scams and provided funding for three additional staff for the Medicaid Fraud Unit. SB 2325 creates a restitution fund for victims of securities and investment fraud. Legislators also voted to pass all three bills which provides access to health coverage and home and community-based services. SB 2012 includes funding enhancements for home and community-based services and economic assistance including SNAP and LIHEAP. HB 1014 increased the funding for the Housing Incentive Fund which creates affordable single and multi-family housing. HB 1158 will expand the eligibility requirements and the maximum reduction for the Homestead Property Tax Credit program for homeowners 65 and older. Passage of these bills will assist in ensuring that older North Dakotans can live independently as they age in the setting of their choice.

DAKOTA CENTER FOR INDEPENDENT LIVING

Dakota Challenger



Plain Language Ballot Legislation Signed Into Law

With the passage of Senate Bill 2163, North Dakota joins 16 other states enacting plain language laws. This legislation will require that constitutional amendments and initiated and referred measures appearing on voting ballots to be written in plain language.

Plain language is a way of writing. It uses smaller words and shorter sentences. This helps people understand the main ideas more clearly. Plain language creates access for people with disabilities, a group that makes up approximately 25% of North Dakota voters. Using plain language benefits everyone, as more than half of Americans read below a sixth-grade level according to the US Department of Education.

Mission Statement:

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



Home at Any Age is the Greatest Level of Independence



In August of 2022, DCIL Money Follows the Person Coordinator met with Ed, an 80-year-old male who was living at a nursing home in Mandan, ND. Ed had been hospitalized after being found unresponsive at his home. He was dehydrated and had developed pneumonia. After being released from the hospital, Ed was sent to the NF. MFP spoke with Ed's family, who at first were quite concerned about their father moving back home. They had just given up his lease to his apartment and had cleaned out his furniture. The team continued to meet, and Ed was determined to get back home. He requested that staff find him an accessible apartment back in the same complex that he had moved out of. His Medicaid application was approved in September of 2022. Although his daughters were still unsure of this move, they continued to attend the team meetings and eventually supported their dad in his decision. The housing coordinator completed the housing applications from his old apartment building, Ed fully participated in his meetings, stating that he would need homemaker services, someone to shop for him, meal delivery, medication monitoring and a padded walker. When the team thought that we would need 24/7 services, Ed said he did not feel that he needed that. He wanted someone to come in two times a day, and for someone to be with him when he showered. On March 1, 2023, an apartment became available from the same complex where Ed had previously lived. In April, Ed had a minor medical set back, which set his discharge date back. Ed recovered quickly and was anxious to move. All of his assistive technology equipment had been ordered, his HCBS workers were in place along with the nursing staff. Finally, on April 12, 2023, Ed left the nursing home and moved back to his own apartment. During the MFP follow up visit, Ed states that he was doing well and he was very happy to be back home. He states that he is back to playing bingo with some of his old friends, and thanks to getting cable installed, he is able to watch what ever shows he wants.

~Meet Tammy~

I was born in Portland, Oregon and raised in Dickinson, ND for the majority of my life. I attended Dickinson State College & Mary College as they were called back then.

Over the past 70 years of my life, I raised 2 amazing sons and I have 2 wonderful grandchildren. During these past years, my life has always led me to be passionate in whatever I have chosen to do.

20 years at Sande Music Company, 17 years at the Dickinson Convention & Visitors Bureau and currently active Executive Director of the North Dakota Tournament Association along with many part-time jobs.

I have to honestly say that my Mother was always my biggest driving force in my life. She taught my two brothers & I that one should never take anything for granted in their life, always work hard for your employer, be happy in whatever you do, be kind, honest and respectful to everyone. But most of all show compassion to those less fortunate than you. SMILE & SAY HELLO, you will never know whose day you may have just made by that one simple act.

I have no doubt in my heart of hearts, that my Mother helped me acquire this job from Heaven and she is smiling from ear to ear right now.

I am so looking forward to working with the Dakota Center for Independent Living as the new Branch Coordinator in Dickinson.



~Meet Katie M~

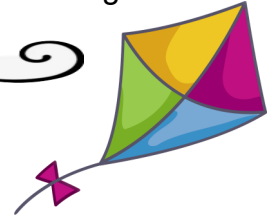
I am a new Money Follows the Person Transition Coordinator. I joined the team at Dakota Center for Independent living in March of 2023 with a background in social work. I have years of experience within skilled nursing facilities, case management at the Bismarck Police Department working with first time juvenile offenders, case management with individuals with developmental disabilities and long-term care ombudsman work. I have been a social worker for going on 14 years and I enjoy working with people of all ages. Outside of work I enjoy spending time with my son, family and friends. I enjoy traveling, shopping, fishing and camping. I personally believe that we should all strive to make a difference in the lives of others. We should always work towards leaving others better than we have found them. I look forward to working with individuals through the MFP program at Dakota Center for Independent Living.



