

# Independently Speaking

Montana Independent Living Quarterly



October 2010

## Living Well With A Disability



### MILP OFFERS FREE WORKSHOP

Living Well with a Disability Workshops are currently being offered through MILP.

These peer-facilitated and consumer-directed workshops take participants on a journey of empowerment through peer support, goal setting and problem solving. Living Well helps participants develop goals for meaningful activities that are linked to the development of a healthy lifestyle. Living Well participants report improvements in outlook, lifestyle, and health. Many report greater community participation in their pursuit of quality of life goals and healthier lifestyles.

The classes run approximately eight weeks in length, with classes one time per week for about two hours each.

If you, or someone you know, are interested in participating in this FREE class, please contact your local MILP office for the next available class dates and times..

For more information, please visit [www.livingandworkingwell.org](http://www.livingandworkingwell.org)

### ZUMBA! IT'S EXERCISE IN DISGUISE

Part dance, part aerobics, Zumba is an hour long routine that works almost every muscle in the body.

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program . Music is the key ingredient to Zumba classes. Zumba borrows Latin flavor from the Salsa, Mambo, Samba, Reggaeton, Hip Hop, Tango, Belly Dancing, and more.

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### 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 experience with disabilities.

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#### MILP OFFICES WILL BE CLOSED:

- **October 11, 2010**
- **November 8, 2010**
- **November 25th, 26th 2010**
- **December 24th 2010**

## STAFF SPOTLIGHT



Kryss Kuntz joined the Helena office in January 2010 with over 20 years experience as an interpreter for the deaf and hard of hearing and brings with her a wide array of experience. As previous director of the Montana Telecommunications Access Program, Kryss served as an advocate for individuals with disabilities, promoting assistive technology and independent living practices. She has a Bachelor of Science Degree in Education from Eastern Montana College with additional graduate work in Educational Interpreting.

Kryss is also training to become a

Work Incentive Coordinator. If you are receiving SSI or SSDI benefits and would like to go back to work, contact Kryss to see how your benefits will be affected.

Kryss can be reach via email at [kkuntz@milp.us](mailto:kkuntz@milp.us)



*“It defies logic to build new homes that block people out when it’s so easy and cheap to build new homes that let people in.” -Rep. Jan Schakowsky (D.-IL)*

### A HOME IS VISITABLE WHEN IT HAS....

- One zero-step entrance
- Doors with at least 32 inches of clear passage space
- One bathroom on the main floor in which a wheelchair user can enter.

*For more information, please visit:  
[www.concretechange.org](http://www.concretechange.org)*



## LOOKING FOR YOUR VISITABILITY STORY

### VISITABILITY IS DESIGN FOR ALL

Visitability is just that, a home that any person is able to visit. It is a home that has been designed in such a way that it can be lived in or visited by people who have trouble with steps or who use wheelchairs or walkers.

Visitability features make homes easier for people who develop a mobility impairment to visit friends and extended family rather than having to turn down invitations, or not be invited at all. These features also provide a basic shell of access to permit formerly non-disability individuals to remain in their homes if they develop a disability, rather than forcing them to do expensive renovations, relocate to a different home, or live in an inaccessible home which endangers their health and safety.

The four Independent Living Centers of Montana have created a Housing Task Force to advocate for more accessible housing in Montana. **We need your help in gathering your Visitability stories.**

*Is there a specific instance where Visitability or the lack of Visitability affected you or someone you know personally?*

By obtaining these stories, you will be helping to advocate for these important accessibility features on every new home built! Together we can make a difference.

Visitability benefits everyone.

If you would like more information about Visitability, would like to share your Visitability Story, or would like to know how you can get involved in this movement, please contact your MILP office or email [cweightman@milp.us](mailto:cweightman@milp.us) or [acole@milp.us](mailto:acole@milp.us)



*Rhonda Earhart, Cassie Wick, and Tami Hoar in their new office. 3475 Monroe Butte, MT.*

## BUTTE OFFICE FINDS A NEW HOME

Our Butte office has moved to a brighter, friendlier, and more accessible location. Program Director, Tami Hoar; Self Direct Program Specialist Rhonda Earhart; and Independent Living Specialist, Cassie (Weightman) Wick invite you to drop in for a visit. You can find them in the Montana International Building at 3475 Monroe Ave, Suite 100 in exciting Butte, Montana.

