

# Independently Speaking



Montana Independent Living Quarterly



January-March 2011

## Eagle Mount

### RECREATION FOR WINTER FUN

With an El Nina year upon us, that means a lot of snow to play in. Eagle Mount provides therapeutic recreation for people with disabilities and children with cancer. Located in both Helena and Bozeman, as well as other locations in Montana, Eagle Mount has been serving individuals with disabilities for over 20 years. Through this program, people with all kinds of disabilities are able to have an adventure in skiing, ice skating, swimming, horseback riding, golfing, and much more. Children with cancer are given the opportunity to participate in one of three summer oncology camps.



In 1982, General Robert C. Mathis and his wife Greta decided to make their dream of creating a place where persons with disabilities could experience what others may take for granted a reality. Eagle Mount offers opportunities to individuals with disabilities such as cerebral palsy, visual and hearing impairments, developmental disabilities, amputation and spinal cord injuries to enjoy activities with their own personal instructor.

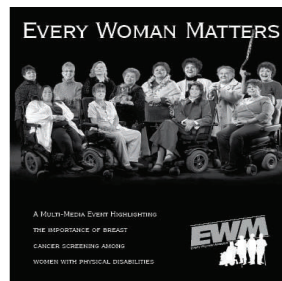
For more information about Eagle Mount Bozeman, please visit [www.eaglemount.org](http://www.eaglemount.org) or call (406) 586-1781

For more information about Eagle Mount Helena, please visit [www.eaglemounthelena.org](http://www.eaglemounthelena.org) or call (406) 442-6103



### EVERY WOMAN MATTERS

Butte will host the *Every Woman Matters* multimedia campaign Saturday, March 5, 2011. Together with the CDC, the *Right to Know* campaign, is promoting breast health in women with disabilities. There will be a *High Heel Race* to kick off the event. Get a team together and please join us and share the information with the women in your lives. Contact the Butte office for more information at (406) 782-4834.



3.5.11



Run.Walk.Roll



### MONTANA INDEPENDENT LIVING PROJECT

Montana Independent Living Project (MILP) is a not-for-profit agency providing services which promote independence for people with disabilities living in southwestern Montana.

We strive to support the development and expansion of community-based services which directly facilitate independence, productivity, and quality of life for people with disabilities. We provide information and referral, independent living skills training, individual, group, and peer advocacy.

MILP is governed by a volunteer Board of Directors consisting of at least 51% people with disabilities. MILP staff consists primarily of people with disabilities or with experience with disabilities.

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### MILP OFFICES WILL BE CLOSED:

- New Year's Day (January 1)
- Martin Luther King, Jr. Day (January 17)
- President's Day (February 21)

If you would to sign up for the MILP newsletter please contact 1-800-735-6547 or email [cweightman@milp.us](mailto:cweightman@milp.us)



## STAFF SPOTLIGHT– DIANE BELCOURT



Diane at the MILP Christmas Party

Diane Belcourt is the Self-Direct Personal Assistance Service Program Manager in our Bozeman Office. Diane started working for MILP in 2008 and has been a valuable member of the team. Diane is also a Community Work Incentive Coordinator (CWIC) and can assist individuals on Supplemental Security Income (SSI) or Social Security Disability Insurance (SSDI) with benefits analysis so that you know how work will affect these benefits. She has had extensive training throughout her

time at MILP and is an excellent resource. She can be reached at [dbelcourt@milp.us](mailto:dbelcourt@milp.us) or (406) 522-7300.

Diane lives in Gallatin Gateway with her fiancé and four sons. She enjoys camping, fishing, scrapbooking, and crafting.



*You can now do the Visitability Survey online. Please go to <http://www.surveygizmo.com/s/390040/visitability-interview> we appreciate your help gathering stories. You can also “like” the Housing Task Force on Facebook. For more visitability info: [www.concretechange.org](http://www.concretechange.org)*

## MONTANA ACCESS TO OUTDOOR RECREATION (MATOR)



The MonTech program in Missoula provides assistive technology (AT) and related services to help people live, work, and recreate independently, including participating in outdoor recreation. The Montana Access To Outdoor Recreation (MATOR) program at MonTech strives to increase opportunities for Montanans with disabilities to pursue wildlife viewing, fishing, hunting, and related activities. MATOR emphasizes recreation in integrated settings, which means where, when, and with whom they choose.

Barriers to adapted wildlife-associated recreation include limited awareness of and access to adaptive equipment, few opportunities to try adaptive recreational equipment, and limited social support needed to participate. MATOR tries to eliminate these barriers with an education and awareness campaign to notify people of what is possible, demonstration events for people to try equipment, adaptive recreation equipment through a free equipment loan program, and a volunteer network for assistance when needed and requested.

