

Challenger DAKOTA

Dakota Center for Independent Living • www.dakotacil.org

"Serving people with disabilities since 1980"

Celebration for Ardeen held at Dakota Center

Staff members, family, friends, and consumers all gathered on Friday, December 8th at Dakota Center for Independent Living in Bismarck to celebrate the life of long time administrative assistant Ardeen Brenneise. Ardeen R. Belile Brenneise, 73, of Bismarck, passed away surrounded by her loved ones on November 11, 2023, at CHI St. Alexius, Bismarck.

Ardeen's favorite dessert- angel food cake and strawberries was served, along with other hors d'oeuvres.

Photos hung in the event room at DCIL sparked many memorable conversations about Ardeen.

The video played at Ardeen's funeral was shown during the event as well.

Thank you to all who came out for Ardeen's celebration!



Ardeen chatting with a consumer at DCIL in 2020.



Consumers and staff gathered during Ardeen's celebration of life at DCIL on Friday, December 8th to share stories, visit, and enjoy Ardeen's favorite dessert. Pictured above: Ardeen's office chair was moved to the event room and of course was reserved for our guest of honor Ardeen.

DCIL Christmas tree up thanks to "helper elves"

Christmas cheer and lights lit up the Dakota Center for Independent Living office in the afternoon on Monday, December 4 when consumers assisted with decorating the Dakota Center Christmas trees.

Santa also made a surprise appearance and posed for photos along with our "helper elves," Susan, Stacy, and Judy.

We're thankful for the beautiful work done with the trees!



Left: Judy tells Santa what she wants for Christmas.

Right: DCIL's "helper elves" and Santa smile by the beautiful Christmas tree when finished.

A smaller tree was also decorated in the events room so the consumers could enjoy Christmas cheer while attending Ardeen's celebration of life on Friday, December 8, and at the Christmas party on Saturday, December 9. You can view the smaller Christmas tree in the photos on the cover story.



Christmas PARTY
12-9-23

**FOOD,
GIFTS,
& FUN!**



Schlobohm hired as IL Specialist in October

Andrea Schlobohm came to DCIL in October to fill an open position for Independent Living Specialist with the MFP/ADRL programs.

Schlobohm has many years experience in disability knowledge with previous work experience in the field within the Bismarck area.



Schlobohm



Richey

October sees another new employee

Kelli Richey started October 6th as Administrative Assistant/Marketing Specialist.

Richey has over 30 years marketing and graphic design experience as well as office coordination skills from previous work in the publishing business in Bismarck as a marketing director, office coordinator, and sales rep.

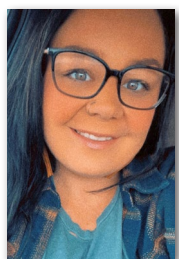
Nagel, new IL Specialist in Nov., introduces herself

"Hi everyone!! My name is Delores (Dee Dee) Nagel and I am very fresh at DCIL. I started in mid-November as an Independent Living Specialist for the new ADRL Diversion Specialist role. I have some prior experience with the aging and disabled, including working for the Disabled Students Program for Mt. San Jacinto College in California. I graduated with three Associates Degrees in Social and Behavioral Science; Humanities; and Liberal Studies. I was also blessed to be a full-time caregiver to my aging mother for her last few years of life. I recently worked for Pride as a Janitorial Supervisor, where I got to transport crews of individuals to various locations and overlook their cleaning work and scheduling...and, of course, documenting!

I had been out of this field for a few years, and really wanted to come back and make a difference with my work. I feel compassion and passion are very important and this organization, along with the staff, have an abundance of this and I am so proud to join your team! Now let's go make a difference!"



Nagel



Berg

Hannah Berg, IL Specialist, tells about herself

"I have always had an interest in helping our community. I have been involved with many activities in assisting individuals with disabilities. Including in assisting my parents friends who had two amazing girls that were born with disabilities. I enjoyed helping assist them as we were very close in age. I even got to work alongside of them in their OT and PT appointments and help with ADL'S. I have worked in the DD field for over 8 years now. I recently moved to Dickinson with my two fur babies to be close to my boyfriend. In that time I found my calling for DCIL. I read over all the details and what they do to help our community and couldn't wait to hopefully get an interview. We are now almost 2 months into me being here now. "

Sims promoted in December

Congratulations to Mary "Katie" Sims for her promotion to Independent Living Specialist, specializing in ADRL Diversion cases. Katie has been with DCIL since March of 2023 as the Independent Living Assistant.

