Housing Task Force
We promote basic home access, advocate for policy changes that will require basic home access, and advocate for additional affordable housing resources for people with disabilities.

**Webinar:** July 30, 1:00 - 3:00
**Chair:** Darren Larson (406) 728-1630 dlarson@summitilc.org

Self-Determination Task Force
We advocate for meaningful involvement by people with disabilities in decisions that affect civil rights and disability programs. Recent advocacy efforts have focused on the Money Follows the Person program, the Community First Choice Option, and the Medicaid Home & Community Services program.

**Webinar:** August 6, 1:00 - 3:00
**Chair:** Mike Mayer (406) 728-1630 mmayer@summitilc.org

Public Relations & Education Task Force
We distribute information regarding Independent Living in Montana including the IL 101 document, press releases, videos and other media. Our focus will be on developing strategies to further integrate public and media relations into IL advocacy.

**Webinar:** August 13, 1:00 - 3:00
**Chair:** Jed Barton (406) 294-5186 jedb@liftt.org

Transportation Task Force
We focus on the transportation system in all forms: rail, taxi, airline, and bus access both community and statewide. We also deal with accessible sidewalks, pathways, and trails.

**Webinar:** August 20, 1:00 - 3:00
**Co-Chairs:** Colleen Forrester and Shyla Patera (406) 452-9834 1 (800) 823-6245

Youth with Disabilities Task Force
We expand transition services for youth with disabilities, explore possibilities to establish self-directed IEPs for high school students with disabilities and advocate for VR involvement in IEPs to improve transition outcomes.

**Webinar:** August 27, 1:00 - 3:00
**Co-Chairs:** Mike Beers and June Hermanson mbeers@summitilc.org, mylfjuneh@bresnan.net

Native American Task Force
We are developing a statewide list of resources, programs and services available for American Indians with disabilities, particularly those living on reservations. We work with tribal leaders, community members, and program managers to address the need for accessible housing on and off the reservations.

**Webinar:** September 3, 1:00 - 3:00
**Co-Chairs:** Michelle Williams and Troy Spang mwilliams@summitilc.org, tspang@cdkc.edu

Review Webinar:** September 10, 1:00 - 3:00

Come to your local CIL in Missoula, Kalispell, Ronan or Hamilton to attend these free webinars. We will let you know what’s going on in the state and we will need your help to plan for the future!

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Missoula</td>
<td>700 SW Higgins</td>
</tr>
<tr>
<td>Kalispell</td>
<td>1203 Highway 2 W, #35</td>
</tr>
<tr>
<td>Ronan</td>
<td>111 Second Ave. SW</td>
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<tr>
<td>Hamilton</td>
<td>316 North 3rd St., Suite 113</td>
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</tbody>
</table>
Upcoming Events

Flathead County

Social Security Orientation - First Friday of each month, 9:00
YODA Youth Group - Second Monday each month, 4:00 - 6:00
Parent Support Group - Third Monday of each month, 6:00
Men’s Discussion Group - Third Monday each month, 6:30
The Summit Medical Fitness Center, Conference Room #2
205 Sunnyview Lane, Kalispell

Women’s Discussion Group - Starts again in September
Third Friday of each month, 1:00 - 3:00

Classes
Sign Language Class - New classes start every few months

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

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

Ravalli County

People First - July 21, Bitterroot Land Trust Bike Tour
July 27, Kiwanis Pancake Breakfast
August 28-31, Ravalli County Fair

Women on the Move - August 1, Potluck Picnic at Blodgett Rotary Park
September 5, to be announced

Man Cave - July 25, Cookout
August 25, Cookout
September 26, Cookout

All Cookouts at Blodgett Rotary Park from 11:00 - 1:00. A $3.00 donation is requested.

Summit and Social Security Orientation - July 1, August 5, September 9

All orientations are 1:00 - 3:00.

