



#SAVEMEDICAID

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Americans with Disabilities are at a pivotal point in our history. Medicaid, which pays for the assistance many in our community need to have life and liberty, is under attack. Republicans have decided that, to fund a tax cut for the wealthy, they will devastate the services that disabled and elderly Americans rely on. These services include the medications and medical care we need to survive, the assistive devices – like wheelchairs and ventilators – we need to live our lives, and the funds to pay attendants to help us with our daily needs.

For millions of people with disabilities, Medicaid is the key to an independent life. It means being able to live in the community, go to school, have a job, and much more.

The health care legislation proposed in the Senate, and passed in the House, threatens it all. It includes MASSIVE cuts to Medicaid that will be devastating to people with disabilities and their families.

The attack on Medicaid is an attack on Disabled Americans and our very lives because, if these cuts go through, there is no question that Disabled Americans will die.

We cannot let that happen. Senators must hear loud and clear that MEDICAID MEANS INDPENDENCE!

Medicaid isn't perfect. In fact, the Disability Community has been advocating for years that Medicaid has violated disabled people's right to liberty, which is secured in two places in the U.S. Constitution, by forcing us to choose

between institutional services that keep us alive but segregated, and living in the community without services. Without being able to choose community-based services, our people are denied the liberties that Americans have fought and died to protect.

With our lives and liberty on the line, it has become clear that others will not win this fight for us. They have tried. If Disabled Americans are going to live and have liberty, it is up to us to fight for it ourselves.

It is time for the entire Disability Community to TAKE ACTION across our nation and demand that Senate Republicans stop their war on the Disability Community. ADAPT, NCIL and others in the Disability Community are coordinating this effort.

JOIN THE FIGHT! This week GO to the offices of your Senators who are for the bill or on the fence and CONFRONT THEM.

BE LOUD! Polite and thoughtful hasn't worked.

BE ANGRY! This is about our LIVES and our FREEDOM as Disabled Americans.

MAKE HISTORY! We are not just fighting for ourselves. We are fighting for our children, and we are fighting for the generations of disabled Americans who will follow us. Their lives and liberty are depending on us.

BE RELENTLESS!

Summit Expands WRAP

It is said that all good actions begin with best-laid plans; and so it is with self-care. Although even the best plans often go awry as another expression claims, it's better for one to have made plans and anticipated responses and consequences than to have not planned at all. Therein lies the basis of self-care and response to crisis as designed by the Copeland Center and its popularly expanding Wellness Recovery Action Planning (WRAP) movement. With certified facilitators, WRAP workshops are now regularly scheduled and repeated consumer independent living skills trainings at Summit.

WRAP began as a self-motivated strategical process of preparation for the nearly inevitable mental health crisis often experienced by those with diagnoses. Mary Ellen Copeland, PhD of Vermont was raised in a family and environment plagued with mental health issues. She herself was diagnosed and struggled with such conditions as anxiety, depression, and extreme mood swings. Nonetheless, she found ways to appropriately address those conditions and recognize that she experienced some good times and some bad times with symptoms even under best conditions. Mental health management is known to be cyclical and people often inevitably experience crises intermittently. Ms. Copeland's discovery as agreed upon by others is that an individual can learn to identify key aspects of his or her life, draw on supports, and develop a plan to establish and maintain optimal wellness or achieve goals.

With this revelation, Mary Ellen Copeland worked with others and found a way to maintain health and wellness for themselves which enabled them to live happier and more productive lives. After further exploration, a number of others recognized similarities in their journeys. In 1997, several dozen people including Ms. Copeland came together in Vermont for eight days to specify those similarities. The result was the beginning of what has since become known as WRAP. WRAP is now an internationally known, evidence-based process of self-discovery through which one relies on hope, personal responsibility, education, self-advocacy, and supports in planning for times of crisis and thereby more effectively deals with them if and when they do

occur. Since then, WRAP has been modified to many situations including: WRAP for life, peer support, trauma, addictions, fibromyalgia, and more. It's also been adapted for specific populations including: families, kids, teens, youth, couples, veterans, people with developmental distinctions, and others.