Katie's experience and knowledge of the ADRL program will make her a great Independent Living Specialist focusing on ADRL Diversion consumers. *Congratulations Katie!!*



Sims

DCIL Board & Staff

Board of Directors

President

Helen Baumgartner
Mandan, ND

Vice President

Trevor Vannett
Bismarck, ND

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Executive Director

Royce Schultze

Program Director

Cody Kurtz

Kathy Temchack

Independent Living Advocate

Carol Cristilli

Independent Living Advocate

Cathy Job

Independent Living Advocate

Kelli Richey

Administrative Assistant/Marketing Specialist

Jeannie Pedersen

Independent Living Advocate

Randee Sailer

Independent Living Advocate Assistant

Kevin Bailly

MFP/ADRL Independent Living Specialist

She'Maine Oden

MFP/ADRL Independent Living Specialist

Katie Maher

MFP/ADRL Independent Living Specialist

Katie Sims

ADRL Independent Living Specialist

Andrea Schlobohm

MFP/ADRL Independent Living Specialist

Delores Nagel

ADRL Independent Living Specialist

Staff - Dickinson

Tammy Weiler

Office Coordinator/Independent Living Advocate

Mary Beth Hoffman

Independent Living Advocate

Hannah Berg

MFP/ADRL Independent Living Specialist

DCIL Events & Fun

OCTOBER COOKING CLASS: PUMPKIN PIE!



NOVEMBER CRAFTING: CHRISTMAS ORNAMENTS



WORD FIND

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- Expression
 - Speech
 - Religion
 - Privacy
 - Vote
 - Lawyer
 - Friends
 - Rest
 - Mail
 - Life
 - Liberty
 - Security
 - Leisure
 - Dignity
 - Respect
- (answers on page 7)*

Gaining independence improved life for David

by Kathy Temchack

Moving into a different state is scary enough, but moving with no money or support made the move even harder. Before moving to Bismarck, a referral was made to DCIL from Human Services out of Rapid City, SD.

By relocating he gained more independence and is able to move on with his life after a stroke took away what he had. Working with DCIL he was able to secure a job and an apartment. He also completed his SSDI application and now receives disability to help pay for his daily living.

DCIL was able to assist him with this through collaboration of Community Action and ND Rent Help.



Right: David Katus enjoying pumpkin pie at a DCIL cooking class in October.

Moving to ND with no identification tough situation

Dickinson DCIL successfully assists Theodore in acquiring photo ID, Social Security card, & job!

by Tammy Weiler

An individual came to the Dickinson DCIL office looking for help with his Birth Certificate, photo Identification card, and Social Security card. He had recently located here from Alabama and had lost every single thing, including his wallet with all his cards in a tornado. This process took us on a journey through a lot of different agencies alone, just trying to get connected to the correct office to get his birth certificate first.

Once we had that we could then move onto acquiring his photo ID card from ND. And last, but not least, we were able to then get a copy of his Social Security card. YIPPEE...he now has a job!



Right: Tammy Weiler from Dickinson DCIL with Theodore and his new photo ID.

Peer to peer support helps consumers and advocates

by Kathy Temchack

What is peer to peer support? Formal definition: where two individuals interact directly with each other, without intermediation by a third party.

How would peer to peer help me? As an employee of Dakota Center for Independent, I always felt that peer to peer was when two consumers had something in common, whether it was their disabilities or common likes such getting together for walks, entertainment or

sharing their life story.

Now, I realize that when someone comes to my office to talk about what is going on in their life, I too can relate to this person, and this is peer to peer support. Other ways of peer support include having coffee together, striking up a conversation, relating to a person and understanding the challenges of each individual. Not only does peer to peer support assist a consumer, it may also assist the advocate in understanding themselves.



The number of Americans with disabilities in the workforce has grown 33% since shortly before the COVID-19 pandemic, adding nearly 2 million individuals to employer payrolls according to a new report.