~Meet Katie S~



Hello! My name is Katie Sims, I moved to Bismarck nearly 5 years ago from the Williston area. I worked in the healthcare field for 3 years here in Bismarck, before attending college for social work. I still have a few years to finish my degree but I am excited for what the future holds for me here at DCIL once I get my degree. I have been at DCIL for 2 months and have enjoyed every minute of it! It has been enjoyable working with our consumers and coworkers.



Colette Joins DCIL Board

My name is Colette Fleck. I am honored to become a board member for the Center for Independent Living. I have been in education for thirty-nine years. Presently, I provide transition services for students in grades 9-12, who receive special education services at Standing Rock Community School.

I asked students what are some of my best qualities. These are some of the responses: generous, helpful, kind, polite, nice, have patience, help students with everyday life issues, help getting services, senior paperwork and help get ready for adulthood and help get them services they need. According to them, I bring the services to them and take them to the services.

I am involved with the high school and school leadership teams. I am a member of the following organizations or agencies: Community of Practice-Transition-State of ND, Pathfinders Professional Advisory Committee, Region VII Transition Task force, ND IDEA Advisory Committee, Fort Yates CTE, Consortium Chairperson, Sitting Bull College CTE Advisory Committee Chairperson, Standing Rock Sioux Tribe Education Consortium, Promoting Healthy Lifestyles Committee-Standing Rock Sioux Tribe and many other agencies and organizations.

I provide all services necessary to enhance each individual student's transition plan. I provide the skills and training necessary for each of them to succeed in the real world. I continue to work with many agencies to bring services to them and their families.

I have seen many positive changes happen in the education world over the years. I collaborate with many staff at the school to provide the best educational services to the students. I appreciate each and every one of the people I work with.

I am an avid reader, like to be outdoors, spend time with my family, go sightseeing, avid gardener and continue to work on the family farm.



10th Annual Kids Health & Safety Fair in Dickinson



There were 447 kids and 262 adults who attended this annual event. Fun times!



Burleigh County Senior Center Health & Fitness Day



Annual ND Autism Conference held in Bismarck

HEALTH & WELLBEING

Big Thank You

Jennifer Schaeffer, Danielle Romanyshyn, Marlys Walter, Susan Westfall and Karen Goyne, for presenting to Dickinson consumers and community members on Tobacco Prevention, Hypertension Prevention, Alcohol/Drug Prevention, Narcan, & Depression/Suicide Prevention.



Congrats On Getting Permits!



Congratulations to the following consumers for recently obtaining their driver permits. These consumers completed the DCIL Driver Permit Class before taking the Driver Permit Test: Natalie, Thayden, Trystin, Brycen, Abbie, Jacob, Avery, Deakon, Joaquin, Kylee, Rayden and James.

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.



Supreme Court Hands Down 'Major Victory' For Disability Rights

Disability advocates are hailing a U.S. Supreme Court ruling in a case that they feared could lead to severe restrictions on the rights of people who rely on Medicaid and other government programs.

The high court issued an opinion late last week in a case known as Health and Hospital Corporation of Marion County v. Talevski.

The 7-2 ruling preserves the ability of individuals receiving services through programs like Medicaid to sue state and local governments if their civil rights are violated.



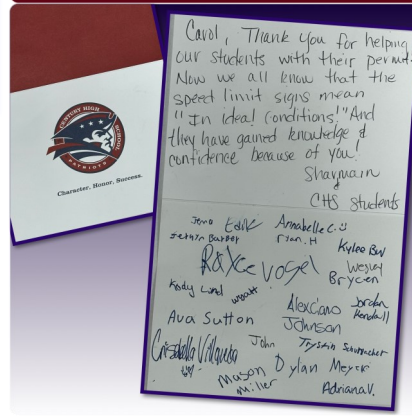
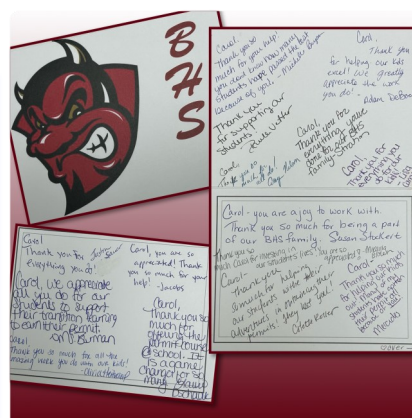
by Michelle Diamant from Disability Scoop

Thank You



William Rollings, Carson Lunak, Max Wilkinson, Tobin O'Brien

DCIL in Dickinson would like to offer up a HUGE thank you to Coach Russel McCarvel and the above named DSU Blue Hawk Football Team for coming to their rescue and volunteering to pickup an accessible ramp and deliver back to their office today. We couldn't have done it without them!



