

Independently Speaking

Montana Independent Living Quarterly

July-September 2011

Living Loud and Proud

2011 INDEPENDENT LIVING SYMPOSIUM

Living Loud and Proud in Montana! This August MILP will be hosting the Independent Living Symposium in Helena, Montana. This year's symposium, sponsored by the Statewide Independent Living Council and Montana's four Centers for Independent Living, will have a strong focus on living healthy, living well within our own destinies as well as provide us the opportunity to gather as stakeholders of Montana's healthcare and disability services to review and finalize advocacy priorities to focus on during the next year. There will be well over 200 or more individuals and advocates gathering for this year's Symposium.

Registrations have been completed at this time, but we will form a standby list to offer the opportunity to individuals to attend in the case of a cancellation. If you are interested in consideration for the standby list for this year's event please contact Cassie or Nan in the Butte office at 406.782.4834.

Safe Routes to Schools

Focusing on a safer way to get to school and improving children's safety while walking and bicycling is a central mission of Safe Routes to School (SRTS). Throughout Montana this program has provided funding to several communities to assist with increasing safety and convenience of walking, biking, and rolling to school by identifying barriers such as unsafe sidewalks, speed zones, accessibility, and other outside factors which are deterrents to people walking, rolling, or biking to school. Taylor Lonsdale, of Bozeman, is the MT Coordinator for SRTS.

With the ability to independently walk, roll, or bike to school children are reaching the recommended goal of physical activity and they arrive at school energized, instilling the lifelong benefits of healthy activity.

Through this project, a sense of neighborhood is rebuilt. The promotion of safe driving in school zones and the larger community are a huge benefit. Plus safer, more accessible sidewalks become a priority which benefits everyone.



For more information about SRTS and to see how you can help in your community, contact your local MILP office. You have the ability to make a difference. www.saferoutesmt.org



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:

- Monday, July 4th
- Monday, September 5th

If you would like to sign up for the MILP newsletter please contact 1-800-735-6457 or email cweightman@milp.us



STAFF SPOTLIGHT-LLOYD SPARKS

Lloyd joined the Butte team in April 2011 as the Advocacy Specialist.

Lloyd comes to us from Helena. Lloyd’s previous work has included assisting individuals with a severe and persistent mental illness for job development, placement, and coaching. He has also worked as a Service Technician assisting individuals with the repair on their medical and mobility equipment, such as power wheelchairs/scooters, hospital beds, and hydraulic lifts, with some experience with bracing and orthotics/

prosthetics.

Lloyd is very familiar with the Americans with Disabilities Act. Please contact Lloyd if you or someone you know feels that their rights have been violated due to a disability, or if you have trouble accessing a business or public facility in the community such as in a restaurant, hotel, or even your place of employment.

Lloyd enjoys fly fishing, hiking, and camping in Montana during his personal time.

Lloyd is the Advocacy Specialist in the Butte office. He can be reached at 782-4834 or lsparks@milp.us

“It’s about coming together to help everyone be successful.” -Rose Brock on the Real Life Fair



REAL LIFE FAIRS

The Real Life Fairs were a collaborative effort from the Helena, Butte, and Bozeman areas. With funding through *My Transitions* from the Montana Youth Leadership Forum and regionally developed transitions teams, Butte and Helena were each able to host a Real Life Fair.

These informational events were created to promote transitions to the “Real World” by allowing students and their families the opportunity to learn about services in their local communities.

The events were a success drawing about 100 visitors and 30+ service providers. With this ability to network, we hope to better support our youth in their transitions.

For more information about *My Transitions* please visit their website at <http://montanayouthtransitions.org>

We are excited to make these fairs an annual event. Please contact your local MILP office if you would like more information before next years fair in the spring of 2012.



STAFF CHANGES IN THE DILLON OFFICE

We would like to take this opportunity to say a farewell to Jeanette, our Program Specialist in the Dillon office. Jeanette has accepted a new position in Eastern Montana. Jeanette is a terrific advocate and strong defender of individual's rights to live as independently as possible. We wish Jeanette well in her new venture.

The position in the Dillon office has been filled by Kim Miller. She will be the Self Direct Personal Assistance Program Manager. All independent living questions can be directed to Cassie in the Butte office at (406) 782-4834 or via our toll free number (800)-735-6457 ext. 2702. We appreciate your patience and support as we make these changes.

RECIPE CORNER-TUNA MELT SANDWICH

- 2 6-ounce cans tuna, canned in water and drained.
- 1 bunch green onion, chopped or 1/3 cup chopped onion
- 3 tablespoons light mayonnaise
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 4 slices whole wheat bread
- 4 tomato slices (1 medium tomato)
- 4 slices (3 ounces) American Cheese

Directions:

1. Preheat oven to 350
2. In medium-size bowl, combine, tuna, onion, mayonnaise, pepper, and garlic powder. Mix well.
3. Place bread on baking sheet. Spoon about one-fourth of the tuna mixture on each piece of bread, spreading nearly to edges. Add a tomato slice.
4. Bake 5 minutes.
5. Add a cheese slice on top of each sandwich and return to oven for another 5 minutes, or until cheese is melted and bread is toasted. Serve.



