

THE SUMMIT INDEPENDENT

AN ADVOCACY AND RESOURCE CENTER

FOR MONTANANS WITH DISABILITIES

WESTERN MONTANA DISABILITY NEWS AND VIEWS

SUMMIT INDEPENDENT LIVING CENTER, INC. | (406) 728 - 1630 | WWW.SUMMITILC.ORG

Donate Medical Equipment

Page 5



Give LOCAL!

Page 7

Assisting with Computer Access *by Chris Clasby*

Assistive Technology (AT) and adaptive equipment describe devices and tools that enable individuals with disabilities to independently do a variety of tasks independently.

These devices can be used for recreation, computer access, daily living, learning and memory, education, or other general purposes. Many computer access devices make computer use possible for individuals who cannot use standard hardware. One type of AT for computer access is an adaptive mouse which enables someone with limited or no hand or arm function to use a computer mouse. There are many options, but one new adaptive mouse called the IntegraMouse Plus offers some exciting features and works well.

Many adaptive mice available are controlled with various tracking features. The user moves the mouse with head motion – a right head turn moves the mouse to the right, looking up moves it upward, etc. Some tracking devices are fully functional by themselves while others are programs to make a webcam a tracking device. Although they provide mouse movement, not all provide mouse click functions, so users must use click programs such as the dwell click. The user programs the dwell click to either left-click, right-click, or double-click when the mouse pauses in one spot for a preset amount of time. To switch between left-, right-, and double-click, the user must make the change in the dwell click program. Tracking devices I have tried don't work well due to the time required to switch between click functions and unreliability of movement. I've never found these devices to control the mouse very clearly.



Quadjoy joystick mouse

Another common adaptive mouse is a joystick mouse, such as the QuadJoy and Jouse 2. These devices move the mouse when the user moves a joystick with his or her chin or lips. The click functions are operated by sipping or puffing

into the end of the joystick. These devices work better than tracking; but I've found those available to be too long, which requires too much head movement. Also, they aren't very sensitive so control of the mouse seems loose. Finally, these devices attach to mounting arms that require the user to position right against a desk or surface, which I have found awkward.



IntegraMouse Plus

A new device called the IntegraMouse Plus is another sip and puff mouse and works much better for me. This device offers a short joystick that's very specific for good control and requires little movement. The plug and play USB connection requires no downloads or programming; the click and drag functions are operated by sip and puff, and the device is sold with a reticulating arm that's easy to position and holds its exact place. This mouse offers three modes – cursor for screen control, a gaming mode for computer games, and pointer mode for computer functions. The most exciting feature is that it can be operated through wired USB or wirelessly with a dongle. The wireless option allows the user to be in any position within range, including even tilted or reclined. Users can even operate it easily laying flat on their backs in bed!

Like any type of AT, adaptive mice can be very expensive. While some WebCam tracking programs are free, the hardware devices cost about \$500. Joystick mice range from about \$1,000 to \$2,000. The only downfall of the IntegraMouse Plus is that it costs \$2,500, which includes everything for operation. Someone wanting to purchase the IntegraMouse Plus needs some expendable income or needs to be creative and aggressive in finding funding and financing options. If used for employment or education, users are more likely to find a variety of funding sources to help with the purchase.

UPCOMING EVENTS

FLATHEAD COUNTY

- Social Security Orientation** - First Friday of each month, 9:00 and Third Friday, 1:00
- Women's Discussion Group** - Second and Fourth Friday of each month, 1:00 - 3:00
- Sign Language Class** - New classes start every few months
- Social Activities** - We get together four times a year for social activities. Call the office to get your name on the mailing list so you won't miss the next fun and exciting adventure.

Unless otherwise noted, classes and groups are held at:

Gateway Community Center, United Way Conference Room
1203 Hwy 2 West, Kalispell

Call Flo or Dianna at (406) 257-0048 for more information or to register.

RAVALLI COUNTY

- Man Cave** - April 24 & May 22, 11:00 - 1:00, Cook Out - Blodgett Park on the River
- People First** - Tuesdays, 3:00 - 4:00
- Women on the Move** - Will meet as part of TGIAF
- TGIAF - Thank Goodness It's Activity Friday** - Starts April 4, 1:00 - 3:00
- National Luau Month** - May 6, 5:30 - 7:30, Corvallis Methodist Church
- Summer Picnic** - June 19, 11:00 - 1:00, Lake Como Group Picnic Site
- Summit & Social Security Orientation** - April 7, May 5 & June 2, 1:00 - 3:00

Unless otherwise noted, classes and groups are held at:

Human Resources Council Building, Summit Conference Room
316 N 3rd St., Hamilton

Call Joel or Mary at (406) 363-5242 for more information or to register.

