MILP

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

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

Phone: 1-800-735-6547
Website: www.milp.us

PLEASE PLACE STAMP HERE

GET OUT!

Butte:

- Old Montana Prison
- Haunted House. October 28-30. Deer Lodge. $5
- Christmas Stoll. November 25. Anaconda. Free. 6pm
- Christmas Stoll. December 2. Uptown Butte. 5-9pm. Free

Bozeman:

- Downtown Trick or Treat. October 31. Bozeman. 3-6pm
- Festival of Lights. December 2. Belgrade. Free. 5:30-9pm.
- Spirit of Christmas. December 2. Ennis. Free. 3-8pm

Helena:

- 29th Annual Autumn Art & Craft Show. October 22. Helena. $2
- Festival of Trees. November 30-December 4. Helena. $
- Christmas Stroll. December 3. Townsend. Free

Dillon:

- All Hallows Eve Event. October 29. Nevada City.
- Festival of Trees. November 18-19. Dillon. $1
- Christmas Stroll. December 2. Sheridan. $

Independently Speaking

Montana Independent Living Quarterly — October-December 2011

2011 IL Symposium A Success!

LIVING LOUD AND PROUD

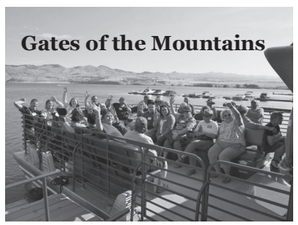
The 2011 Independent Living Symposium was held in Helena at the Red Lion Colonial Inn, August 22-24. Individuals from all four independent living centers, as well as the State Independent Living Council (SILC), and other community partners gathered together on important issues regarding disability in the state of Montana.

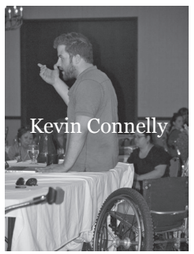
Monday afternoon began with updates from the statewide task forces. These include Public Relations/Education, Housing, Transportation, American Indian Initiatives, Self-Determination, Healthcare, and Youth. (If you are interested in any of these subjects, please contact your local center to find out how to be involved.) The afternoon was rounded out with a wonderful presentation from MILP Board Member, author, and photographer Kevin Michael Connelly. He presented from his book *Double Take* and talked about his Rolling Exhibition. What a treat! The evening finished with a semi-formal banquet. We were able to enjoy the music of special guest Billy Altom of Association of Programs for Rural Independent Living (APRIL).

Tuesday was another busy day on the books. Participants were able to attend workshops with subjects ranging from advocacy to healthy living. The task forces were part of a round table discussion over the lunch break. Overall it was a great time to spend getting to know individuals from around the state. The evening finished off with a tour of the scenic Gates of the Mountains outside of Helena on their new accessible boat! Awesome.

Wednesday was the final day of the symposium. We wrapped things up and said our goodbyes until we meet again next year. Special thank you to all of the donors. We had some wonderful door prizes.


Bonnie


Gates of the Mountains


Kevin Connelly


Enjoying the symposium


Zumba

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

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, October 10
- Friday, November 11
- Thursday and Friday November 24-25
- Monday, December 26

Charlene White–
A MILP Star Employee

STAFF SPOTLIGHT-CHARLENE WHITE

Char has been an integral part of the MILP team since November 2002. Char is the MILP Accountant and Financial Officer. She works her tail off everyday to keep MILP running smooth.

Char is a Montana native hailing from Deer Lodge. She is grandmother to three beautiful grandchildren and in her "free time" she is part of an amazing pool team that has won many top placing trophies.

We would like to thank Char for the amazing job she does behind the scenes for our employees, both in house and through our Self Directed Personal Assistance Program. We couldn't do it without her. With her kindness and hard work, she makes everyone else's job a little easier. Thank you Char!!

MILP Teams Up With The MS Society

The Greater Northwest Chapter and the Montana Independent Living Project are thrilled to begin working together to better meet the care needs of the MS community. This new partnership will allow people living with MS and their families to gain access to valuable support, including help with prioritizing needs and planning for the future.

If you don't know where to begin, care management is a great way to start by accessing community resources and service to help address a wide range of your changing needs such as inadequate medical care, sudden decrease in mobility or a significant decline in your financial status. There are many reasons behind considering care management and we want you to know who we can help where you live.

