

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.

Visitability— It’s About Community

A (No) Step In The Right Direction by Jim Franklin

The term *Visitability* grew out of a civil and human rights movement headed by Eleanor Smith. Visitability advocates had from the beginning focused on three foundational goals to improve accessibility in newly constructed private homes; at least one zero-step entrance on an accessible route. Doorways constructed with 32” clearances--allowing for wheelchair accessibility and easier access for those using other mobility devices. Lastly, basic access to a minimum a half-bathroom but preferably a full-bathroom on the main floor. These bathrooms were to also have 32” entryways, but the increase in overall size makes transferring and other required tasks easier. The *Visitability* movement, along with the help of Habitat for Humanity, led to a full 300 new homes built in the Atlanta area with these standards in mind.

One may ask the legitimate question, “so what does that have to do with me, I live in Montana?” Simply put, the *Visitability* Movement steps beyond the ADA by requesting these subtle but undeniably important accessibility features be made to private single-family residences. The MT Housing Task force is working with the Montana Home Program whose program provides partial funding to those willing to build homes that are *Visitability* compliant. Before the grassroots *Visitability* movement began, there were no such guidelines for private homes.

Why Visitability? Here are some reasons ...

The *Visitability* Movement should matter to you or a person you know. Statistically American’s are getting older. This is true of Montanans, too. As our population increases in age so too will the number of us with disabilities. There is no question the number of age related and acquired disabilities are on the rise. *Visitability* is practical for everyone. Larger doorways make moving furniture, unloading groceries, and greeting people at the door are all easier with more space. The no-step entrance will surely help with strollers and unpacking the car.

I encourage everyone to at least look into *Visitability* so you can better understand how it can work for you and those you care about. If you or someone you know are building a home, consider *Visitability*. **It’s about planning ahead and aging in place. It’s about being a neighbor and a friend. It’s about community.**

Call Cassie in the Butte office at (406) 782-4834 for more information.

Butte’s Habitat is building visitable!



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MILP OFFICES WILL BE CLOSED:

- Monday, January 2
- Monday, January 16
- Monday, February 20

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



STAFF SPOTLIGHT-STEPHANIE DAUENHAUER

Stephanie joined the MILP team in September 2011. She is the Self Directed Personal Assistance Program Specialist out of the Bozeman office.

Stephanie and her family are new to the Gallatin Valley. They are enjoying the mountains and all the outdoor activities available in this region.

Stephanie attended Dickinson State University where she graduated with a degree in University Studies. She also studied Human Services at MSU-B.

Stephanie grew up in the Billings area

but spent her summers on her grandparents farm outside Glendive, MT. She has 4 brothers and enjoyed growing up the only girl in the bunch.

Stephanie and her husband Jesse have been married for 3 years and have a 10 year old daughter Lexus, a 1 year old son Lincoln, and a beagle named Boston.

Stephanie enjoys being outdoors, whether it is sunny or snowing, and anything related to sports, art, reading, and family.



Stephanie can be reached at
522-7300

Or

sdauenhauer@milp.us



Devin and Darren at the symposium

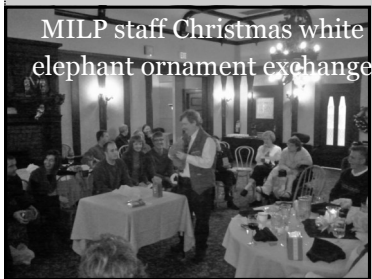
“Gratitude turns what we have into enough”

MILP RECOGNIZES BOARD MEMBER MARGALE PRESTIPINO

Behind every nonprofit’s public face is a dedicated team of volunteers: the board of directors. The time, energy, and vision of these individuals is the driving force in achieving and fulfilling any organizations mission. As a consumer-controlled board whose lives have been personally impacted by a disability, MILP’s board of directors provide essential leadership and strategic direction to our organization, as well as legal and financial oversight.

Margale Prestipino is one of those valued members. Margale has been on the board for three years. After her husband Sam, an esteemed MILP board alumni, termed out Margale was able to fill a void in our board. Having the knowledge and passion for MILP’s purpose, Margale was a natural member of the board. Margale and Sam have been known to make appearances during legislative sessions as well as advocate in the community to encourage businesses to be more accessible. Margale says that she is impressed most by the ability of MILP staff to work with consumers on reaching their goals.

Thank you Margale for your vision, support, and leadership on the MILP Board of Directors. You are appreciated and applauded for your work!



MILP staff Christmas white elephant ornament exchange



Tami, Cassie, and Nan

WHITE SULPHUR SPRINGS OFFICE IS OPEN

MILP would like to thank the residents of White Sulphur Springs for the warm welcome to the community. It is through your partnership and ability to spread the word that MILP can be successful.

We welcome Marcy Resthwisch as our Program Specialist in the office. For more information about MILP and our services, Marcy can be contacted via telephone and has confidential voicemail if she cannot be reached.

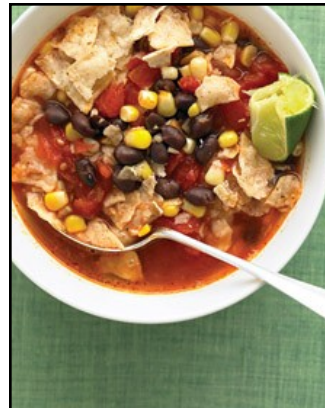
If you or someone you know is Medicaid eligible and needs personal care assistance please give Marcy a call to see if you qualify for our Self Directed Personal Assistance program. Marcy can be reached at (406) 547-3390 or MRehwisch@milp.us.

