

JANUARY 2010

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



“You have the Power...Live the Dream!” ~Justin Dart

July 26, 2010 will mark the 20th anniversary of the Americans with Disabilities Act (ADA).

The ADA, signed into law by President George H.W. Bush, is a comprehensive civil rights law that aims to eliminate discrimination towards people with disabilities. The ADA has expanded opportunities for Americans with Disabilities by reducing barriers, changing perceptions, and increasing full participation in community life.

On the 20th anniversary of the ADA, during our next IL Symposium in Missoula (see page 5), we will celebrate and recognize the progress that has been made under the ADA and recommitting our efforts to achieve full ADA compliance.



Thinking Back...Looking Forward!

By Bob Liston -- President, Summit ILC Board of Directors

As I sit here thinking back to 2009, I can't help but think about the good things that have been accomplished by Summit Independent Living Center and the disability community across the state and country. It seemed to all start prior to the beginning of the year, trying to find someone to be the lobbyist for Independent Living and the disability community, then figuring out the logistics for Travis Hoffman to fill that role. Between Travis, all the CIL directors and advocates, other organizations like Disability Rights Montana, AARP, the Mental Health Association, provider agencies and many more we saw a pretty good legislative session. Travis not only did a great job in Helena, but was able to get our community across the state involved in the process by contacting their legislators.

At the same time, there was a national effort to get the Community Choice Act introduced, acted upon and/or included in the Health Care Reform efforts. Since Senator Baucus

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We have recently added a variety of new features to our website. Read about them here then check them out online

2010 Social Security Changes

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Check out the 2010 changes in the Social Security programs that affect people with disabilities.

County Updates

Pages 4, 7, & 10

Catch up with the latest news from Summit's satellite offices in Hamilton, Kalispell, and Ronan.



Summit's New Online Features

If you've visited our website lately, you've probably noticed a few changes. The most obvious change to our website is it's appearance but we have made other changes as well. You can now read about what services Summit has to offer (many of the service pages are still under construction) and there are now a variety of ways you can stay up to date and interact with us here at Summit. Keep Reading to find out how...

www.summitilc.org

Fan Summit on Facebook

That's right, Summit now has a Facebook page. On the Summit Facebook page you can stay up to date with the latest news and action alerts, interact with other Summit Facebook Fans, browse through our photos, and much more. So, if you are on Facebook, become a Fan of Summit today at: www.facebook.com/pages/Summit-Independent-Living-Center-Inc/98467702265



Follow Action Alerts on Twitter

If you are on Twitter you can now follow Montana Independent Living Action Alerts on Twitter and share them with your followers. To get action alerts on Twitter go to www.twitter.com/mtilactnalrt and follow us.



Subscribe to our Newsletter and Action Alert RSS Feeds

Do you use Google Reader or another RSS Feed client to gather your news? If so, try subscribing to Summit's RSS feeds. We currently have feeds available for our online newsletter as well as the action alert system. Check them out on our website at <http://www.summitilc.org/rss.html>.



Watch Summit's Videos on YouTube

Summit now has the capability to capture events on video and share them with you on YouTube. We also periodically put together short videos regarding important issues so be sure to check out Summit's YouTube channel at www.youtube.com/summitilc.





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Thinking Back... Continued from Page 1

made it quite clear from the beginning that he would not hear the Community Choice Act (it had to get through the Finance Committee first and Sen. Baucus is the Chair), efforts moved to including it in the Health Care Reform. ADAPT members from New York, Pennsylvania, Kansas, Montana and staff/advocates from Summit ILC met with Senator Baucus' staff by phone and in person (not invited), continuing to be told that Long Term Services (i.e. CCA) would not be included. This was not acceptable. Advocates across Montana went to virtually every office of Sen. Baucus insisting on a personal meeting and expressing the importance of moving CCA forward. In Missoula, advocates finally got an appointment to meet with the senator during the August recess. We came away from this meeting "guardedly optimistic" that he "heard" what we had to say. To our surprise, when Sen. Baucus got back to Washington D.C., he included the Community First Choice Option (a demonstration project using CCA principles) as part of the "chairman's mark" or his final bill—a major accomplishment. Way to go Summit, Montana and National Advocates and thanks for your efforts!!!