## RECIPE CORNER

### JEANETTE'S HOLIDAY ALMOND ROCA

3 c. sugar

1/2 lb Nucoa Margarine

1/2 lb butter

1/3 c. water

2 c sliced and toasted almond slivers

Bring all items to a 280 degree boil, or until a light caramel color. (This will take awhile. You almost burn it.)

Pour onto a large cookie sheet. Sprinkle 6oz of chocolate chips and spread across when melted. Sprinkle chopped nuts over chocolate. When completely cool (overnight), break into bite sized pieces with a sharp knife or by cracking on hard surface.

Bet you can't eat just one!



## COOKING TIPS TO FIX THOSE SPOILS

- If a soup or stew is too salty, add raw cut potatoes. Discard them after they have cooked-they will have absorbed the salt.
- The best way to thaw fish is in milk. The milk draws out the frozen taste and gives the fish a fresh flavor.
- A fresh egg will sink in water, a stale one will float.
- To avoid 'onion eyes' peel under cold water or refrigerate (or freeze) before chopping.
- To perk up soggy lettuce, add lemon juice to a bowl of cold water and soak lettuce for an hour in the fridge.
- When cooking carrots, peas, beets, or corn, add a small amount of sugar to the water to keep the flavor.
- Store celery and lettuce in paper bags, not plastic. And leave the outside leaves and stalks alone until ready to use.
- Sunlight doesn't ripen tomatoes, warmth does. Store tomatoes with stems pointed down and they will stay fresh longer.
- Meatloaf will not stick if you place a slice of bacon on the bottom of the pan.
- To soften rock-hard brown sugar, simply add a slice of soft bread to the pack and close the bag tightly. In a few hours the sugar will be soft.
- Place green fruits in a perforated plastic bag. The holes will allow air to circulate while retaining the ethylene gas that fruits produce during ripening.

### 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.



### DO YOU LOVE TAKING PICTURES?

If you like to dabble in photography and would like to see one of your photos in an upcoming issue of *Independently Speaking*, please submit photos to [cweightman@milp.us](mailto:cweightman@milp.us) for a chance to be featured. Please put : PHOTO in the subject line.



### DO YOU HAVE A STORY YOU WOULD LIKE TO SHARE?

MILP is looking for interesting ideas or stories for the quarterly newsletter. You can share your story by contacting your local office or emailing your story to [cweightman@milp.us](mailto:cweightman@milp.us)

## ZUMBA! CONTINUED FROM PAGE 1

Zumba Gold is the beginner's level, perfect for any age and ability level. It was designed to teach the basic dance steps to anyone, especially those with physical limitations or inactive older adults. It can be done using a chair or wheelchair. Zumba Gold was created to be easier than the Zumba Basic, but just as much fun.

It is a safe and effective total body workout. Zumba Gold improves balance, flexibility, and cardiovascular strength, as well as countless psychological benefits.

When you take your first Zumba class be sure to wear comfortable exercise clothing and supportive shoes. Don't

forget your water bottle and hand towel and get ready for the party!

For more information about Zumba or to find a class near you, please visit [www.zumba.com](http://www.zumba.com)



## LOOKING FOR HOUSING?

The Montana Board of Housing has partnered with [socialserve.com](http://socialserve.com) to create a website to help individuals looking for housing around the state. Properties are listed free of charge and can include pictures, maps, and nearby amenities.

This fast, easy-to-use, free search lets people look for rental housing using a wide variety of criteria and special mapping features. It also has helpful tools for renters such as an affordability calculator, rental checklist, and information about renter rights and responsibilities.



## DOUBLE TAKE— A MEMOIR

Kevin Michael Connolly was born in Helena. Born without legs, Kevin was otherwise a healthy baby and grew up like any other Montana kid. Whether swarmed by Japanese tourists at Epcot Center as a child or holding court at the X Games on his mono-ski as a teenager, Kevin has been an object of curiosity since the day he was born. As a college student, Kevin traveled to seventeen countries on his skateboard and, in an attempt to capture the stares of others, he took more than 30,000 photographs of people staring at him. In his memoir, Connolly cast the lens inward to explore how we view ourselves and what is to truly see another person. From the home of his family in Helena to the streets of Tokyo and Kuala Lumpur, Connolly's remarkable journey will change the way you look at others, and the way you see yourself.