Nearly three years ago several Summit staff members from the Missoula and Ronan offices were trained and became certified WRAP facilitators. Since offering a WRAP workshop requires two certified co-facilitators, workshops have since only been offered in the Missoula office. However, due to a training grant from Montana AMDD, several other Summit staff members are currently taking training and will be certified facilitators by the end of this month. Starting in September, WRAP workshops will be offered at least through the Hamilton, Missoula, and Ronan offices with plans to expand further.

If you are interested in a WRAP workshop for you or to which to refer someone you know, please watch or listen for upcoming announcements or keep an eye on the Summit IL website. Feel free to contact Summit directly to learn more about WRAP and/or to ask about or preregister for upcoming workshops. We look forward to expanding these workshops to other counties and to having more participants!



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Coordinator

Susan Morris

Independent Living Specialist

Michelle Williamson

Independent Living Specialist

Betty LaFountain

New Summit Staff

Bronwyn Troutman, Community Living Specialist, Missoula



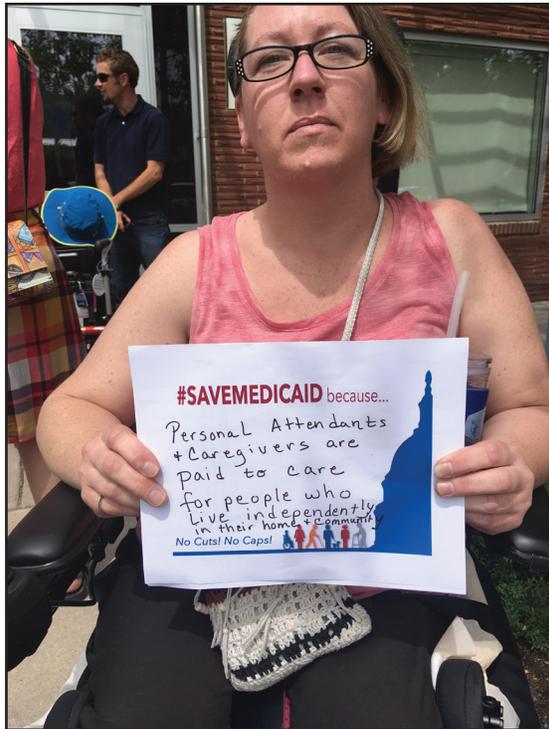
Hello, I am Bronwyn Troutman and I am happy to introduce myself as the new Community Living Specialist at Summit Independent Living in Missoula, where I will be working on accessible and affordable housing issues. I have worked at University of Montana, Rural Institute for Inclusive Communities for the past two years as the Project Manager of Movin'

On in Montana, a transition-to-college summer camp for high school students with disabilities. Previously I worked as an Access Coordinator at Disability Services for Students at the University of Montana. I received my Master's degree in Social Work (MSW) in 2016 following a graduate practical experience in Summit's Peer Advocacy program.

On a personal note, I have overcome barriers to education as I did not graduate from high school and attempted college three times. In some aspects, because of my learning disabilities, I have had to work a lot harder and some things have taken me much longer to learn than do most people. Additionally, I had to learn to advocate for myself in order to access learning environments. I am extremely grateful for the advocates who have mentored me along the way. Paying it forward, my passion is advocating for civil rights and assisting individuals with their chosen independent living goals, including: housing, education, work and ultimately leading to all aspects of more fully participating in their communities.

I live in Missoula with my two lovely teenagers and enjoy myself most when I am outside gardening, taking nature walks, Nordic skiing and riding my bike.

#SAVEMEDICAID



Disability advocates from Montana’s Centers for Independent Living and ADAPT Montana have been putting pressure on Sen. Daines urging him to vote no on the current Better Care Reconciliation Act (BCRA) that the U.S. Senate has been working on.