RECIPE CORNER-

EASY TORILLA SOUP WITH BLACK BEANS

- 1 tablespoon olive oil
- 4 garlic cloves, minced
- 1 teaspoon chili powder
- 2 cans (14.5 ounces each) diced tomatoes in juice
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 package (10 ounces) frozen corn kernels
- Course salt and ground pepper
- 1 cup crushed tortilla chips, plus more for serving (optional)
- 1 tablespoon fresh lime juice, plus lime wedges for serving.

Prep Time	Total Time	Yield
15 minutes	15 minutes	4



NEW CLASS

WOMEN BE HEALTHY

First class: February 6, 2012

Last Class: March 26, 2012

When: Mondays 3-4:30 pm

Where: Butte. Gym Dandy meeting room.

Location: 305 W. Mercury.

To RSVP: Cassie 782-4834

Women Be Healthy is a curriculum that was designed to educate adult women with developmental disabilities, including those with mild to moderate intellectual disabilities, on the importance of early detection of breast and cervical cancer. This workshop can reduce anxiety about doctor visits by empowering them through education and exposure to medical exam instruments, procedures, and settings. Activities in these classes will include verbal instruction, pictures, DVD, models, and hands-on experience. Upon the completion of this course, participants will learn about general health concerns, their bodies, hygiene, clinical breast exams, mammograms, breast self-exams, as well as the procedures of a gynecological exam and Pap test. The *Women Be Healthy* curriculum is designed for group discussion of various women's health issues in eight weekly classes. These sessions last 2 hours, with a "healthy snack break" included in the middle of each class.

WHAT IS THE LIVING WELL WORKSHOP?

Living Well with a Disability is a ten week peer support workshop designed for anyone with a health challenge. Most of us practice a healthy lifestyle when it supports opportunities to participate in activities we find meaningful. The Living Well workshop begins with why we want to be well and introduces how healthy living habits create new possibilities.

Participating in the Living Well workshop will take you on a journey of self-empowerment that follows your personal quality of life goals.

BENEFITS OF LIVING WELL

Living Well workshops help identify the life areas that are important to you and help develop your personal goals to ensure those areas continue to contribute to your quality of life. Living Well workshop participants reports improvements in outlook and positive changes in daily activity, such as new recreational pursuits, returning to school or work, and participating in new social activities.

UPCOMING LIVING WELL WORKSHOPS



Bozeman:

Where: Job Service

First class: January 23rd

When: Mondays and Wednesdays
1-3pm

Schedule: 1/23/12-2/15/12

To RSVP: Call Kari or Diane @522-7300

Helena:

Where: Queen City Estates
Community Room

First Class: January 30th

When: Mondays 2-4pm

Schedule: 1/30/12-4/9/12

To RSVP: Call Kryss @ 442-5755.



*“Like us” on Facebook.
Montana Independent Living Project*

PEER WINTER SOCIAL EVENTS

Montana Independent Living Project would like to thank all those who were able to attend our bowling social event.

Please join us for our next event which is scheduled for the first part of March 2012. We will be hosting a BINGO PARTY full of PRIZES, SNACKS, and FUN!!! A good opportunity to meet new people and socialize (as well as network and talk shop)!!

You can contact Lloyd through your local MILP office or by emailing your response to lsparks@milp.us for details and directions to the event in your community.

The next events will be:

Butte: *Friday March 2nd, 2012* from 2:00-4:00pm.

Helena: *Tuesday March 6th, 2012* from 2:00-4:00pm

Bozeman: *Friday March 9th, 2012* from 2:00-4:00pm.



HEALTH COVERAGE FOR WORKERS WITH DISABILITIES

ARE YOU WORKING? DO YOU HAVE A DISABILITY? YOU MAY QUALIFY FOR MEDICAID!

The Montana Medicaid for Workers with Disabilities (MMWD) work incentive program allows individuals with disabilities to maintain or obtain Medicaid coverage based on a cost share system. An eligible individual could earn approximately \$ 4,000 per month and still qualify for Medicaid under the MMWD program. The MMWD program can work together with your SSDI benefits and in some cases Medicare benefits. You may even qualify if you don't have SSA benefits.

If you are at least 16 years of age, currently employed, income within 250% of federal poverty level and would like to obtain or maintain health coverage, please contact Lloyd Sparks at (406) 782-4834 or 1-800-735-6457 for more information, or by email lsparks@milp.us

This is an excellent opportunity to have health insurance while working.

Paid for by MIG/CMS Grant #1QACMS0300322

If you are interested in more information about MMWD, please contact :

Lloyd Sparks at (406) 782-4834

City Search

Can you unscramble the letters to find ten US state capital cities?

1. GRYOMOMENT _____

2. OXENHIP _____

3. SMARTOCEAN _____

4. HASLATEALES _____

5. APLAINSON _____

6. ILLSHAVEN _____

7. SHORTLANCE _____

8. INLAIDPIANOS _____

9. LONEPERMIT _____

10. CUBALIMO _____

Answers in April-July newsletter



3475 Monroe
Butte, MT 59701



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

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

WHITE SULPHUR OFFICE:

113 East Main/ P.O Box 618
WSS, MT 59645
(406) 547-3390

Phone: 1-800-735-6547

Website: www.milp.us

GET OUT!



Eagle Mount Downhill Ski Program Bozeman:

January 19th– March 11, 2012 . 8 week program. Bozeman, MT

For more information:(406) 586-1781

Butte Silver Bow ADA Center Training 305 W. Mercury Rm. 210:

Tuesday January 17th –

- **12-1:30pm:** *ADA standards and regulation changes March 15th.*
- **1-3pm:** *Presentation-Urban Forestry Board and the ADA.*



Tuesday February 21-

- **12-1:30pm:** Webinar, Lodging and ADA regulation changes 3/15/12

Tuesday March 20-

- **12-1:30pm:** Webinar, Service Animals and Post-Secondary stitutions.

For More information call Lloyd @ 782-4834



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