



In This Issue...

Social Distancing Tips.....	2
Summit Services.....	3
New Summit Staff.....	4
COVID-19 & Disability.....	5
Spring Crossword.....	6
COVID-19 Stimulus Info.....	8

30 Years of the Americans with Disabilities Act

This coming July 26, 2020 marks the 30th anniversary of the Americans with Disabilities Act (ADA) of 1990, which is the largest American civil rights law preventing discrimination on the basis of disability. The civil rights movement for and by individuals with disabilities had begun much earlier and came on the heels of movements protecting the rights of other minority groups including women and African-Americans. Although there were other laws protecting discrimination against disability prior to the ADA, they were limited to publicly funded entities or isolated aspects of life. Plan to join Summit in coming months celebrating the tremendous progress made by and for individuals with disabilities regarding freedom from discrimination while also realizing there is still work to be done.

The movement to prevent discrimination against individuals with disabilities based on disability alone began in the US in the 1960s when the better-known racial civil rights movement was underway. In 1968 the Architectural Barriers Act mandated that all buildings and facilities designed, constructed, or altered with federal funds, or leased by a federal agency, must comply with federal physical accessibility standards. A few years later, the Rehabilitation Act of 1973 expanded that by mandating that no qualified person shall be excluded from participation in, denied the benefit of, or discriminated against based on disability by any program or activity receiving federal funds. The law now known as the Individuals with Disabilities Education Act (IDEA) of 1975 guaranteed children

with disabilities with a free and appropriate public education.

Other similar laws were passed in coming years mandating disability inclusion, but the ADA expanded the protection of disabilities to all areas of public life, including jobs, schools, transportation, and all public and private places open to the general public. It's hard to believe 30 years have passed since then, ADA amendments have occurred to specify its application, and change has been positive. Still, however, people often wonder why compliance issues still exist after three generations.

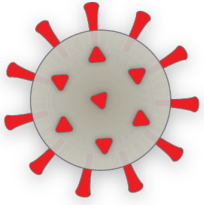
With this coming anniversary, join Summit and the community to celebrate this progress by attending several public events as follows:

- **Tuesday, July 7, 2020:** ADA Picnic & Adaptive Recreation Clinic at the Meadowlark Shelter of Fort Missoula Regional Park. Come see and try lots of adaptive recreation items all day and join us for a free community Picnic at 12 PM.
- **Wednesday, July 22, 2020:** Out to Lunch: Come to Caras Park for lunch and entertainment 11 AM-2 PM. Summit is the Spotlight Sponsor for this activity.
- **Thursday, July 30, 2020:** Downtown Tonight: Come to Caras Park for a nice evening with food vendors and entertainment 5 PM-7 PM. Summit is the Spotlight Sponsor for this activity.

ADA30

Americans with Disabilities Act

Celebrate the ADA! July 26, 2020



COVID-19 Coronavirus

Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak

In the time leading up to and preparing this newsletter, none of us had any idea we would find ourselves in the situation we are in facing with this worldwide coronavirus (COVID-19) pandemic. The world is a different place than it was even a week ago and we still don't have many answers. We are now familiar with terms like social distancing, quarantine, and self-isolation which we are probably all hearing multiple times daily. Along with all of this comes the need to make sure we are taking the best care of ourselves and others that we can.

This significant of interruption to our lives can cause emotional reactions ranging vastly from anxiety, worry, or fear to simple boredom, frustration, or loneliness. That's when we need to be aware of how we are feeling, what we are thinking, and what we can do to ensure self-care and make the best of the unfortunate situation. The Substance Abuse and Mental Health Services Administration (SAMHSA) has produced a document entitled Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak. This guide provides direct, concrete things we can do individually such as educating ourselves and understanding the risks, being our own advocate to help fulfill our needs, and openly communicating with our employers and others. Connecting with others you trust, including talking to your doctor if you have health concerns, and finding practical ways to cope and relax can help prevent and ease the distress we might be feeling.

Please visit the URL below to see the complete document developed by SAMHSA:

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Links to reliable information related to COVID-19

Centers for Disease Control and Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html> or <https://www.coronavirus.gov>

World Health Organization:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Montana Department of Public Health and Human Services:

<https://dphhs.mt.gov/publichealth/cdepi/diseases/coronavirusmt>

Social Security and COVID- 19:

<https://www.ssa.gov/coronavirus/>

Caring for someone at home:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

Your Local County or Tribal Health Department:

<https://dphhs.mt.gov/publichealth/FCSS/countytribalhealthdepts>

For more resources, visit <https://www.summitilc.org>.