Unless otherwise noted, classes are held at:
Human Resources Council Building, Conference Room
316 N 3rd St., Hamilton

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

**Missoula County**
Executive Director  
Mike Mayer
Program Manager  
Jude Monson
SDPAS Program Manager  
Mike Giddings
SDPAS Specialist  
Nicole Auer
SDPAS Assistant  
Betsy Ames
Advocacy Coordinator  
Travis Hoffman
Peer Advocacy Coordinator  
Chris Clasby
Missoula People First Advisor/IL Specialist  
Andrea Dahl
Independent Living Specialist  
Darren Larson
Youth Coordinator  
Michael Beers
Youth Specialist  
Cara Wherley
Outreach Specialist  
Susan Morris
Communications Specialist  
Justice Ender
Secretary  
Kathy Boyer
Bookkeeper  
Libby Miller
Assistant Bookkeeper  
Sally Wahl

**Flathead County**
Coordinator  
Flo Kiewel
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Dianna Kintzler

**Ravalli County**
Coordinator  
Joel Peden
IL Specialist  
Elizabeth Varnum
People First Advisor  
Mary Millin

**Lake County**
Co-Coordinator  
Michelle Williamson
Co-Coordinator  
Scott Williamson

Upcoming Events

**MISSOULA COUNTY**

**Montana Youth Leadership Forum** - July 21-26
**Bonner Park Get-Together** - August 14
**Disability Mentoring Day** - October 16
**MYTransitions Conference** - November 6-8
**Summit Orientation** - First Friday of each month

**Classes**
**Living Well with a Disability** - September 9-November 2
**Working Well with a Disability** - September 10-November 5
**Communications** - September 12-November 21

**Summit Offices Closed** - July 4, August 30-September 2

Unless otherwise noted, classes are held at:
Summit ILC, Summit’s Conference Room
700 SW Higgins, Suite 101, Missoula

Call Kathy at (406) 728-1630 for more information or to register.
I recently had the opportunity to represent Summit ILC at the state mental hospital on June 10. I doubt any organization other than Summit would have the vision to send a former mental patient to represent it at the very institution he was once a patient in.

It was cathartic to return there as a free man who was not bound in shackles and led by a policeman. My presence there was testimony that people who are in an institution can have the opportunity to turn their lives around. Summit helped me do that. Words cannot express how joyful it was to represent the spirit of independent living while talking with patients, family and staff members. I did not hide the fact that I was once a patient there and it seemed as if most of the people I spoke with felt more at ease talking to me after I told them that.

Some people who know about Summit are not aware that it also helps people with invisible disabilities. My presence at the state mental hospital showed that this organization encompasses more than just those with visible disabilities. I want to thank Summit for giving me the chance to represent it at the state mental hospital and all those who believed in me.

Daniel Culley-Foster, Summit Peer

Legislative Update

The 63rd session of the Montana Legislature adjourned Sine Die, without a scheduled future meeting, on April 24. Legislators took good and bad actions on issues of importance to Montana’s Centers for Independent Living (MTCILs) and Montanans with Disabilities. MTCILs, working with many other organizations that represent Montana’s disability and aging populations, made a number of key advancements during the 2013 Montana Legislative Session. MTCILs entered the 2013 Legislative Session with six priorities. Those priorities were to obtain: renewed funding for the Montana Youth Transitions project, legislative approval to pursue the Community First Choice Option, renewed funding for Personal Assistance meal preparation services, an increase in funding for Medicaid Provider Rates, an increase in funding for the Health Care for Health Care Workers program, and Legislative spending authority for Money Follows the Person.

All of our goals heading into the session were achieved. We were able to secure a commitment from the Governor’s office to fund the Montana Youth Transitions project using existing funds and the Legislature approved the rest of our goals in HB 2, the state budget bill. During the session we were also able to get funding for a Money Follows the Person Housing Bridge program and additional funding for the senior and physical disability Home and Community Based Medicaid Waiver program.

If you are interested in seeing the different bills affecting the lives of individuals with disabilities that we addressed during the 2013 Legislative Session, complete with their outcomes, please visit: www.summitilc.org/mtcil.html.

Ravalli County Coordinator Retires

Over the past 16 years as Summit’s Ravalli County coordinator, Joanne Verwolf has done so much to expand services for people with disabilities in the Bitterroot Valley. She has helped hundreds of people improve their lives through assisting them with their Social Security or SSI benefits, accessing community services, and sharing information for adaptive equipment and a host of other resources.

Joanne was instrumental in getting the Bitterroot Bus up and running, which helps everyone in need of transportation get around locally and into Missoula. She worked with other agencies to educate the public about disability issues, and advocated for improved accessibility in local businesses, public facilities and outdoor recreation sites.