The BCRA does a number of harmful things for people with disabilities including:

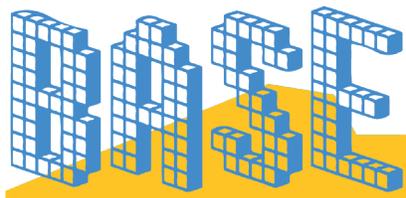
- Moving individuals with pre-existing conditions into higher cost, high risk insurance pools;
- Eliminating the enhanced federal match for the Community First Choice Program, which will jeopardize the ability of people with disabilities to live in the community;
- Cutting over \$700 billion out of Medicaid, which will lead to severe service cuts at the state level;
- Moving Medicaid to a Block Grant or Per Capita system, which would severely cut Medicaid dollars to states leading to severe cuts in services

It is extremely important that we continue to put pressure on Sen. Daines and urge him to oppose these harmful changes to our Medicaid system.

WE NEED YOUR HELP!

Please continue to contact Sen. Daines using the contact information for his local offices as well as his office in Washington DC found on the bottom of his website at <https://www.daines.senate.gov>. Also, please continue to look for MTCIL Action Alerts or visit our MTCIL Action Alert website at <http://cqrcengage.com/summitilc>.





725 West Alder, No. 4

BASE STANDS FOR HOME BASE, LIKE IN HIDE AND GO SEEK. IN LIFE, YOU HAVE TO ESTABLISH A BASE FIRST, THAT'S WHERE WE COME IN.

BASE Updates:

Great things are happening at Simmit's BASE location (725 W Alder)! We are having a First Friday Art Walk on July 7th from 5pm to 8pm featuring artist Elaine Fraticelli. Readings from poems written in poetry group are from 6:30pm to 8pm! Friday August 4th we are having our summer BASE Showcase from 6:30pm to 8pm including stand-up comedy, improv, sketch comedy, dance and poetry! All of the Comedy sketches having a professional wrestling theme. To get involved or to share ideas of new BASE programs please contact BASE Missoula, by emailing jhoward@summitilc.org. Reminder - all summer we are offering our programs of Dance, Yoga, Game Night, Improv and Art Group.

BASE EVENTS

Game Night (GN)

- Thursdays weekly, 2 p.m.- 6 p.m.

Youth Opening Doors through Advocacy (YODA)

- 2nd & 4th Wed monthly, 3:30p.m. - 6 p.m.

Base Art Group (BAG)

- Fridays weekly, 1p.m. - 5 p.m.

Adaptive Yoga

- Wednesdays 4:15 p.m. - 5:30 p.m.

Programs at BASE are open to everyone

For more information visit

www.basemissoula.org

CLASSIFIED ADS

Braun Vangater Wheelchair Lift

Almost new wheelchair lift with 600 LB capacity \$2000 OBO. Call or text Tyler 406-925-9846

Slightly Used Medical Equipment

Hospital bed, transfer to tub shower chair, 2 manual wheelchairs, commode, quantum electric wheelchair. Call Sheryl 406-214-4786

Harmar-Summit Stair Lift

Stair Chair Lift, straight up 14 steps/risers or standard stairs, 2 remote call boxes, all wiring and mounting hardware. Lightly used. \$500 OBO. Call TonyO 546-1570

2014 OpenBook book reader

Never been used and has the camra with it asking \$750 OBO. Contact Larry at ketch1969@gmail.com or 406-633-4036

Summit Pinnacle Chair stair lift

Gently used, works great. 2 remotes. Straight line - mount rope L. Pick up in Missoula. \$1,300 OBO. Call Diane at 360-4061.

Garaventa Super-Trac Portable Wheelchair Lift for stairs.

Great for accessibility where lifts or ramps cannot be installed. Can accommodate all types of wheelchairs. Purchased new for \$12,000 and used only a few times. Will sell for \$5,000 OBO. Contact Jacob Francom, Troy Public Schools, jfrancom@troyk12.org, (406) 295-4520.

Acorn Stair lift

For going up to 6 stairs while seated. \$750 OBO. Call John at 546-7003.

To get listed contact Tyler Stosich at (406) 728-1630 or email tstosich@summitilc.org.

Or, list and find items on the MonTECH exchange:

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

Summit is funded in part under an agreement with the Montana Department of Public Health and Human Services. Any statements herein do not necessarily reflect the opinion of the Department.