Summit Services & COVID-19

The COVID-19 pandemic is affecting all of us as the virus sweeps across Montana, our country and the world and is disrupting our lives and daily routines. We are all being asked to do our part to “flatten the curve” and practice “social distancing.”

To do our part, Summit Independent Living has closed all four of our offices as well as BASE and The Refuge to in-person and walk-in appointments. Summit has also suspended all in-person classes, social activities, support groups, and other gatherings. All Summit offices, including BASE and The Refuge, will remain closed and all in-person appointments and gatherings will remain suspended until it is safe to resume such activities. Managing the health and safety of our staff as well as our consumers is a top priority of Summit and we appreciate your understanding during this time.

Despite all in-person services being suspended, **Summit is still able to provide services to anyone in need via telephone or email.** Summit has also recently implemented Zoom, an online collaboration tool, to be able to meet with individuals via videoconferencing as well as conduct online activities, classes, and meetings for groups. **If you need Summit services, or if you're just feeling isolated and need someone to talk with, please call our main office in Missoula at 406-728-1630, our office in Hamilton at 406-363-5242, our Kalispell office at 406-257-0048, or our Ronan office at 406-215-1604. To email a Summit office, please use the contact form on our website at www.summitilc.org/contact.**

We are in the process of designing some online activities and classes but have not yet finalized what those will look like or when they will occur. Once we have finalized and scheduled these, we will post notice to our website at www.summitilc.org as well as send out a schedule via email to Montana Centers for Independent Living (MTCIL) action alert recipients in Summit's service area. If you would like to receive notice of these activities and/or classes in your email inbox and you are not yet subscribed to the MTCIL action alert listserv, please go to www.mtcil.org/become-an-advocate to register. Also, be sure to check Summit's and BASE's Facebook pages for activity/class schedules or, simply call one of our offices to inquire further. We hope that these online activities/classes will help to reduce the loneliness and isolation that people may be feeling due to following self-isolation and social distance protocols now in place.

Required Netflixing

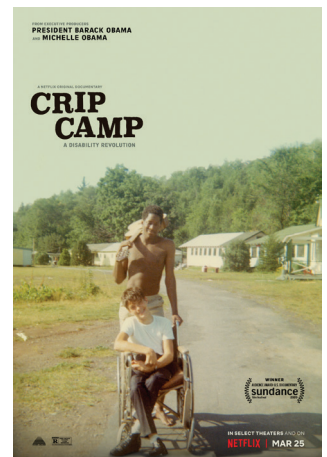
Is Netflixing even a word? If it's not, we're claiming it!

All kidding aside, there's a new, powerful documentary on Netflix that chronicles disability rights leader Judy Heumann and the history of the disability rights movement called, “Crip Camp.”

“Crip Camp” is an excellent introduction to disability history for those who are unfamiliar and offers an honest and powerful look at disability and overcoming

barriers imposed by a society that refuses to include people with disabilities in everyday life.

So if you are looking for something to do while practicing social distancing, consider checking out “Crip Camp” on Netflix. You'll be glad you did!



SUMMIT BOARD

Steve Hackler
Molly Blair
Jenny Montgomery
Mark Cash

Peter Drakos
Michelle McLane
Susanne Meikle

SUMMIT STAFF**Missoula County****Executive Director**

Mike Mayer

Program Manager

Bre Lopuch

Program Support Specialist

Mike Giddings

SD-CFC/PAS Program Manager

Beth Anderson

SD-CFC/PAS Coordinator

Carrie Dyrud

SD-CFC/PAS Coordinator

Becca Kwon

SD-CFC/PAS Assistant/Insurance

Jessica Workman

Advocacy Coordinator

Travis Hoffman

Peer Advocacy Coordinator

Chris Clasby

Independent Living Specialist

Donna Graham

Independent Living Specialist

Tyler Stosich

Community Living Specialist

Bronwyn Troutman

Youth Specialist

Becca Gervais

Youth Coordinator

Michael Beers

BASE Coordinator

John Howard

Secretary

Kathy Boyer

Financial Officer

Scott Fels

Assistant Bookkeeper

Victoria Lahr

Flathead County**Coordinator**

Lynae West

Independent Living Specialist

Peter Pelchen

Independent Living Specialist

Dianna Kintzler

SD-CFC/PAS Specialist

Aleyna Raymond

Ravalli County**Coordinator**

Becky Fleming-Siebenaler

Independent Living Specialist

Anna Barnes

People First Advisor/IL Specialist

Mary Millin

Lake County**Coordinator**

Susan Morris

Independent Living Specialist

Betty LaFountain

Peer Support Specialist

Michelle Williamson

New Summit Staff**Becca Gervais, Youth Specialist, Missoula**

Summit is excited to introduce Becca Gervais as our new Youth Specialist in Missoula. Becca is originally from central Minnesota, having moved to Missoula after graduating from the University of St. Thomas in St. Paul. In the winter Becca spends most of her time snowboarding, and in the summer she enjoys playing soccer, river floating, and hiking. She and her partner are excitedly planning their wedding, which will be in Minnesota this upcoming September. They have two german shorthaired pointers, Grupert and Ollie, who keep them very active.