Upcoming Events

Americans with Disabilities Act Awareness Day July 26

Join us for
games & lunch*

11-2

*Serving until gone
This event is Free to attend

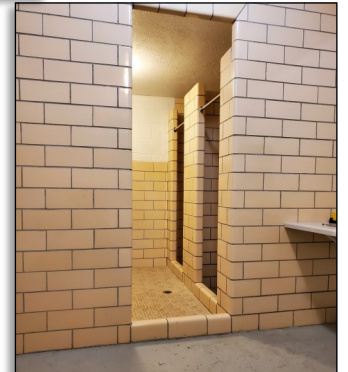
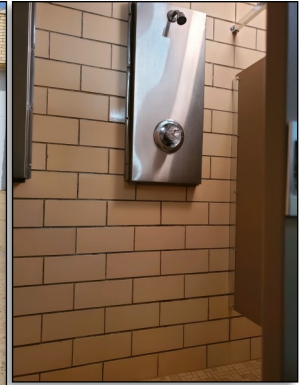
3111 E Broadway Ave
Bismarck, ND



Find us online at:
www.DakotaCIL.org
Dakota Center For Independent Living
DakotaCenter.IndependentLiving

We do Assessments

At Dakota Center for Independent Living we do Accessibility Assessments across the 18 counties we serve. Here are a few pictures of some of the things we see. *What's wrong with this picture?*



Silent Auction Sept. 22, 2023 • 5-8pm CST

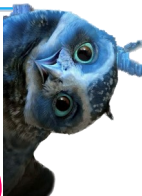
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50/50
RAFFLE

For Updates:
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BAKE
SALE

CLOSED BUT
STILL
AWESOME



DCIL office **Closed:**

July 4 - Independence Day

Sept. 4 - Labor Day





Craft Corner



Mental Health Awareness Month

~My Story: Ardeen

May is Mental Health Awareness month. With that in mind, I want to share my experience with depression, anxiety and Complex Post Traumatic Stress Disorder. It has not been a fun journey to get to the place where I am now. That is, for the first time in my life, at the ripe old age of seventy-three, with the right antidepressant and years of therapy, I have reached the point that I am now free from these crippling illnesses. When a flashback pops up, I have the tools to work through it, and I know that this too, shall pass.



I was in therapy off and on for 30 plus years (Yes, I am that old). In addition, I have been prescribed antidepressants with the therapy, but I am one of those, who when they start to feel good, they stop taking it. And so the cycle repeated itself for many years.

My first thought of dying by suicide was when I was around eight or nine, then again at twelve and a few times in my adult life.

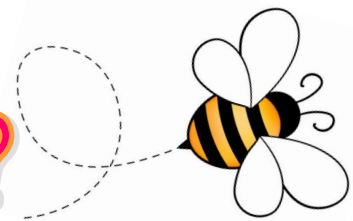
To compound the issues, I used food to cover up traumatic memories of sexual, physical and emotional abuse.

Now you would think I lived a lonely, horrible life, but I got married, raised three great kids, enjoyed my grandchildren, had great and not-so-great jobs - all the while fighting the urge to never leave my house, due to the crippling anxiety. On the outside, my life looked pretty darn good. I laughed a lot, and was everyone's buddy. On the inside, my brain was screaming at me that I was worthless and shouldn't be alive.

Now, in order to maintain my mental and emotional health, I am very careful about what I watch on television, who I spend time with, the type of conversations I take part in, etc.. Revisiting those memories isn't easy, but when I look back on my life, I am so grateful for the good therapists I have had, and the progress I have made.

Now, my smile is real, my laugh is loud and sometimes obnoxious – also real. The pain and crap I went through has made me who I am today. My worst day now, is by far and away, better than my best day before becoming mentally and emotionally happy, joyous and free.

Are you AWARE?



July:

July 26: Americans with Disabilities Act (ADA) Day

August:

ALS Awareness Month

August 17: National Nonprofit Day

September:

World Alzheimer's Month

Deaf Awareness Month

National Suicide Prevention Month

Spinal Cord Injury Awareness Month




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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
 **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