By establishing this partnership, we are now able to send MS trained ILC staff to meet with you in your home and develop a care plan that is tailored to your needs and goals. These services are absolutely free and we encourage you to take advantage of this opportunity to improve your care situation. Once enrolled, we will connect you with resources in your community along with programs and services of the National MS Society. Together, we are certain we can improve the quality of life for people of Montana living with MS.

To learn more about the Greater Northwest Chapter and the programs and services that are available at no cost to people living with MS and their families, visit MSnorthwest.org and click on *Program and Services.* Then click *Ask for Help* button to submit your request or call us at 1-800-344-4867, press option 1.

Get connected. Get answers. Get involved!

National Multiple Sclerosis Society
Greater Northwest Chapter

MEDICAID FOR WORKERS WITH DISABILTIES (MMWD)

What is Montana Medicaid for Workers with Disabilities?

MMWD is a work incentive and should be thought of as such. MMWD allows people with disabilities to keep or obtain affordable Medicaid coverage when they work. MMWD, when combined with other work incentives, creates a complete work environment where healthcare should not be a significant barrier to working.

Who is eligible for Montana Medicaid for Workers with Disabilities?

SSDI beneficiaries are the vast majority of users of MMWD nation wide. SSI beneficiaries who leave 1619(b) because of income or assets can use MMWD. Individuals who do not receive SSA cash but meet the definition of disability could use MMWD.

What are the eligibility requirements for Medicaid for Workers with Disabilities?

A person must be 16 years of age or older meeting the definition of disability. Must be employed having a net family income less than 250% of the Federal Poverty Level, with assets not exceeding $8,000 for an individual and $12,000 for a couple.

Why Montana Medicaid for Workers with Disabilities?

MMWD allows an individual to work a full-time job with the opportunity to earn up to $48,000 annually while maintaining their healthcare!

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

Lloyd Sparks at (406) 782-4834

WORD SEARCH

WIDE OPEN SPACES

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards, and backwards.

M	B	K	C	A	B	T	U	O	P	P	C	D	V	H	P	V
E	R	S	S	D	I	S	E	T	A	A	S	V	M	Z	A	T
A	U	A	A	Z	L	D	T	R	R	S	M	A	C	C	S	P
D	R	L	V	X	V	E	K	E	E	E	V	P	M	N	T	J
O	A	T	A	N	V	L	I	N	P	M	S	E	A	V	U	A
W	L	F	N	V	N	V	R	F	R	P	R	E	Z	S	R	P
O	V	L	N	H	V	E	N	B	W	D	E	I	D	W	E	J
A	N	A	A	H	D	C	E	U	B	O	H	S	A	C	L	D
N	G	T	I	L	T	V	G	S	M	A	N	S	R	P	A	N
G	I	S	I	E	G	B	P	H	Y	O	T	S	A	K	N	A
T	A	W	K	A	V	L	N	F	G	E	O	D	B	V	D	L
U	P	T	R	A	A	O	I	D	L	D	D	R	V	I	I	S
N	M	T	O	I	M	E	V	A	D	O	L	B	R	T	O	S
D	A	V	N	M	L	J	N	V	C	G	L	E	O	P	N	A
R	H	Q	O	D	N	D	E	K	L	A	A	L	I	A	A	R
A	C	C	E	D	I	S	Y	R	T	N	U	O	C	F	L	G
N	E	E	R	G	D	N	A	L	R	E	T	N	I	H	L	H

BUSH CHAMPAIGN COMMON COUNTRYSIDE DESERT FIELD GRASSLAND GREEN
HAYFIELD HINTERLAND LEA LLANO MEADOW MOOR OUTBACK PARK
PADDOCK PAMPAS PASTURELAND PLAIN RURAL
SALTFLATS SAVANNA SNOWFIELD STEPPES TUNDRA WASTELAND WILDERNESS

Last newsletter answers to the word ladder:

Acorn, Scorn, Score, Slope, Slops, Flops, Floes, Flees, Frees, Trees

WWW.PUZZLECHOICE.COM

MILP TO OPEN AN OFFICE IN WHITE SULPHUR SPRINGS

We're expanding! Montana Independent Living Project is excited to announce that we will be opening an office in White Sulphur Springs.

This office will service the surrounding communities including Harlowton and every where in between. The office will have a part time employee whose focus will include advocacy and Independent Living. We will also offer Self Directed Personal Assistance Services. If you or someone you know is Medicaid eligible and needs assistance with activities of daily living, this program may be perfect for you. For more information you can contact the Bozeman office at: (406) 522-7300.