MISSOULA COUNTY

- Living Well** - Mondays, 10:00 - 12:00 starting April 7
- Working Well** - Tuesdays, 10:00 - 12:00 starting April 8
- Growing through Pain & Progressive Loss** - Wednesdays, 1:30 - 3:00 starting April 2
- Smart Money I** - Fridays, 1:00 - 3:00 starting May 2
- Summit Orientation** - First Friday of each month, 10:00 - 11:00
- Income & Benefits** - First Friday of each month, 11:00 - 12:00

Unless otherwise noted, classes are held at:

Summit LLC, Summit's Conference Room
700 SW Higgins, Suite 101, Missoula

Call Kathy at (406) 728-1630 for more information or to register.



Summit Board

Leanne Beers

Mark Cash

Steve Hackler

Gay Moddrell

Jenny Montgomery

Randy Morigeau

Larry Riley



Summit Staff

Missoula County

Executive Director

Mike Mayer

Program Manager

Jude Monson

Program Support Specialist

Mike Giddings

SDPAS Coordinator

Nicole Auer

SDPAS Coordinator

Betsy Ames

SDPAS Assistant

Carrie Dyrud

Advocacy Coordinator

Travis Hoffman

Peer Advocacy Coordinator

Chris Clasby

People First Advisor/IL Specialist

Andrea Dahl

Youth Coordinator

Michael Beers

Youth Specialist

Cara Wherley

Outreach Specialist

Susan Morris

Media & Work Specialist

Justice Ender

Secretary

Kathy Boyer

Bookkeeper

Libby Miller

Assistant Bookkeeper

Sally Wahl

Assistant Bookkeeper

Alicia McLean

Flathead County



Coordinator

Flo Kiewel

IL Specialist

Dianna Kintzler

SDPAS Specialist

Aleyna Raymond

Ravalli County

Coordinator

Joel Peden

IL Specialist

Elizabeth Varnum

People First Advisor/IL Specialist

Mary Millin

Lake County

Co-Coordinator

Michelle Williamson

Co-Coordinator

Scott Williamson



New Staff

Name: Aleyna Raymond

Job Title: Self Direct Personal Assistance Services Specialist

Job Duties: I do home visits for consumers that are part of the self direct program in Flathead and Lincoln counties. I get to chat with them, see what is new, check if there are any problems, and basically get to know them.

Hobbies: Anything to do with Glacier Park! I love hiking. I drag my kids there to hike all summer, and anyone else who innocently mentions that they would like to go on a hike. I also camp, swim and boat there. My husband is an avid kayaker, so I do that quite a bit and enjoy it as well.

Favorite Sport: Running, but I don't watch it; I actually do it. I haven't done any full marathons lately, but lots of 5ks and 10ks. I'm planning to run a half-marathon in September. I also enjoy reading novels.

Other info: I am married and have four children, so that takes up any extra time I have left!

Supplemental Security Income Restoration Act of 2014

Recently introduced bills - S.2089 & HR.1601 - would change asset limits for people on the SSI program. These bills would also increase income disregards, add inflation adjustments for future years and do away with some of the rules that decrease SSI payments for people who receive additional support from family members.

The Senate bill has been referred to the Committee on Finance, and the House bill to the Committee on Ways and Means.

To learn more about the proposals, visit:
<http://beta.congress.gov/>

COMMUNITY TAP NIGHT ...one pint at a time

**May 13
Tuesday Night
6:00-9:00 p.m.**

**TAMARACK BREWING
COMPANY
231 W. Front Street
Missoula, MT**



**75 cents from every pint
sold benefits
Summit Independent
Living Center!**

**For additional information
about
COMMUNITY TAP NIGHT
visit:
www.tamarackbrewing.com**

TIPS FROM TOM



Tom Thompson, Summit Peer

DIGESTIVE ENZYMES

We eat food, but our system doesn't absorb food - it absorbs nutrients.

Food has to be broken down to its nutrient pieces:

amino acids, fatty acids, simple sugars as well as vitamins, minerals, and a variety of other things. Digestive enzymes break down our food into nutrients so that our bodies can absorb them. Enzymes are the workers in our digestive system.

Digestive enzymes are primarily produced in the pancreas and small intestine to convert food to a usable form. Some disabilities may cause a reduced production of these enzymes. Without them, people can experience digestive issues including: weight problems, allergies, indigestion, low energy, bloating, heartburn, fatigue, gas, headaches, upset stomach and constipation.

People cannot get enzymes from cooked food. They must eat raw fruits, vegetables or otherwise supplement these enzymes for proper function.