Becca is a recent graduate from the University of Denver, having obtained a master's degree in social work (MSW). Over the last five years Becca has worked in a variety of social service settings in the Missoula area. She began working in community mental health, then went on to work with domestic violence and sexual assault survivors, and is now excited to begin working with individuals with disabilities. Becca is passionate about working for social justice, and she is eager to be involved and support Summit's mission!

Primary Elections: June 2nd

All 56 Montana counties are planning to use mail ballots only for the June 2, 2020 primary election after Gov. Steve Bullock gave counties the option of going to all mail ballots for the primary under his emergency powers, citing concerns over exposure to the COVID-19 virus.

For voters with disabilities this could present a challenge in casting a private ballot. If you already receive an absentee ballot, your county election office should have AutoMark or ExpressVote machines available for those who need them. However, voters with disabilities may also request an electronic absentee ballot, which can be marked on your home computer and then returned to your county elections office.

This is called the Electronic Ballot Request System (EBRS) for Voters with Disabilities, which can be found at <https://www.vote4mtacc.us/election>. To vote an electronic ballot, voters must affirm their qualifications and eligibility as a voter with a disability and enter a residential address that can be matched with a Montana ballot type before they can access and mark a ballot.

If you are interested in requesting an electronic ballot, please go to <https://sosmt.gov/elections/disabilities> and view the EBRS Overview for instructions or contact your county election administrator.



COVID-19 Disability Preparedness

Summit encourages everyone to take the steps necessary to protect themselves. The same steps you take to protect yourself from the flu are used to protect you from the Coronavirus:

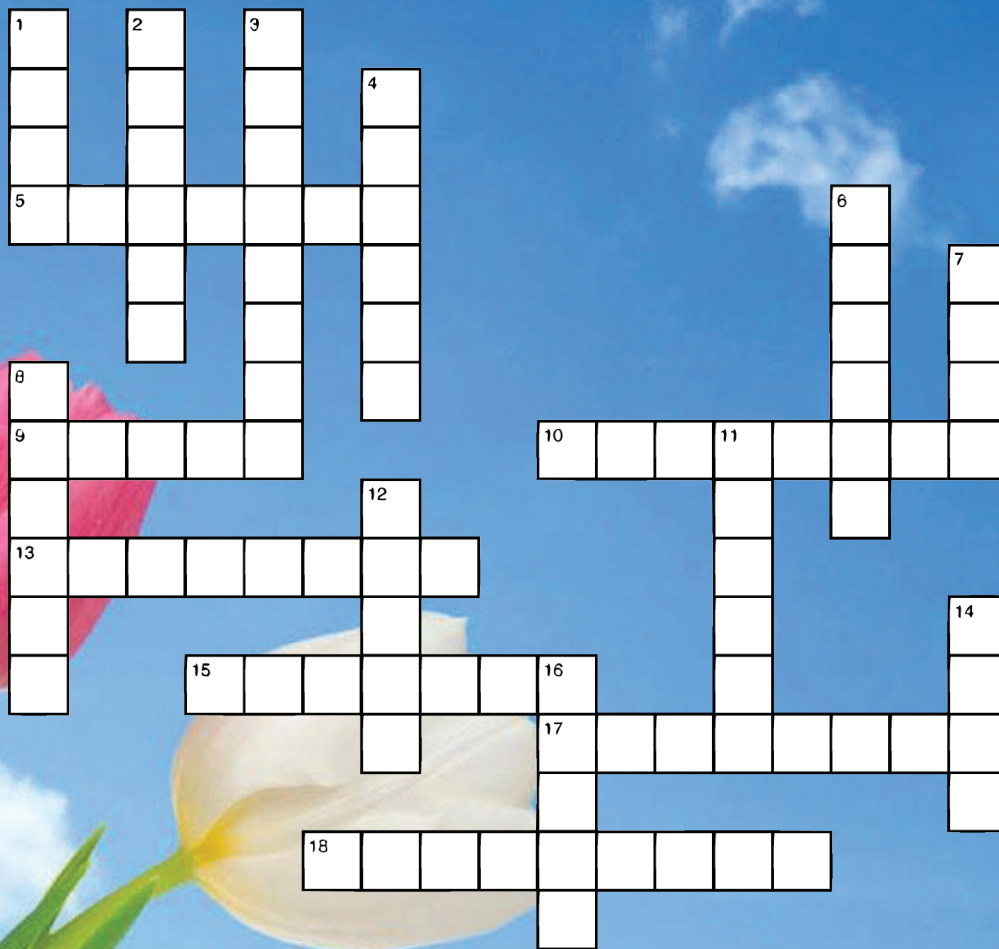
Adapted from
the Center for Disability Rights