RECIPE CORNER-

GUILTLESS PUMPKIN PIE

2 large eggs

1/2 cup granulated sugar

1 1/2 teaspoons pumpkin pie spice or 3/4 teaspoon each ground cinnamon and ground nutmeg

1/4 teaspoon salt

1 15-ounce can pumpkin

1 5-ounce can fat free evaporated milk.

Optional: Low fat whipped topping and ground cinnamon.

Nutrition Facts

Serving Size 1 slice (106.61g)
Servings Per Container 8

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 105mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 3g	
Vitamin A 170% •	Vitamin C 4%
Calcium 8% •	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Preheat oven to 350. Lightly grease or spray a 9-inch plate. Set aside.
2. Place eggs in a large bowl, beat with a fork or whisk. Add sugar, pumpkin pie spice, and salt. Stir until well mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake 40-45 minutes– or until center is set.
5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time. If desired, add a spoonful of low fat whipped topping to each serving and sprinkle with additional ground cinnamon.

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

Needs Assessment of Social Security Administration Beneficiaries with Disabilities

Are you a person with a disability who receives benefits from the Social Security Administration? Benefits can mean SSI, SSDI, or retirement.

If so, we'd like to talk with you!

Researchers at the UCSF Disability Statistics Center want to know more about your experience applying for Social Security benefits and your interactions with the Social Security Administration. We are conducting a needs assessment for the Social Security Administration so that they can communicate better with their beneficiaries who have disabilities. Phone interviews will be approximately 30-45 minutes long.

For more information, or to participate, please call this toll-free number: 1-855-209-9538.

Please speak clearly and slowly to leave your name and number. A University of California, San Francisco (UCSF) researcher (Mel) will get back in touch with you to tell you more about the study.

Or you can email:

Alice.wong2@ucsf.edu

Alice Wong
Staff Research Associate II

UCSF Disability Statistics

Tips for Protecting Your Credit

1. Do not sign the back of your credit cards. Instead write "PHOTO ID REQUIRED".
2. When writing checks to pay on your credit card accounts, DO NOT put the complete account number on the 'for' line, just put the last four numbers. This way no one can access your number.
3. Put your work phone number on your checks instead of your home phone. Never have your SS# on your checks!
4. Place the contents of your wallet on a photocopy machine. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel. Keep the photocopy in a safe place.
5. We have been told we should cancel our credit cards immediately. But the key is having the toll free numbers and your card numbers handy so you know whom to call. Keep those where you can find them.
6. File a police report immediately in the jurisdiction where your credit cards, etc, were stolen. This proves to credit providers you were diligent, and this is a first step toward an investigation.
7. Call the 3 national credit reporting organizations immediately to place a fraud alert on your name and also call the SSA fraud line number at 1-800-269-2071.

UPCOMING LIVING WELL CLASSES

Butte:	Helena:
Where: Butte Public Library-Uptown	Where: Helena MILP office
First class: November 17th	First Class: October 6th
When: Thursdays from 2:00-4:00pm	When: Thursdays from 2:30-4:30pm
Schedule: 11/17/11-1/19/12	Schedule: 10/6/11-12/8/11
To RSVP: Call Cassie @ 782-4834	To RSVP: Call Kryss @ 442-5755.

"Like us" on Facebook.
Montana Independent Living Project.

PEER FALL SOCIAL OCCASIONS

Montana Independent Living Project would like to thank all those who were able to attend our Summer Social Events. It was a nice time connect with others in our community.

For the next peer occasions we will be bowling! **Space is limited to 16 people per event.** If you are interested in being a peer advocate through MILP, this a great way to get involved and meet others who are interested in being advocates for the disability community. Please keep in mind, that by attending these events and becoming a peer advocate, you will be called when advocates are needed in your community to be the voice of people with disabilities. This may mean attending rallies, conferences, activities, etc. and making your voice heard.

The next events will be:

Helena: *Thursday, November 3rd* at Sleeping Giant Lanes. Bowling begins at 1pm and lunch will be provided.

Bozeman: *Thursday, November 17th* at the Bozeman Bowl. Bowling begins at 1pm and lunch will be provided.

Butte: *Tuesday, November 22nd* at Star Lanes. Bowling begins at 1pm and lunch will be provided.

Space is limited, so you **must RSVP** To RSVP, please contact Lloyd in the Butte office at (406) 782-4834; 1(800) 735-6457 ext. 2706; or lsparks@milp.us.