We have seen a Medicaid "buy-in" program passed through the legislature allowing persons with disabilities to obtain jobs, earn more money and still have insurance. Summit's Self-Direct Personal Assistance Program is seeing more services to more people utilizing it, which means not only are more people in independent settings, and resulting in more personal assistants being employed and getting more hours. We have been able to pay personal assistants more in wages and provide insurance through a state program to those who want it. Summit also has a greater presence in the high schools. We made major accomplishments in 2009 and we should take pride in what we have seen done. The Board of Directors thanks the staff, peers and advocates for their efforts.

But we also need to be thinking about the future. We have to keep an eye on the Health Care Reform and what ends up happening to the Community First Choice Option—pushing Montana to apply if possible. We need to continue to fight for the passage of the Community Choice Act. Where one lives should not determine the types of supports and services they are able to receive. This should be uniform across the country and nursing homes should not be the default program—we need to end the institutional bias in Medicaid!

Summit is working with Aging Services to develop ways to ensure the aging and veterans have the opportunity to continue to live in the community, as well as improving outreach and efforts to get younger folks with disabilities out of nursing homes and back into their communities. Summit continues to partner with the Rural Institute at the University of Montana to assess and demonstrate on ways to provide new and improved services to our consumers.

As a Board, we need to ensure that we have the infrastructure for Summit staff to continue to do a great job. Do we have enough space in our offices? Do we have the technology to provide the services? Are there other partners we should be working with? We need to look at fundraising so we have "unrestricted" funds to be able to do the lobbying

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Flathead County Update & Murder Mystery Party

Part two of The Four Deuces murder mystery was held November 7th and there were 22 people in attendance. It was potluck, but we also had some delicious pizza donated by Nickel Charlie's. The party was a great success and everyone had a fantastic time. Plans for our next fun activity are in the works.

Flo Kiewel, Marty Wheeler and Amanda Edwards attended the Independent Living Symposium in Billings, October 19th and 20th. In spite of the grueling trip over there it was a very productive symposium with everyone coming away enlightened and charged up for systems change. All attendees are also participating in on-going task-force committees to continue to advocate for change in target areas such as housing, transportation and promotion of IL services.

YODA has been busy planning activities for next year. Some of the activities that they may be

doing include: advocacy for transportation and community access, community education, skiing, ice-skating, fishing, and hiking.

A Social Security and Work Incentives workshop will be held January 14th from 1:00 to 3:00pm in the United Way conference room at the Gateway Community Center (formerly Gateway West Mall). If you are thinking about returning to work full or part time and want to know how it will affect your Social Security, this is the place to go. Call Flo at 257-0048 to register, get more information, or request accommodations.

A sign language class will be offered starting January 5th from 5:00 to 6:30 PM in the conference room at Ashley Square Mall. The class runs for 6 weeks and all skill levels are accepted, although many people in the class are beginners. If you would like to sign up for this class or future classes, call Dianna at 257-0048.

2010 Social Security Changes

There will be no cost of living increases for SSI and SSDI recipients for 2010. The 2010 amounts for Social Security are:

- SSI**
 - Individual - \$674/month
 - Couple - \$1,011/month
- Substantial Gainful Activity**
 - Non-Blind - \$1,000/month
 - Blind - \$1,640/month
- Trial Work Period Month**
 - \$720/month

The Montana Medicaid Medically Needy spend-down threshold will remain at \$645 after income exclusions.

The Montana Medicaid for Workers with Disabilities program is slated to begin July 1, 2010. For more information about this program, please contact Travis Hoffman at 728-1630.



