

FYI

Essentials in Creating Meals

1:00 – 3:00 p.m.

July 12 and August 16, 2016

Wahpeton Law Enforcement Center – Community Room
Call Joyce at 701-672-1648 for more information

Mindfulness: Love. Eat. Relax

1:30 – 3:30 p.m.

Tuesday, August 6, 2016

James River Senior Center
Jamestown

Pre-registration is requested by calling Beth at 701-252-4693

Medicare Basics

11:00 a.m.

September 6, 2016

Lincoln Center Building
Conference Rm#3
Fergus Falls

Call Tanya to register at 218-998-1799 or email at tanyas@freedomrc.org

Call for Exhibitors – 4th Annual Art of Freedom

Exhibitor deadline:

September 29, 2016

If you are interested in being a participating artist, contact Wanda at 800-450-0459

Independence Takes Determination

Carol Olson is 80 years old. She grew up in Plentywood, Montana where she met her husband and raised 10 children. After 17 years of marriage, Carol left her husband and went back to school to get her high school diploma. She hasn't looked back since. "Once I left the farm, I just kept going," she said.

When Carol was 65 she went back to college and got a degree from Aakers College (now Rasmussen College.) She continued to work until she was 75 years old. When she was 75 she fell and



Carol Olson

"I never say I can't, I say I'm gonna."

was hospitalized for two months at Sanford Health. Carol was transferred to Manor Care for rehabilitation. She was determined to get back into independent living and after eight months in Manor Care, Carol moved into New Horizons Manor in Fargo on April 12, 2016. New Horizons is a fully accessible apartment complex run by the Fargo Housing & Redevelopment Authority.

Jana Lefor, MFP (Money Follows the Person) Transition Coordinator, left a MFP brochure with the Manor Care Social Worker. On February 29, 2016, Carol and Jana met for the first time. One of the first things Carol shared with Jana was, "I've learned to eat three meals per day and take my

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medications because I don't want this to happen again."

MFP is a program that can assist individuals living in a nursing facility move back into independent living. Freedom Resource Center contracts with the ND Department of Human Services for Transition Coordination. The MFP program also provides one-time financial assistance with moving costs. For Carol, the financial assistance helped buy a specialized bed, bedding, some furniture (love seat and small dining table), some initial groceries, and a short-term supply of her medications during her first week of transition. Without this assistance, Carol wouldn't have been able to move back into independent

"I prayed for help and the next day I got the MFP brochure," Carol said.

living. "I don't want to sit around doing nothing all day. I want to keep learning," she said.

Although Carol has returned to independent living, she does receive some homemaker services (cleaning and laundry assistance) and a nurse comes to her home once a week. Most of her week consists of reading (Carol will read anything from tai-chi to mysteries), playing BINGO, visiting with other tenants in the community room, and taking trips with other tenants on Fridays into the community. She has even talked about the possibility of going back to school. For now, Carol still has some healthcare challenges to face; but you can bet she will remain independent as long as she can.

From Where I Sit

Today, July 6, is a banner day for a couple of reasons. First of all I turned off the "Out of Office" automatic reply on my email and changed my phone message from the one that said I'm on extended sick leave. I've been mostly absent from the office since the day before my shoulder surgery, which was March 30.

The other big event I'm celebrating today is the 39th anniversary of the car wreck that caused my paralysis. It's not that I'm throwing a party or anything. I just acknowledge the day and reflect a bit, and most of all appreciate the fact that I'm still here and in control of my life.

To me, that is what independence means—the ability to make my own decisions. That aspect hit home this past week as I ended up in the hospital for five days. My body reacted to a medical procedure by having extremely high blood pressure. After a lot of work by my doctor and other medical staff it finally improved enough to be controlled by pills and not intravenous medications. The doctor's big concern was whether I could manage my blood pressure at home. My answer: absolutely. I have my own blood pressure machine sitting on my counter and use it daily. I can determine what type and amount of medication to take depending on the numbers I get. And as opposed to some people, I will not ignore this problem. To do so just might end this 39-year celebration.

On July 26 we will have another great event: the 26th anniversary of the Americans with Disabilities Act. That is our independence day as people with disabilities. After years of hard work by thousands of people from all over this country we finally got our civil rights. We now have the right to expect equal access to nearly every aspect of American life; from employment, to government services, to privately-owned businesses, public transportation, and communication.

Of course there are still injustices. We have a long way to go on some issues. But that is the way it is for other minority groups as well. It's a long, hard struggle. I say that we here at Freedom Resource Center will never work ourselves out of business. There will always be areas where we must educate and advocate. People with disabilities should be able to count on us to be there to support their efforts to be more independent and in control of their lives. Business and government entities should know that we will provide accurate information, and call them out if they do something wrong or ignore our civil rights.

As I sit here in my office on this beautiful July day I'm grateful for my independence.



**Nate Aalgaard,
Executive Director**

5th Annual Appreciation Luncheon

Freedom Resource Center held its 5th Annual Appreciation Luncheon on May 10, 2016. Five award recipients were recognized: Volunteer of the Year: Invest Students (Fargo Public Schools); Youth Advocate of the Year: Kameron Knoll; Advocate of the Year: Richard Ovind; Accessibility Award: MATBUS; Employer of the



Drew Sturdivant & Lori Van Beek, MATBUS



Kameron Knoll



Laurie Baker



Richard Ovind & Beth Dewald

Year: Minnesota Relay; and the Distinguished Service Award: Laurie Baker and the FM Coalition for Homeless Persons.

The Appreciation Luncheon was made possible in part by the following partners: Bell State Bank, Blue Cross Blue Shield of ND, BNG Design, Brady Martz, CARR-AGRA - Charlie & Ron Rottenberger, Dakota Medical Foundation, Consolidated Communications, Knight Printing, Marco, Metro Area Mayors Committee, Network & Technology Solutions, Inc. (Sajid, Ghauri), Network Center, Ramada Plaza & Suites, Waddell & Reed, and Westwood Management-Bill & Kate Welder.



Invest students



Nancy Soyring, MN Relay

Disability Integration Act of 2015

In 1990, Congress enacted the Americans with Disabilities Act (ADA). The ADA was intended to assure “full participation” and “independent living” for individuals with disabilities, and to ensure that individuals were able to exercise their right to community-based services and supports, instead of institutionalization. In 1999, the Supreme Court’s Olmstead decision upheld the fundamental right of individuals with disabilities to live in integrated community-based settings with support services. Yet, most states have not fulfilled these mandates. As a result, Congress has introduced the Disability Integration Act of 2015 to: 1) clarify and strengthen the ADA’s integration mandate in a manner that accelerates State compliance; 2) clarify that every individual who is eligible for home and community based services and supports has a Federally protected right to meaningful integration into the individual’s community with supports; 3) to ensure that individuals with disabilities live in the most integrated setting, including their own home, and have control over their services and supports; 4) establish comprehensive State plans that are enforceable and measurable, with clear and uniform reporting requirements.

Almost three-quarters of Americans over the age of 45 want to stay in their current residence as long as possible; 63 percent of baby boomers do not plan on moving from their home into an institutional setting. If you want more choices and control, contact your U.S. Senators and ask them to sign on and support the Disability Integration Act of 2015.

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*“Helping people with disabilities live
more independently over 25 years”*

Go to www.freedomrc.org
& click



What's Wrong With This Picture?

Notice the location of the button for the power door and which door has the 'Power Door' sticker. If a person pushed the button, they will have to move to get out of the way of the door. To make matters worse, the garbage can could also get in the person's way.