Joanne also co-developed the Caregiver Conference in Hamilton, which helps personal assistants find ways to make their job easier and shows them how much they are needed and appreciated. She was an advocate for people with disabilities locally and at the state capitol.

While we are sad to lose such an invaluable person, we all wish her luck and hope she enjoys her well-deserved retirement!
**BULLETIN BOARD**

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

**Vestil 1000 lb 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

**Jazzy 600 Wheelchair.** Great condition, $1500 OBO. Call (406) 676-0190 and ask for Summit’s Scott or Michelle.

**Permobile 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. $3000 OBO. Call Theresa at 251-6450.

**Accessible Mobile Home.** 3-Bedroom/2-Bath. Cherry floors, landscaped, appliances included. $33,900. For more info, call Bruce at 274-1390.

**Vehicle hand controls.** Free to someone who needs it. Call Terry at 241-8164.

**Small cargo trailer.** Can haul 300-lbs. power wheelchair. Tailgate/ramp. $500. Call Gregg 274-6160.

**2009 Jazzy Scooter.** New batteries. $1800 OBO. Comes with ramps. Call Darlene 549-7060.

**New Funding Provides New Opportunities**

Crowd-sourced funding sites like Product Funder and Kickstarter provide individuals and small businesses an alternative way to get funding for inventions and other projects.

One company from Bozeman recently got funding for a device, the “Folf Club,” that allows people to load and throw discs for disc golf which allows people with reduced upper-body strength to participate in the sport.

**Tips from Tom**

Unintended weight gain can be a common issue for many people. We know that many snack foods can cause an increase in body fat. However, some foods that have been billed as healthy can also cause issues.

Here are five common foods you may think are healthy, but actually tell your body to store fat and may cause other nutrition issues.

1. **Concentrated Juice- Orange, Grape, Apple, and most others.** During production, most fiber and nutrients are boiled off, leaving a big glass of sugar water. Most concentrated juice drinks contain more sugar than soda! Sugar increases hormone levels telling your body to store it as fat.

2. **Margarine- Trans fats are added to prolong shelf life, but increase the risk of heart disease.** Trans fats raise bad cholesterol and lower good cholesterol levels, a double whammy. Butter is a better choice, in moderation.

3. **Whole Wheat Bread- Pasta, cakes, muffins and even pizza.** Consume these items only if they are made from whole grain, not processed flour.

4. **Soy Products and Tofu- Most soy is highly processed and genetically modified.** Over processed foods do not give you the nutrients you need.

5. **Corn- This is one of the most common of the genetically modified organisms (GMO).** GMOs cause hormone imbalances and keep excess weight on. GMOs can be toxic, cause allergic reactions, and are less nutritious than their natural counterparts.

Remember, we can’t exercise our way out of poor nutrition. Instead, eating food rich in nutrients will leave us at our best!

Tom Thompson can be emailed at tomskilaw@gmail.com

Tom Thompson, Summit Peer

**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.**

**Check out other projects or start your own at:**

www.productfunder.com

www.kickstarter.com
2. Montana Vocational Rehabilitation provides employment supports, and is also called (M)____
4. If you have freedom, you also must bear (r)____ for your choices
9. The advocacy group (P)______ at Summit is sponsored by the Kiwanis Club
13. Instead of saying able-bodied, use the term (n)____
15. Someone who interacts with others is being (s)____
16. People live in and are part of a (c)____
17. This civil rights law was passed in 1990 (A)____
18. Summit’s Youth Advocacy Club is also known as (Y)____

Across

Down

1. MT Program: Medicaid for (W)_______ with Disabilities
3. The (A)___ Act would allow people to save money yet still receive Medicaid
5. Office of Public Assistance or (O)____
6. Someone shows (i)_____ if they make their own decisions
7. Certain inalienable (r)___ are inherently part of living in a free society
8. Supplemental Security Income is also (S)____
10. Social Security Disability Insurance is also (S)____
11. Summit provides (a)_____ for people with disabilities
12. Sometimes a person will make an Independent Living (P)___ to make sure he or she is supported in the community
14. The Supreme Court decision in (O)____ v. L.C. determined that people have a right to live in the community

Follow us on the e-newsletter and facebook to get the answers to this crossword!
It’s summer, which means warm air and plants in bloom! For many people with disabilities it’s also the best season, as weather typically makes participation in our communities and natural areas easier. Western Montana is the place for outdoor fun!