2010 Events You Won't Want to Miss!

Missoula Spring Social

Celebrate the End of the Missoula long and glooming nights on
 Second week of March
 Hosted by Summit, MonTech, HCBS and VSA Arts
 For a social and fun filled afternoon
 at our office building
 at 700 SW Higgins



2010 Montana Youth Leadership Forum - annual event

July 13 through the 16, 2010
 In Helena at Carroll College
 Free of charge for newly graduated 8th graders through seniors in high school
 Meet other students from across the state
 Learn leadership skills for your self and your community
 For more information call 1-406-442-2576 or
www.montanaylf.org

2010 Montana Independent Living Symposium

You Have The Power - Live the Dream!

July 26 & 27, 2010

In Missoula at the Hilton Garden

2 days of Montanan's with Disability learning together about systems change and media advocacy
 and a bonus celebration of the 20th Anniversary of the Americans with Disabilities Act
 At Fort Missoula from 6:00 to 9:00pm -- Food, music & fun!

2010 Montana Youth IL Symposium

You Have the Power - Transform the Future!

July 28, 2010 in the morning

In Missoula at the Hilton Garden

Focus is on Montana Youth and Young Adults

2010 Second Missoula Celebration of the 20th Anniversary of the Americans with Disabilities Act

Hosted by Summit Independent Living Center, Inc.

Missoula, Montana

For our Montana and tourist friends
 Wednesday, July 28th, 11:30am to 1:00pm
 Out to Lunch at Caras Park in Missoula

2010 Montana Association For Rehabilitation - annual conference

Training for professionals in the field of employment about the
 Americans with Disabilities Act

October 13 through 15, 2010 at Holiday Inn in downtown Missoula

For More Information

Contact Jude Monson at 728-1630 or jmonson@summitilc.org

Missoula Valley People First/Aktion Club

The Missoula chapter had a busy fall. Connie Lewis, the chapter president, was able to represent People First at the Independent Living Symposium in Billings. Several of the chapter members also attended the Halloween Party at Hellgate High School in October. Earlier in 2009, Montana People First and its chapters across the state became a 501(c)3 non-profit organization. In November the newly elected officers and the chapter Advisors went through training to learn what each chapter must do to maintain that status. The Missoula chapter also attended a Christmas Party with the Hamilton Chapter. During the holidays, the chapter enjoys doing community service projects. They helped a family with a Thanksgiving dinner, participated in the "Adopt a Vet" program, and filled up backpacks for 6 kids at the Watson's Children's Shelter.

A Glance at the ADA

The Americans with Disabilities Act (ADA) is the most comprehensive civil rights law protecting people with disabilities.

The ADA prohibits discrimination in:

- Title I: Employment
- Title II: State and local government
- Title III: Privately owned businesses
- Title IV: Telecommunications
- Title V: Miscellaneous Provisions

Since the ADA's passage in 1990, people with disabilities have gained access to a wider variety of services, programs and activities across America. A 1996 poll of 1,330 individuals from 48 states conducted by the United Cerebral Palsy Association found that:

- 96 percent of the respondents said that the ADA has made a difference in the lives of

people with disabilities;

- 81 percent said that the ADA had made a difference in their own lives;
- 57 percent stated the ADA has resulted in better access to buildings; and
- 46 percent reported greater inclusion of people with disabilities in the community.

However, 75 percent of respondents identified employment as the area where they have observed the least change. Over a decade later, in 2007, the employment rate of people with disabilities was approximately 30%, compared to 75-80% for people without disabilities.

Each of our newsletters in 2010 will provide you with snippets of information about the ADA as we celebrate the law's 20th anniversary.

2009 Statewide IL Legislative Symposium

On October 19th and 20th, 2009, the Statewide Independent Living Council along with Summit and Montana's other three Centers for Independent Living held a Statewide Independent Living Symposium at the Grand Holiday Inn in Billings, MT. The theme for the symposium was *Road to Change*.

The symposium brought together representatives from all of MT's Centers for Independent Living and people with disabilities from all across Montana. At symposium we identified and discussed issues that affect Montanans with disabilities and jump-started our preparation for the 2011 Legislative session. Participants also learned how to be an effective

part of positive change.