MATOR's demonstration activities will continue through the grant funding cycle. Beyond that, education and awareness efforts will continue through MATOR written materials, inquiry, and our website. The equipment loan program includes a variety of adaptations and gun mounts that attach to wheelchairs, and a wide variety of optics and photography equipment complete with mounting and switch devices. The volunteer network continues its effort to connect volunteers with interested individuals with disabilities when they request assistance. View the MATOR website listed below to see a calendar of upcoming demonstration and other events. You may also view pictures and descriptions of all equipment available on the website.

To learn more about how you or someone you know can benefit from MATOR, please contact MonTech at (406) 243-5751 or (800) 243-5511, visit our website <http://recreation.ruralinstitute.umt.edu/Mator>, email us, or visit us in person at 700 SW. Higgins Ave, Suite 250 in Missoula.



## Do you have extra equipment?

If you have equipment that you are no longer using and would like to donate or loan to others, please let your local office know. We would be happy to have these items on hand for someone else that may need them.

## MILP OFFERS SELF-DIRECTED SERVICES



Medicaid's Self-Directed Personal Assistance services program (SDPAS) is designed especially for consumers who wish to assume the responsibility and flexibility of managing their own care. This includes managing a personal assistant's work schedule, length of employment, and training.

MILP can be the service agency that provides oversight of your self-directed personal assistance services.

### *Who is eligible for Self-Directed Personal Assistance?*

- Be eligible for Full Medicaid.
- Have a medical condition that requires you to need in-home assistance.
- Be able to make choices about your activities of daily living and understand the impact of these choices.
- Be able to assume responsibility for the choice you make.
- Be capable of managing all tasks related to your care.

For more information, please contact the MILP office in your area to see whether you or someone you know qualify.



## RECIPE CORNER-JANN'S CRAB EMPANADAS

### YOU WILL NEED:

6 oz Canned Crab Meat; drained

2 tbsp Sour Cream

1 tsp Dijon Mustard

1/2 Cup Diced Green Onions

Salt & Pepper to taste

Flour

1 Box Puff Pastry

Cooking Spray

1. Preheat oven to 400°F
2. Combine crabmeat, sour cream, mustard and onions in a medium-sized bowl. Season with salt and pepper. Set aside.
3. Lightly dust a clean surface with flour and lay one sheet of puff pastry on top. Store the rest in the fridge until you are ready to use.
4. Use a 3" round cookie cutter (or an upside down mug) to cut out pieces of puff pastry. One box will make 18 to 24.
5. Fill each piece with 1 tsp of crab mixture; then fold each piece in half. Use the back of a fork to seal the edges.
6. Line baking sheet with aluminum foil and spray surface with cooking spray. Place empanadas approximately 2 inches apart.
7. Bake for 12 minutes or until golden brown.



## LET'S COOK!

### Healthy Meals for Independent Living

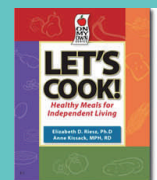
This new book has been written by and for adults with intellectual and developmental disabilities.

The full-color cookbook includes more than 50 recipes. It also addresses nutrition information, portion size, meal planning, kitchen and food safety, including rules for leftovers.

The recipes are written in simple step-by-step instructions with some photo illustrations. Each recipe has a picture of the finished dish—both alone and as part of a balanced meal.

While the book is geared to individuals with developmental disabilities, who have some reading ability, it would also benefit senior adults needing explicit instructions and first-time cooks.

You can order the book at [www.appletree-press.com](http://www.appletree-press.com)



### Helpful Hints for Winter

Keep your headlights clear with car wax! Wipe car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights.

Squeak-proof your wipers with rubbing alcohol. Wipe the wipers with a cloth saturated with rubbing alcohol or ammonia.

Ice-proof your window with vinegar. Just fill a spray bottle with three parts vinegar to one part water and spritz it on all your windows at night.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock. The problem is solved.

**\*\*Please note these methods have not been tested by any MILP staff. Try at your own risk\*\***

Denali



Submitted by Jon Wick

## INVISIBLE VOICES DVD

*What do you think of when you hear the word "disability"?*

New York's acclaimed Ping Chong company traveled to Colorado Springs to create a new work in which six Coloradans tell their very personal stories of disability within a theatrical construct.

Chong uses a chronological format in telling *Invisible Voices*, blending the history of the disability rights movement with the tales of the performers' lives.

*Invisible Voices* is a different kind of project because the disability community spans all genders, ages and cultures and accepts new members from the "majority culture" every day.

Montana Independent Living Project will be showing the DVD in your area. If you are interested, please contact your local office for times. The Butte office will show the DVD on January 13 at 2 pm.



## SCAM ALERT FOR SENIOR CITIZENS

The office of Consumer Protection at the Montana Department of Justice tracks scams and rip-offs targeting our state and senior citizens.

Over the past few months, Montana has been hit with the "Grandparent Scam" An older person receives a call from someone they think is their grandchild. The caller often identifies themselves with a generic line such as "Grandma, it's me." Sometimes the caller is crying and sounds distressed. The caller rarely volunteers a name, but relies on the grandparent to identify him or her.