The report says the growth may be due to a high demand for technically skilled workers – and a more prominent acceptance of remote work – which made it less likely employers would discriminate in hiring. Great news for equal employment opportunity for all! Source: Dec. 7, 2023 Protection & Advocacy News & Updates newsletter

DCIL Driver Permit students are learning new traffic law changes: are you following them?

Story details submitted by Carol Cristilli

Starting August 1st, 2023 in North Dakota, multiple rule changes take effect that are intended to benefit road safety.

#1 Primary Seat Belt Law Beginning Aug. 1, 2023, the seat belt law becomes a primary enforcement, meaning no other violation is required for a driver to be pulled over by law enforcement and issued a seat belt citation. The law will also require all occupants to wear a seat belt, regardless of where they are sitting in the vehicle. A primary seat belt law has a greater effect on reducing deaths and nonfatal injuries than a secondary law. Research shows increased seat belt use with a primary law vs. a secondary law can result in up to a 10-12% increase in observed seat belt use. (NHTSA) Switching from a secondary law to a primary law reduces passenger vehicle driver deaths by 7%. (NHTSA) Seat belt use is lower in states with secondary enforcement seat belt laws, or no seat belt laws compared to states with primary enforcement laws. (NHTSA) This primary seat belt law does not represent a new law, it simply changes existing North Dakota law as follows: Changes enforcement from secondary to primary. Changes the requirement for seat belt use from front seat occupants to ALL occupants. The fine remains at \$20.

#2 Roundabouts Also in effect the first of August, 2023 is a new rule on roundabout use. The new law requires travelers to use their turn signal when exiting a rotary traffic island, or roundabout. Specifically, drivers must use their blinkers just after passing the exit prior to the one they plan to use to leave the roundabout. Troopers say activating the right turn signal notifies other drivers of your intention to leave the roundabout, and will aid in maintaining a steady flow of traffic into the roundabout. Violators

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.



would face \$20 fines.

3 Move-over Law The state's move-over law is the focus of the first rule revision. The Legislature approved, and the governor signed into law, a rule revision to require drivers approaching a vehicle displaying flashing hazard warning signals on a divided highway outside the limits of a city to move over a lane or slow down while maintaining a "safe speed for the road conditions." The North Dakota Highway Patrol says the rule revision will apply to the interstate system and to roadways that include U.S. 85, 83, and 2. Violators would face \$20 fines.

DID YOU KNOW?

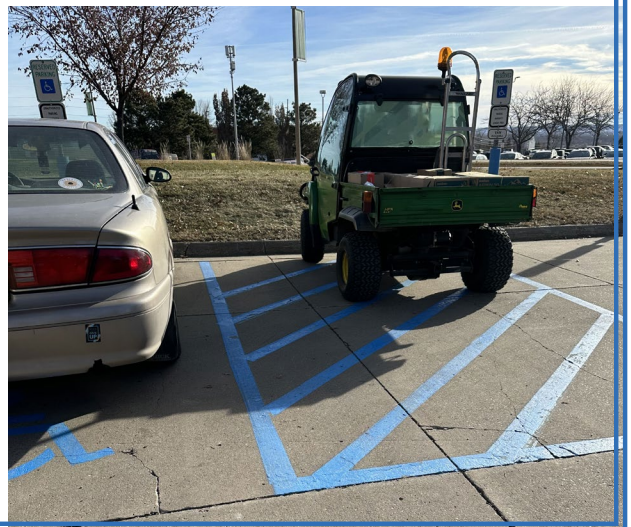
Parking in the blue diagonal stripes is a "no-no" and is subject to a fine!