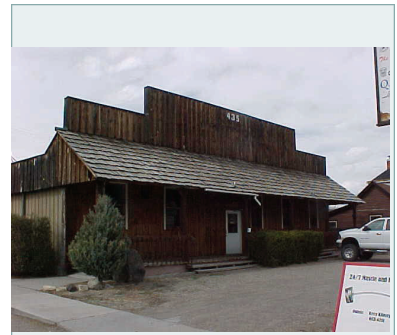
Kevin currently lives in Bozeman as a professional skier and photographer. He is also a member of the MILP Board of Directors. For more information about the book please visit [kevinmichaelconnolly.com](http://kevinmichaelconnolly.com). The book is available at local bookstores or on [amazon.com](http://amazon.com).



## NEW OUTREACH OFFICE OPENS IN DILLON

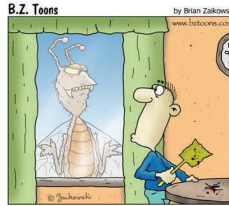
June 1st saw the opening of a new Montana Independent Living Project outreach office in Dillon. The new location can be found at 435 S. Atlantic, close to the college, hospital, and some fine dining. Jeanette Prodggers, a recent MSW graduate from the University of Montana, was hired as a part-time program specialist. She covers Beaverhead and Madison counties and serves as an Independent Living Specialist and Medicaid Self-Direct Program Specialist.

The office hours are generally 8:30am-5:00pm on Mondays and Tuesdays and 8:30am-12:30pm on Wednesdays.



Dillon MILP office  
435 S. Atlantic  
406-925-5005

*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)*



## Comedy Movie Word Search

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



Alison Cole (IL Specialist-Bozeman) spends the day at the Brain Injury Picnic.

- |             |            |               |             |                |
|-------------|------------|---------------|-------------|----------------|
| ALL OF ME   | FLETCH     | OH, GOD       | ANNIE HALL  | GHOSTBUSTERS   |
| PLAZA SUITE | BABE       | HAPPY GILMORE | REPO MAN    | BEING THERE    |
| HARVEY      | RUSHMORE   | BIG           | HOLIDAY     | SHREK          |
| BOB ROBERTS | HOTSHOTS   | SLACKER       | BULL DURHAM | LEGALLY BLONDE |
| SLAP SHOT   | CARS       | LIAR LIAR     | SLEEPER     | CAT BALLOU     |
| LOCAL HERO  | THE RUTLES | CITY SLICKERS | MALLRATS    | TOOTSIE        |

- |            |                |
|------------|----------------|
| CLERKS     | MANHATTAN      |
| MEATBALLS  | TRADING PLACES |
| UNCLE BUCK | DUCK SOUP      |
| MOONSTRUCK | CLUELESS       |
| ELECTION   |                |
| YES MAN    |                |

MILP Contact Information

HELENA OFFICE

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

BUTTE OFFICE:

3475 Monroe Ave, 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**

**October 7:** Uptown Art Walk

**November 26:** Anaconda Christmas Stroll

**December 3:** Annual Christmas Stroll (5-9pm)

**Bozeman**

**October 29:** Downtown Trick or Treat (6pm)

**November 25:** Huffing for Stuffing Run (8am)

Www.huffingforstuffing.com

**December 4:** 30th Annual Christmas Stroll (4:30pm)

**Helena**

**October 23:** 28th Annual Autumn Art & Craft Show

Helena Civic Center 9-4:30pm (\$2.00 admission)

**November 12:** Downtown Helena Fall Art Walk (6-10pm)

**November 26-27:** Holiday Stroll Weekend

**Dillon**

**October 16:** Octoberfest

**October 22/23:** Bannack Ghost Walks

\*\*Reservation required. (\$10)

**November 19/20:** Dillon Festival of Trees

**December 3:** Sheridan Christmas Stroll

**December 3:** Dillon Christmas Stroll

\*\*Please notify us of upcoming events in your community\*\*



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



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