We are currently in the process of working with the SILC and the other three Centers for Independent Living to refine the seven priority issue areas that emerged from the symposium to determine our priorities for the pending 2011 Legislature.

We will be holding another Statewide Legislative Symposium, titled *You Have the Power...Live the Dream!*, in Missoula on July 26th & 27th, 2009 which will include the next steps in pursuing our legislative priorities.

Lake/Sanders County Update

It has been a while since our last update but we are still striving to provide services to our consumers in Lake and Sanders County's.

In the last few months, we have been holding peer meetings and trying to get more actively involved with the schools, community events, and Summit ILC sponsored activities in order to provide more services to members in our small communities.

One of the biggest potential changes that we are currently working on is with the local Peoples' First Chapter in Lake County. We are working with the chapter about Summit once again being in an advisory role and working closer with People First members to achieve their goals.

As we continue to work harmoniously with diverse races, sexes, person with varying abilities and cultures, we are partnering with the Confederated Salish & Kootenai Tribes to better reach out to the Native American population here on the Flathead Indian Reservation. We have developed a presentation for the Tribal Elder's Advisory committee. The Tribal Elder's Advisory committee advises all departments and programs within the tribal government by adopting traditional principles and values that will provide sound environmental stewardship to preserve, perpetuate, protect and enhance natural resources and ecosystems including our most precious resource, our people.



We welcome and congratulate the new Salish Kootenai College President. We have been in contact with the college to try to see if we can implement the Living Well with a Disability classes on their campus. Presently, we have Scott & Michelle Williamson facilitating the Living Well classes and we certainly appreciate the great job they both are doing here in Lake County.

Summit would like to thank John Gallaher for all of his efforts as a peer, friend and mentor. All of his hard work has truly been a blessing. We would also like to thank Sandra Davis for all of her kind acts of unselfishness to all of the local community members she has reached out to. Summit also welcomes D'Arla Morgan, soon to be one of our newest peers in Sanders County. We truly look forward having her with us here at Summit ILC.

We hope all of you had a safe and enjoyable holiday season with your loved ones and we look forward to continuing to serve you in 2010.

I hope you always consider us as a valuable resource to assist you with your needs and concerns. Give our office a call anytime at 1-(866)-230-6936 or at 676-0190.

Opportunity to participate in research study and win an I-pod

You are invited to participate in a doctoral research project at the University of Wisconsin Milwaukee on evaluating factors that are most important to individuals with impairments when they purchase and use medical devices. To participate in this study you have to be at least 18 years of age. As a participant in this study, you can enter into an I-pod raffle, the results of which will be released in April 2010. The information obtained from this survey will enable us to provide information to medical device designers and manufacturers about features that should be included in medical devices so they are usable by persons with disabilities. To access this survey, click on the following link <http://www.surveygizmo.com/s/221239/medical-device-questionnaire>

If you have any questions related to the survey, please call Rochelle Mendonca at 414-229-6803 or email her at r2d2-mendonca@uwm.edu

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Social Activities

2009 Halloween Party

On October 26th, we filled around 100 people with disabilities, friends, families, and supporters into the Hellgate High School gymnasium for a Halloween themed funpalooza.

Thanks to the support of the Missoula community we were able to offer a carnival style party with face painting, face mask making, pumpkin carving, exploding pumpkins, music, massages, Monte the bear, food and fun! This is part of Summit's ongoing efforts to provide some fun and creative ways for people to get out and recreate while connecting with others within the disability community. Thanks to the support of ORI, VSA, Indulge Bakery, Starbucks, James Green and the Isaac M bands, Aurora Massage, HCBS, SpectrUM, Monte at University of Montana, Wheat Montana, Culligan, Albertsons, Norco, Walmart, Rosours, Patte Creek Market, Benson's Food Farm, Missoula County Public Schools, and the Brondum Foundation. With the help of our community, we will be able to put together another event in the spring of 2010 so start thinking about and planning for a game night with Summit (See top of page 5)!