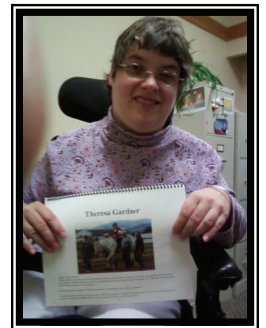
The caller uses several formats, but most calls follow a formula: the grandchild has been detained by foreign authorities. The grandparent must wire money to bail the young person out of jail or pay fines. The "grandchild" often asks the grandparents not to talk to his or her parents.

## THERESA GARDNER, ARTIST

Theresa Gardner, watercolor artist and MILP Staff, has had a very busy year. On Tuesdays from 10:30-11:30 am she attends a free art class at the Holter Museum of Art in Helena. There she has learned about several different painting techniques and even made some pottery pieces. She participated in a couple of art shows and in 2010 she sold six of her original watercolor paintings, earning some nice pocket money and sharing her gift with others.

This year the art show will be on February 4th at the Holter Museum. Theresa will have six paintings in the show. These will be for sale as well as 2011 calendars featuring twelve of Theresa's original watercolor portraits (if you can snatch one up before her biggest fans get them first).

The class consists of people both with and without disabilities. Theresa says, "it's a lot of fun!" Congratulations Theresa. We are looking forward to the show.



## MILP BOARD HAS A NEW PRESIDENT

Bob Maffit, Executive Director of MILP, is pleased to announce that Dr. Libbie Chute of the Department of Sociology and Anthropology has been elected as President of the Board of Directors for MILP. She has been serving on the board as a director for the past three years.

Dr. Libbie Chute is uniquely suited for this position, given her academic work, especially her doctoral interest involving chronic illness and disability. Moreover, her past and present work history allow her an experience-based perspective when it involves “Promoting independence for people with disabilities.” Dr. Chute is the type of individual the “Independent Living Movement” cherishes, as she pairs well with IL in relation to relying on consumer voice and self-determination. MILP appreciates her service, counsel, and leadership and looks forward to this community partnership.

Thank you Libbie for all of the work you do for MILP! You are appreciated.

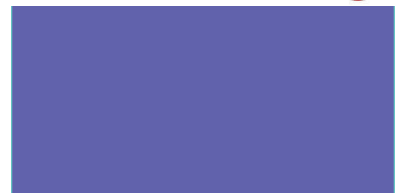


Libbie at the National Council for Independent Living Conference in Washington D.C July 2010.



*Be our friend on Facebook! You can find our name under Montana MILP.*

Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.



**MILP Contact Information**

**HELENA OFFICE:**

34 N. Last Chance Gulch, Suite 500  
Helena, MT 59601  
(406) 442-5755

**BUTTE OFFICE:**

3475 Monroe, Suite 100  
Butte, MT 59701  
(406) 782-4834

**BOZEMAN OFFICE:**

1165 N. 14th Ave, Suite 4  
Bozeman, MT 59715  
(406) 522-7300

**DILLON OFFICE:**

435 S. Atlantic, Suite 2  
Dillon, MT 59725  
(406) 925-5005

**Phone: 1-800-735-6547**

**Website: [www.milp.us](http://www.milp.us)**

**GET OUT!**



**Butte:**

- *Invisible Voices* DVD showing. January 13. 2 pm. Butte MILP office.
- "Bus Stop". February 3. Motherlode Theater. (406) 723.3602 for tickets.
- Annual St. Patrick's Race. Anaconda. March 12. Entry fee \$15.00.
- St. Patrick's Day festivities: March 16-17. Uptown Butte.



**Bozeman:**

- Winter Farmer's Market . Saturdays at 9am Emerson Cultural Center.
- Wild West Winterfest. February 18-20. Gallatin County Fair Grounds.
- Home Expo. March 25-27. Brick Breeden Fieldhouse.



**Helena:**

- Martin Luther King, Jr. Film Festival. January 17. Myrna Loy Center.
- Feb Festival. Recycled things art festival. February 5. Civic Center.
- Race to the Sky Sled Dog Race. February 11-16. (406) 881-3647.

**Dillon:**

- Robbi K & Friends concert. January 24. Beaverhead High School. 7:30pm
- Ice Fishing Derby. January 29. Clark Canyon Reservoir. (406) 865-0133.
- The Princess & the Pea. February 12. Beaverhead County High School.



**MILP**

Montana Independent Living Project  
34 N. Last Chance Gulch, Suite 500  
Helena, MT 59601



If you no longer wish to receive this newsletter, please call (800) 735-6457 or email [cweightman@milp.us](mailto:cweightman@milp.us)

PLEASE  
PLACE  
STAMP  
HERE

**MILP Staff wish you a happy and healthy 2011!**