However, there are many other reasons why one may experience improper digestion. If you have concerns, you should consult a physician.

Tom is a peer advocate in Missoula and can be reached at tomskilaw@gmail.com

Montech Equipment Recycling Program MERP

MERP is a new MonTECH initiative dedicated to improving healthcare and the environment in Montana through the efficient recovery, redistribution or recycling of surplus medical equipment.

MERP accepts donated medical equipment from any organization or individual who no longer needs it. MERP has a comprehensive cleaning and disinfection program in place. Once the equipment has been refurbished and inspected by a qualified professional, MERP then redistributes the equipment to those in need.

The intent of this program is not to supplant the opportunity for any person to receive new medical equipment or supplies. It is to provide access to equipment in any situation, especially in the situation where there may be no or limited resources for an individual. MERP could be a source of needed medical equipment.

Volunteer Your Time and Talent

The program could not operate without the support of volunteers. MERP is in the process of building a network of partners to help us with the following: storage space, transportation, collecting, cleaning, refurbishing and reissue of equipment, office support.

Donate

If you own medical equipment that is no longer needed or used, consider donating it to MERP. Cash donations are vital to continue the service that the program provides. MERP is able to make only minor repairs, so all donated equipment must be in working condition. Among the items we are able to accept are:

- Wheelchairs & Scooters
- Canes & Walkers
- Hospital beds
- Bathroom equipment, including:
tub benches & shower chairs
- Lift chairs & Grab bars

MonTECH

700 S.W. Higgins
Missoula, MT 59803
406-243-5751
Fax 406-243-4730

E-mail: montech@ruralinstitute.umt.edu
Web: <http://montech.ruralinstitute.umt.edu>

BULLETIN BOARD

See our website at:
newsletter.summitilc.org
for more ads

Vestil 1000lb capacity lift, model #ehlt-6678-1-43 operates on 115V, rain proof operation controller, 36 inch lift height, 2 removable rails, hinged ramp for easy loading/unloading, hardly used. \$3700 OBO. Call 531-8588.

Medical Air Purifier by FilterQueen. Great Condition - Rarely used. Must sell - \$250. Call 493-0451.

Video Eye-high definition video magnifier for the vision impaired. Auto focus, reverse image, mirror attachment, 15" wide field of view, optional sliding XY attachment. \$1500 OBO. Call 406-755-5307 or 406-871-7817.

Permobil C300 Wheelchair. Full-featured-power-lift, footrest, backrest, vertical lift, Bluetooth, Omni-control module, enhanced steering, removable tray, E-Z lock (vehicle mount), Roho cushion. \$2000 OBO. Call Theresa at 251-6450.

Quantum 600 Battery Wheelchair. Has tilt, leg lift, Roho cushion, and headrest. Candy Apple Red. Great Condition. \$2000/OBO. Call (406)728-2689. E-mail wolfsden08@live.com for pictures.

3-wheel 2012 scooter. Street legal, turn signals, head lights, tail lights, basket on rear behind seat. Goes approximately 18 mph. Rechargeable battery. \$1500. Call Larry Williams at (406) 882-4192 for more information.

2011 Pride Victory 10 Scooter. 3-wheeled, blue. Includes cover and battery charger. \$850 OBO. Call 543-5360.

Have something you want to sell or give away or are you looking for a hard-to-find piece of equipment?

If so, list it here by contacting Justice Ender at (406) 728-1630 or email justice@summitilc.org.

Or, list and find those hard-to-find items on the MonTECH item exchange website at:

<http://montech.ruralinstitute.umt.edu/mtdb/>

SDPAS Consumer & Caregiver Corner

Spring Cleaning: Why bother?

It has been said, and it is also very true, "Cleanliness is next to impossible." However, living in a fairly clean and uncluttered space has many and various health benefits. It will help clear your home of dust, mold, bacteria and viruses that can have a negative impact on your physical health.

Also, "a cluttered and unclean living space:

- Robs us socially ...when we're too embarrassed to have people over.
- Robs us spiritually ...because we can't be at peace in a cluttered home.
- Robs us psychologically ...by stealing our ability to feel motivated in our space," according to Peter Walsh, an organizational expert.

Spring cleaning will make your home safer too-for yourself and your family, caregivers and guests.

Here are some ideas to help get you started:

Schedule it.

Just like a doctor's appointment or other important commitment, block off time in your schedule that you can devote to spring cleaning. Instead of a dedicated chore day, clean just one room a day.

If it still seems like a monumental task, even **15 minutes a day** devoted to cleaning and de-cluttering will make a big difference.