These social events are in response to conversations that our consumers and

community have had with us about what it is that you need and want. If you haven't given us your point of view yet, please call your local Summit office, we would love to hear your thoughts, and don't forget to be on the lookout for upcoming events in your area. Each Summit office has information on activities going on in their counties, so please get in contact if you would like more information.

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we need, when we need it. We have the 20th Anniversary of the Americans with Disabilities Act coming up this summer—something to celebrate, as well as question its effectiveness of the implementation. We are seeing threats to accessible voting sites threatened. All of our communities can be more accessible to all persons with disabilities. As those of us who are baby-boomers continue to age and increase in numbers, the strain on Summit to meet the needs for services will continue to grow. We must be looking towards the future and be as proactive as possible and not get caught by surprise.

But as '09 comes to an end and '10 begins, let's take time to celebrate our victories, acknowledge our accomplishments and thank the staff, peers and advocates (I would also like to thank my fellow Board Members) for their hard work. I hope everyone had a wonderful holiday season and got rested...now the work begins anew!

Flathead Youth Corner

Flathead County YODA (Youth Opening Doors through Advocacy) has been very busy! We had the opportunity to work with our fellow YODA group in Missoula making a video. There was a couple of incidences of youth in special education that were being abused by their teachers. So YODA wanted to take the bull by the horn and make it known that we know what's going on and we're not going to sit back and do nothing! We made a video, which is posted on YouTube, so that the YODA members could speak their minds and people who watch the video could see their reactions to the horrible stories.

On a better note, Flathead YODA is getting a little closer to taking action on our communities' public transportation issues. There has been some research done online on other rural communities that have had issues but turned out to be a successful story. We're taking some of those stories into consideration. We also could use some help from more youth, so please contact your Kalispell Summit Independent Living Center at 406-257-0048 if you would like to join us in making our

community more independent for everyone.

Trust me! YODA is definitely NOT all work and no play! Summit Independent Living Center just sponsored a family in need. At Christmas time, YODA got to spend a day shopping for presents for the family! We even got to wrap the presents! It was so much fun. Everyone felt really good about being able to give back in such a great way to a great family.

During the fall, we also had some great outdoor activities that we got to do. For instance we had the opportunity to go bowling and fishing. We've had a couple really great parties, and there's more to come! There are always fun tasty snacks and drinks provided so if you're in between the ages of 14 to 30, looking to make some great new friends and do some wonderful things in your community, then give us a call! You can leave a message for Amanda Edwards at Summit Independent Living Center and I'll get back to you quickly. If you prefer, you can email me at aedwards@summitilc.org.



Have You Been Checked Lately?

BREAST CANCER

Breast cancer is the most common cancer in women. And living with a disability does not make you immune. Know the facts about breast cancer and why you need to make screening a regular part of your health care.

- An estimated 200,000 new cases of breast cancer will be diagnosed in American women this year.
- Women with disabilities are just as likely to be at risk for breast cancer as women without disabilities; the biggest risk factors are being a woman and aging.
- The chances of getting breast cancer increase with age. One out of every 8 women will get breast cancer at some point in her life.
- Finding breast cancer early increases chances of survival. If breast cancer is caught early, 9 out of every 10 women survive more than 5 years.
- Getting tested regularly for breast cancer is the best way for women to lower their risk. Mammography can help find cancer early when it's most treatable.

GETTING SCREENED

As a woman living with a disability, you may face a number of challenges that make it difficult to get a quality mammogram and clinical exam. Here are some tips to make it easier.

When scheduling a mammography, ask:

- How should I dress?
- How do I prepare if I use a wheelchair or a scooter?
- Can the machine be adjusted so I can remain seated?
- How long is the appointment and can I have additional time if I need it?