Scooter for Sale



For more information please contact the Butte office at (406) 782-4834.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you *not* to be? Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

-Marianne Williamson

(from her book *A Return to Love: Reflections on the Principles of A Course in Miracles*.)

Videos online: www.extension.iastate.edu/foodsavings/recipes

Survey Opportunity

Individuals with disabilities who need job accommodations (or "reasonable accommodations" as defined by the Americans with Disabilities Act) are being sought for a study by researchers at the University of Maryland, College Park. The purpose of this study is to examine factors related to requests for job accommodations.

You are invited to share your perceptions on factors related to an accommodation request by answering a few questions about yourself, your organization, and your abilities and emotions in the course of requesting accommodations. This survey will take about 20~30 minutes.

The first 100 participants completing the survey will have a 1-in-4 chance of winning a \$25 gift certificate; the rest of the respondents completing the survey will have a 1-in-4 chance of winning a \$10 gift certificate. Moreover, you will be assisting service providers and employers to learn more about how to improve the job accommodation process for persons with disabilities.

If you have any questions about the research study, please contact Shengli Dong at 301-405-9126 or by e-mail at yerliang@umd.edu. The survey can be accessed at the following link:

<http://www.surveygizmo.com/s3/526326/Job-Accommodation-Request-Survey>

UPCOMING LIVING WELL CLASSES

Butte:

Where: Mountain View Social Development Center

First class: August 3rd

When: Wednesdays from 12:15-1:30pm

Schedule: 8/3-10/12

To RSVP: Call Cassie @ 782-4834

Bozeman

Where: MILP Office

First Class: July

When: TBA

Schedule: TBA

To RSVP: Call Alison @ 522-7300



SUMMER SOCIAL EVENTS-SAVE THE DATE!!!!

Montana Independent Living Project will be hosting Peer Summer Social Events in Butte, Helena, and Bozeman. You are invited and we hope that you can attend. The events are scheduled as:

Helena– July 22, 2011 at Spring Meadow Park.

Bozeman– July 27, 2011 at Lindley Park.

Butte– August 5, 2011 at Stodden Park.

****All events will be from 12-2pm***** If you do not live in these communities, please attend the event nearest to you. **All events are FREE.** Food and beverage provided.

To RSVP, please contact Lloyd in the Butte office at (406) 782-4834; 1(800)735-6457 ext 2702 or lsparks@milp.us. We look forward to seeing you!

HAVE YOU HEARD ABOUT MEDICAID FOR WORKERS WITH DISABILITIES?

Medicaid for Workers with Disabilities allows people with disabilities to keep or obtain affordable Medicaid coverage when they work. When combined with other work incentives, the program creates a complete environment where healthcare should not be a significant barrier to working. SSDI beneficiaries are the vast majority of users of MWD. This program can help with the Medicare Part B "donut hole", as well as the other services that Medicaid offers.

You may qualify if you are 16 years or older, employed, and meet the modified definition of an individual with a disability.

For more information about Medicaid for Workers with Disabilities, please contact Lloyd Sparks in the Butte office at (406) 782-4834.

WANT TO KNOW HOW WORK EFFECTS YOUR SSA BENEFITS?

The **Butte MILP** office will be hosting a Work Incentive Seminar Event (WISE) on **Thursday, September 15th** from **1-3 p.m. at 305 W. Mercury**. The WISE event will include information about how working will affect your Social Security Disability Insurance (SSDI) and /or Supplemental Security Income (SSI) benefits, as well as the many work incentives available to you.

WISE provides you and your family the opportunity to learn how to take advantage of Social Security Work Incentives.

The education room is located on the second floor. Space is limited.

For more information or to RSVP, please contact Cassie Weightman at (406) 782-4834. Cassie has had extensive training in Work Incentives and Benefits Analysis through the Social Security Administration.



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Hub-words

How many words can you make from the letters in the wheel? Each word must contain the hub letter E. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?



April 2011 Answers:

Mineral Water
Cauliflower
Ginger Ale
Tomato
Cider
Artichoke
Asparagus
Orange Juice
Legume
Tea
Chocolate
Lager
Peanut Butter
Custard
Porridge
Spaghetti
Prawn Cocktail
Peach
Apricot

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

GET OUT!



Butte:

- Montana Folk Festival. July 8-10. Uptown Butte. Free
- Art in the Park. July 15-17. Anaconda Washoe Park. \$
- MILP Summer Social. August 5. Stodden Park-Butte. 12-2pm. Free

Bozeman:

- Festival of the Fourth. July 4. Bozeman Fairgrounds. Free
- MILP Summer Social. July 27. Lindley Park-Bozeman. Free
- Three Forks Rodeo & Parade. July 15-16. Free

Helena:

- Fourth of July Celebration. July 2-4. Lincoln. Free
- East Helena Rodeo. July 8-10. Helena. \$5
- MILP Summer Social. July 22. Spring Meadow Park-Helena. Free

Dillon:

- Summer Sizzler. July 30. Downtown Dillon. Free
- Beaverhead County Fair. August 31-September 5. Dillon
- Blues Fest. August 26-28. Virginia City. \$



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Montana Independent
Living Project
3475 Monroe, Suite 100
Butte, MT 59701



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newsletter please call (800) 735-6457
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