Missoula’s walkable and rollable community is a great central location for activities and adventure. The Riverfront Trail follows the old Milwaukee Railroad route along the Clark Fork River downtown and connects directly to Caras Park, home to regular day- and night-life. Enjoy free, family-friendly performing arts throughout summer including: Out to Lunch from 11 a.m. - 2 p.m. Wednesdays and Downtown ToNight from 5:30 - 8:30 p.m. Thursdays. You might even be up for a spin on the full-sized accessible carousel in the park. Within throwing distance of downtown and the Riverfront Trail, there is the Greenough Park trail where it’s easy to lose yourself in the sights.

Downtown also offers easy access to two walking bridges across the Clark Fork River connecting with the Kim Williams Trail heading east, the Milwaukee Trail heading west, and the Bitterroot Branch Trail wandering through town to the south. Just south of Missoula in Lolo, the paved Bitterroot Trail begins and runs along Highway 93 about 42 miles to Hamilton. The surface, grade, and cross slope of all these trails make them usable by individuals with limited mobility or who use mobility devices.

A few minutes’ drive to the east of Missoula is the Pattee Canyon Recreation Area in Lolo National Forest, which offers picnicking, hiking, cycling, nature viewing, disc golf and accessible vault toilets. Just southwest of Missoula is McClay Flat nature trail along the Bitterroot River, which features the interpretive nature trail with trail-side education signs, nature viewing, and more accessible vault toilets. Near Stevensville, about 25 miles south of Missoula, is the Lee Metcalf National Wildlife Refuge in the wetlands of the Bitterroot River bottom. The Refuge’s accessible interpretive nature trails are complemented by wildlife viewing, photography, fishing and environmental education opportunities.

Other parts of Western Montana offer a number of accessible recreation facilities for a variety of outdoor activities. Within 50 miles of Missoula to the Northeast, along Highway 83, Salmon Lake, Placid Lake, and Seeley Lake State Parks are models of accessibility for wildlife viewing, fishing, camping or picnicking. All three sites were designed to meet federal accessibility standards to allow universal participation in outdoor recreation.

Along the picturesque Highway 200 in Sanders County, 140 miles northwest of Missoula at the small town of Noxon, Pilgrim Creek Park was designed and constructed by Avista Utilities to ensure usability by people with and without disabilities. The day-use picnic area, overnight camping area and trail around the park offer a variety of activities. The trail also leads directly to the park’s accessible fishing pier on the Clark Fork River.

About 35 miles to the east of Missoula is Beavertail Hill State Park, which offers similar accessibility features and activities to the others. North of Interstate 90 is Beavertail Pond which features an accessible vault toilet and an accessible concrete fishing pier. South of the interstate is an accessible public site along the Clark Fork River featuring day-use and accessible toilet facilities.

Great locations for outdoor recreation are scattered throughout Western Montana for recreationalists whether on foot or on tire. Community parks, trails, and summertime activities abound in and around many Western Montana communities for urban adventurers. Those willing to invest a little windshield time can also discover various outdoor recreation sites throughout our rural areas. Either way, summer in Montana ends as quickly as it begins, so now’s a great time to take advantage of these opportunities!
Congratulations to Dalayna from the Missoula VR Office for winning our Electronic Newsletter Challenge and a $10 gift card!

You can still switch to an electronic newsletter subscription though.

Just call or e-mail Kathy at Summit, 728-1630 or kboyer@summitilc.org, switch your subscription from hardcopy to electronic-only, and save some adorable little trees!

Also, we are at 90 e-newsletter subscribers so that means, thanks to the magic of rounding, a 2-minute long comedy YouTube video!

Still not excited?

You better get excited! We are going to do one last amazing thing for our e-subscribers on top of planned bonus articles, crossword-puzzle answers and in-color newsletters.

If we make it to 200 e-subscribers, and not a person less, which means not 198, 199, or even 199.5 (please don’t ask us how we could have 199.5 subscribers), Summit is going to donate an employee’s time to make one lucky winner a custom logo.

It could look like this.

Or this!

Or even this!

So tell your friends to subscribe to the e-newsletter and help us get the word out about independent living, and maybe save some trees along the way!