Let the scheduling staff know that you can/cannot:

- Sit upright with or without assistance
- Lift and move your arms
- Transfer from your chair/scooter
- Undress/dress without assistance

When preparing for your mammogram, remember:

- Wear a blouse that opens in the front
- Wear a bra that you can easily remove
- Do not wear deodorant or body powder
- Talk to your healthcare provider about any disability-related concerns

Ravalli County Update

As we begin a new year, it is rewarding to look back and celebrate benchmarks reached and goals met, yet challenging when we look forward to what still needs to be accomplished and issues that still need to be addressed. What will health care reform look like in 2010? Will it include additional long-term care provisions or the Community Choice Act? Advocacy efforts need to continue, so I encourage everyone to stay involved and let your voices be heard.

Over the past fiscal year, Ravalli County assisted 154 consumers with disabilities in setting and achieving their individual goal of securing a benefit, resource, or service that was essential for them to remain independent and active in the community. Another 184 individuals were provided information on community resources or referred to other community programs and services to meet their needs. It was a very busy year!

Last year Summit began a new program to increase community participation for people with disabilities and provide group support while participating in a variety of social activities. Last June, the LEAD-ON Workshop (Learn and educate yourself, Empower yourself and others, Advocate for yourself and others, know your Disability rights, Organize, and Network) kicked off these activities as attendees were introduced to disability history and the leaders of the independent living movement, with the opportunity to participate in healthy discussions and network with others. Last August we had a cookout at Larry Creek Group Camp with lots of food, fun, and games. In September, many enjoyed the D's Guise Concert held at Claudia Driscoll Park and in December we got together for a great Christmas potluck dinner. So what's in store for 2010? Our goal is at least four social activities throughout the year, with the first event being a "murder mystery" scheduled during March around St. Patrick's Day.



In July, we're planning an event to celebrate the 20th Anniversary of the passage of the Americans with Disabilities Act (ADA). If you are interested in planning or participating in any of these social activities give us a call and we will add you to our contact list.

We will continue to offer various training and workshops throughout 2010, including orientation on Summit services on the 4th Monday of each month, which includes training on Social Security disability benefits, including information on expedited processing for Wounded Warriors, the homeless and those with a terminal diagnosis. The "Living Well with a Disability" workshop will be offered again in early spring and we will continue to offer a variety of other classes to meet consumers' interests and needs. Give us a call if you are interested in any of these classes.

The Ravalli County Transition Coalition began their monthly meetings in October and throughout the school year will alternate every other month between Hamilton and Stevensville to help middle and high school students prepare for adulthood. These meetings feature a guest speaker followed by questions, discussion and networking. If you are interested in attending these meetings, contact Serenity at 363-5242.

Over the past year, the Bitterroot Valley People First Aktion Club has been very active in Kiwanis and other community activities, and members have joined the Missoula People First Aktion Club in participating in many social activities, including the Halloween Party held in Missoula and our recent Christmas Potluck Dinner held in Hamilton. For the 2nd year in a row, Mary Millin, People First Advisor, was presented with the Distinguished Service Award from the local Kiwanis Club of the Bitterroot Valley. Currently, Mary and an Aktion Club member, Lisa Howard, are part of a steering committee for a Rural

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Ravalli County Continued from Page 10

Institute grant, "Partnering With People With Developmental Disabilities To Address Violence", which is a 3-year research project to look at ways in which people with developmental disabilities are being hurt or abused by the people in their lives, and the effects of that abuse on their health. The Bitterroot Valley People First Aktion Club is a great group, dedicated to advocating for the betterment of their own lives and the lives of others.

Throughout 2010, may you discover new opportunities, reach the goals you have set for yourself, and enjoy all the good things life has to offer.

Missoula Youth Corner

BALLS (Building Advocacy and Learning Leadership Skills) wrapped up its 6th round of classes during the fall at Hellgate High School. We have plans to go to Seeley Lake High as well as Frenchtown High in the spring of 2010.

Also, as part of the services we provide for schools, we have developed a disability history and culture presentation that we offer to "mainstream" history/government classes in the school. It is our hope that the students will see that disability history is an important part of American History. We have given this presentation at Florence, Big Sky and Alberton high schools and have been invited back to all of them.