Make a checklist.

For each room in the home (and don't forget the stairways and hallways), list the tasks you want to complete. This will help break down the chores into 'doable' steps. Keep it simple! Stick to three or four tasks for each room. For example:

Living Room:

Recycle old newspapers and magazines

They are a *safety hazard* if they are blocking your movement in your home. Bag them up and move them out!

De-clutter

This is difficult for most people. If you tend to accumulate possessions and you don't want to get rid of them,

think about carefully storing half of them in bins or boxes. Rotate the stored and displayed items a couple of times a year. You will be surprised at how much more you will appreciate them.

Dust and Vacuum

Using a damp cloth keeps the dust from scattering. To dust high and low places without bending and stooping, make a handy dust mop by attaching your dust rag (or an old cotton sock) to a gift-wrap tube or a yardstick.

Kitchen:

Clean out 'junk' drawers

Wash sink

De-clutter and wash countertops and floors

Clean refrigerator; throw away any expired food

Bedroom:

De-clutter (Be sure to check under your bed. That's where dust bunnies like to breed!)

Vacuum and dust

Wash linens

Bathroom:

Clean out the medicine cabinet and dispose of expired medications

De-clutter and wash countertops and floors

Clean commode, tub and sink

Note: Let cleaning solutions work for you. Once you apply a cleaning solution, let it attack the grime for a few minutes, then come back to wipe up or scrub. Make sure your pets don't lick the area!

This article was compiled from the following online resources; please refer to them for more information:

AARP.com Arthritistoday.com Caregiverstress.com

Flylady.net Lizzyannescleaning.com

Oprah.com/spirit/Peter-Walshs-Secrets-to-Cleaning-Up-Mess-and-Clutter



Summit Independent Living Center is proud to be a part of Give LOCAL Missoula!

Give LOCAL Missoula is a powerful 24-hour, online giving event that connects Missoulians with community nonprofits to reinforce the value of both local philanthropic giving and community engagement. LOCAL nonprofits' involvement in the event will give members of our community the chance to find and support an organization whose mission aligns with their passion, or to make an amplified impact to an organization they already support, with the help of our \$10,000 Stretch Pool. Our 2014 goal is to raise \$100,000 for Missoula nonprofits during this one day!

Give LOCAL Missoula is part of a national event with local impact. We are joining communities across the country on May 6th in a one-day online giving challenge to raise funds for local causes.

Marking the centennial anniversary of community foundations, Give Local America allows Missoula to generate significant funds for causes right in our own backyard. For one day, every dollar given to local nonprofits will be matched by funds from a local pool of sponsorships, as well as national matches - making every gift go further.

On May 6th at 12:00am, the Give LOCAL website will begin accepting donations to dozens of area nonprofits and causes - for one day only.

Everyone can be a philanthropist. We're asking every person in the community to get behind this effort. Large and small gifts will combine for big impact. Imagine what we can accomplish if we invite our entire community to give local!

On **May 6**, donors can visit:

www.givelocalmissoula.org

or

www.givelocalmissoula.org/#npo/summit-independent-living-center
(to give directly to Summit ILC)

There will also be spots set up around town where people can go to participate.

As the event gets closer, please feel free to visit:

www.givelocalmissoula.org

follow on facebook and Twitter:

www.facebook.com/GiveLocalMissoula

&

www.twitter.com/GiveLocalMissou

or contact:

Meredith Printz

Executive Director for the

Missoula Community Foundation

Meredith@missoulacommunityfoundation.org

(406) 552-7347

There are many great, local non-profits participating in Give LOCAL Missoula.

Help your community. Give LOCAL!

SUMMIT INDEPENDENT LIVING CENTER, INC.

700 SW Higgins, Suite. 101

Missoula, MT 59803

Return Service Requested

Phone: 406-728-1630

Toll-Free: 800-398-9002

Fax: 406-829-3309

Website: www.summitilc.org

Non-Profit Org.

U.S. Postage

PAID

Missoula

Montana

Permit No. 74

*AN ADVOCACY AND RESOURCE CENTER FOR
MONTANANS WITH DISABILITIES*

THE SUMMIT INDEPENDENT

APRIL 2014

This publication is available in alternative format on request. Please call 1 (800) 398-9002.

Summit Independent Living Center
would like to thank:



For donations and other efforts
benefiting our organization.

Your support has gone towards
making Montana a better place!

And look forward to:

Give LOCAL Missoula - May 6



Missoula Community Foundation

Community Tap Night - May 13, 6-9 P.M.



Details inside!

Remember, you can always sign up for the electronic newsletter

by contacting: missoula@summitilc.org