UPCOMING EVENTS & CLASSES

MISSOULA

700 SW Higgins, Suite 101

Missoula Office Closed

- July 3, 4 Sep 1, 4

Summit Orientation

- First Friday monthly, 10 a.m. - 11 a.m.

SSA Orientation

- Jun 9, Jul 14, Aug 11, Sep 8 from 10a.m. to 11a.m.

- Jun 20, Jul 25, Aug 22, Sep 19 from 1p.m. to 2p.m.

People First

- Jun 7 & 21, Jul 5 & 19, Aug 2 & 16, Sep 6 & 20 4 p.m.- 5 p.m.

Living Well with a Disability

- Sep 11 - Nov 20, Mondays weekly 1 p.m.-3 p.m.

Work Soft Skills

- Sep 12 - Oct 10 Tuesdays weekly, 10 a.m-12 p.m.

WRAP

- Sep 11 - Nov 20 Mondays weekly, 10 a.m-12 p.m.

Independence and Gratitude

- Oct 17 - Nov 18 Tuesdays weekly

Alzheimer's Support Group

- Second Wednesday monthly, 12 p.m. - 2 p.m.

Blind Low Vision Support Group

- Second Tuesday monthly, 1p.m. - 2:30 p.m.

Epilepsy Support Group

- Jul 3 & Sep 4 (Summit closed), Aug 7 2 p.m. - 3:30 p.m.

Unless otherwise noted, classes and groups meet at Summit's Conference Room

700 SW Higgins, Suite 101, Missoula

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

RONAN

124 Main St./PO Box 434

Ronan Office Closed

- July 3, 4 Sep 1, 4

Communication & Assertiveness Class

- Thursdays weekly, 11 a.m.- 1 p.m.

Beginners Yoga

- Thursdays weekly, 1p.m. - 2 p.m.

Activities (arts, crafts, card/board games, darts, foosball, movies)

- Thursdays weekly, 2p.m. - 4 p.m.

Attention:

Beginning in October subscribers of the Summit newsletter will be diverted to summitilc.org for upcoming events and classes.

UPCOMING EVENTS & CLASSES

KALISPELL



1203 Highway 2 W., #35

Kalispell Office Closed

- July 3, 4 Sep 1, 4

Social Security Orientation

- Second and fourth Wednesdays monthly.

Please call 257-0048 ext. 141, to register and get location.

YODA

- Youth group meets once a month.

Living Well with a Disability

- Call Lynae to sign up.

Unless otherwise noted, classes and groups meet at:
Gateway Community Center, United Way Conference Room
1203 Hwy 2 West, Kalispell

Call Lynae, (406) 257-0048, ext. 142, for more information or to register.

HAMILTON

299 Fairgrounds Road #4

Hamilton Office Closed

- July 3, 4 Sep 1, 4

Social Security Orientations

- First Tuesday Monthly 1p.m.- 3p.m.

- Please call the Hamilton office at 363-5242 to sign up

Man Cave Cookout

- Beginning spring/summer, Third Thursday monthly

People First

- Tuesdays weekly, 3 p.m.- 4 p.m.

Women on the Move

- Third Wednesday monthly, 1p.m.- 3p.m.

TGIAD - Thank Goodness It's Activity Day

- Fridays, 1p.m.- 3 p.m.

Unless otherwise noted, classes and groups meet at:

The Refuge, 317 N 3rd St., Hamilton

Call Becky or Mary, (406) 363-5242, for more information or to register.

SUMMIT BOARD

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Missoula
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Building Awareness, Advocating Change

THE SUMMIT INDEPENDENT

July 2017

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



2017 ADA Community Picnic and Adaptive Recreation Clinic

July 11, 2017 at McCormick Park
East of Silver Summit Playground

ADA Picnic
11:30am - 1:30pm

Adaptive Recreation Clinic
10:00am - 6:00pm

Come and celebrate 27 years of the Americans with Disabilities Act (ADA) while laughing with friends, meeting community members, and trying out adaptive recreation equipment.

For more information contact Summit at 728-1630

Remember, you can always sign up for the electronic newsletter by contacting:
missoula@summitilc.org