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



DCIL: Government Updates

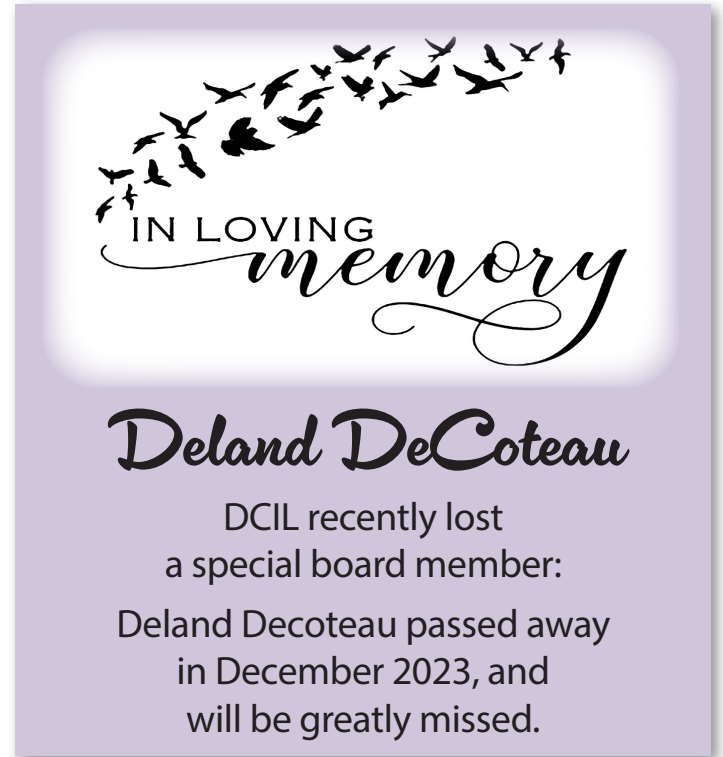
DCIL board member's letter to N.D. Legislators

Editor's note: Deland DeCoteau, a DCIL board member wrote this letter to the legislators during the 2021 legislative session. Unfortunately, Deland has recently passed, but we wanted to share his amazing story and efforts.

"Before I came to the DCIL I was lost and hopeless. My physical and mental health were at an all time low and I was frustrated, empty, and afraid. I felt like I had been abandoned by everyone, that I had nothing to look forward to, and I didn't have any reason for living. That all changed when I became a part of the DCIL. They have provided the support, education, direction, and assurance that I needed to regain my physical and mental health. I was treated with warmth, care, and understanding and I met with staff who helped me to examine and find a positive direction for my life. DCIL provided classes, training, and activities which helped me to address mental health issues and find peace of mind. I regained contact with survival skills, leisure skills, and activities that brought joy into my heart and hope into my life. I also attended groups and classes which helped me to live a healthy lifestyle and to deal with chronic physical issues. The staff's appreciation and dedication to each consumer along with the support and social interaction provided by the program has been extremely helpful in my recovery.

I thank you for supporting the DCIL and I look forward to a bright future."

Sincerely, Deland G. DeCoteau



Seeking DCIL BOARD MEMBERS!

Dakota Center for Independent Living is looking for energetic and dedicated individuals who are willing to serve on our Board of Directors.

If you believe in our mission statement and are interested call Royce at 701-222-3636 for more information.

** We welcome those with disabilities to apply*

Upcoming Notable Dates

January

- Glaucoma Awareness Month
- National Mentoring Month
- World Braille Day - Jan. 4

February

- Boost Your Self Esteem Month
- Giving Hearts Day - Feb. 8

March

- Brain Injury Awareness Month
- Developmental Disabilities Awareness Month
- National Multiple Sclerosis Education & Awareness Month
- National Nutrition Month

WORD FIND ANSWERS

(from page 4)

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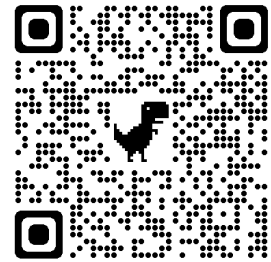
Phone: 701-222-3636
Toll Free: 1-800-489-5013
Fax: 701-222-0511
Web: www.dakotacil.org

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

What can we help you with?

DCIL Core Services:

- Information & Referral
- Peer Support & Services
 - Advocacy
- Independent Living Skills Training
- Transitional Services



Scan the QR code above to be taken to our website, or find Dakota Center for Independent Living on Facebook, Instagram, & YouTube!



Mission Statement

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

The contents of this newsletter were developed under a grant from the US Department of Health and Human Services, 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.

If you would like to receive the newsletter by e-mail or an alternate format, please contact us at DCIL call 701-222-3636 or email dcil@dakotacil.org.