At our November YODA (Youth Opening Doors through Advocacy) meeting we discussed the two Para-educators that have been accused of physically abusing students with disabilities in Great Falls. A video of that discussion and the reactions of the members is on the Summit website and on YouTube at <http://www.youtube.com/watch?v=JKBV-wSAE7c>. For our December meeting, YODA had a Christmas gathering with food, great games, and a giant singing Santa that made Darren cry! All in all, 2009 was a great year for the YODA group and we plan on making 2010 an even better one!!

Accessible Condos For Sale

Burns Street Commons in Missoula has a number of fully accessible condos for sale. For more info., call Jerry Patsek at 406-829-8414 or visit <http://www.nmcdc.org>.



BULLETIN BOARD

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

Permobil Chairman 2k power wheelchair. 3 Function, leg, seat (power elevator?) and tilt. Needs batteries. \$2,500. OBO. Call after 9am 728-2689

2004 Pronto M71 Surestep electric wheelchair. Blue in color with a cloth interior. Slight damage on armrest. \$800 or best offer or will trade for a 20-25' teepee. 1-406-225-8044.

'88 Winnebago Superchief 27RQ. Newer 454, roof A/C, genset, jacks, awning, Superarm wheelchair lift, hand controls, 190 W solar. \$8,000 OBO. (406) 293-7467.

2005 Jazzy 1103 Ultra Power Wheelchair. Paid \$12,000 asking \$6,000. Call 721-0671

Various Items: Everest & Jennings wheelchair \$400; Power standing Recliner \$200; 5" elevated toilet seat \$15; Bath bench \$30; and many more. Call 406-251-4448.

1991 GMC VanDura - 5.7L 350 engine, 108,000 miles, a/c, tires good + snow tires on rims, Ricon Split Platform Lift. \$4,500 OBO. 406-273-9012 or 406-273-6960.

Quickie V121 Power Wheelchair. Black, battery cases, headrest, oxygen tank holder, and backpack. Rarely used. \$1,000 OBO. 406-531-7662 or 406-543-4521.

Quantum 1107 Power Wheelchair. Brand new, never used. Paid \$6200 for it, will sell for \$2500. Call 406-728-2642.

Invacare Storm TDX 3 Power Wheelchair. Purchased for \$5500 will sell for \$2800 OBO. Seat Size: width 18" - depth 16" - Delivery negotiable. Call (406) 752-6561.

Pride Revo 3 wheel scooter purchased new 10/2004 for \$1951. Has not been used since 9/2006. Adjustable seat, armrests, and steering column. Includes cover, front and rear baskets. Price: \$750.00. Call (406) 544-8534 in the evenings or weekends.

Electric Mobility Scooter for sale - Four wheel heavy duty model 305, 500 lb. capacity. Excellent condition, comes with trailer hitch mount electric lift. Cost \$ 5000 new, asking \$2000 or best offer. (406) 862-3960 or 862-2345.

Redman power standup wheelchair. Large size 200-250lbs. Used for 4 months. \$15,000 OBO. 903-434-9463.

Have something you want to sell or give away? Are you looking for a hard to find piece of equipment? If so, list it here by contacting Travis and list it on the Montech item exchange website at: <http://montech.ruralinstitute.umt.edu/mtddb/>

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***An Advocacy and Resource Center for
Montanans with Disabilities***

THE SUMMIT INDEPENDENT

JANUARY 2010

Spring Workshops!

Summit Missoula Staff will facilitate two workshops this spring. Look over the list below and see which ones would interest you. We will schedule the top two workshop requests.

LEAD ON

- Leadership Skills to build on as a person with a disability

Living Well with a Disability

- How to set & maintain goals to improve your life

Powerful Tools for Caregivers

- I am a caregiver and I need respite!

Self Esteem - for both men and women

- How can I build my confidence in myself?

Contact Jude Monson at 728-1630 or jmonson@summitilc.org if interested