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. In the event that soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

This may not be enough for attendant service users who rely on personal assistance services. Summit is encouraging attendant service users to take steps and build habits now that will protect you and your workers from COVID-19, the flu, and other communicable diseases like the Coronavirus. Here are some things you should do:

1. Ensure you have sufficient back up attendants in case your regular attendants cannot work; your attendants may not be able to work because either they get sick or they need to take care of a family member who is. You will still need assistance, so make sure you have someone who can provide it
2. Ensure that you have the ability to get assistance if an attendant does not show up for work. They may not be able to get to you and you need to make sure your needs are able to be met.
3. Have at least a week of non-perishable food in your home at any given time (if possible, have two weeks' supply) and identify people who can assist with shopping. If this is not financially feasible, you may need to seek out assistance from local organizations or food banks.
4. Stock up on other important supplies. There may be shortages of other supplies like toilet paper, cleaning supplies, hygiene products and such. You don't need to hoard these, but plan to keep a supply in your home.
5. Identify a way to make sure you can get your medications in a timely manner. This may mean having friends or family assist you or using a pharmacy that offers prescription delivery.
6. Plan for your pets/service animals. There may be difficulties in getting pet food or your pets may need someone to take care of them if you are hospitalized. If you have pets, make sure you have planned for their needs too.
7. Have your attendants wash their hands and use hand sanitizer when they arrive at your home and each time prior to touching or feeding you. Repeated handwashing can become rough on an attendant's hands. Using a hand sanitizer can be a way to protect you and their skin.
8. Regularly clean, sanitize and disinfect the surfaces that are touched in your home to prevent the spread of infection. If possible, get into the habit of having your attendant do this each time immediately when they arrive at your home.
9. Use disinfecting wipes on items that are frequently touched. These include your telephone, doorknobs, your refrigerator handle, your wheelchair controls, lifting device controls and remote controls.
10. Have your attendant take extra steps to avoid possibly infecting you by wearing personal protective equipment if someone close to your attendant – like a member of their household – becomes sick.

SUMMIT SPRING CROSSWORD



ACROSS

- 5) They're usually found in beds
- 9) Time for showers
- 10) Gloom's opposite
- 13) Yellow spring flower
- 15) Day for diamonds and dreams
- 17) Shower apparel?
- 18) Monarch, e.g.

DOWN

- 1) Sport with tees
- 2) Fledgling plant
- 3) America's pastime
- 4) ____ egg
- 6) Eating outing
- 7) When spring ends
- 8) Vegetable plot
- 11) One of four in a year
- 12) Breezy
- 14) Flying toy with a tail
- 16) Verdant

BASE EVENTS

725 West Alder, #4 Missoula, MT

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.



Attention!

All BASE in-person classes, gatherings, and events have been postponed until further notice due to COVID-19. We will offer some activities online in a virtual setting. If you have any other questions please contact (406) 728-1630

For BASE schedule updates and additional events go to

www.summitilc.org/calendar

or check the BASE Facebook page at

<https://www.facebook.com/base725>

To get involved or to share ideas of new BASE programs, contact BASE

jhoward@summitilc.org

or by visiting

www.basemissoula.org

HELP SUPPORT SUMMIT



MISSOULA GIVES
APRIL 30 to MAY 3

We rely on donations from people like you to continue to provide services to people with disabilities and their families.

To donate go to: <https://goo.gl/80NWq7>

CLASSIFIED ADS

Jazzy Select Wheelchair

\$500 obo, Call Debbie: 406-369-2077

3'x30" Folding Wheelchair Ramp

\$50 obo, Call Mark: 406-728-7339

1997 Ford Econoline Wheelchair Accessible Van

Miles: 213,737

Call Twyla 231-818-0065

Victory 10 LX scooter

New! \$2500, Call or text Nina 880-2855

Smart Talker text scanner

Slightly used, \$700. Contact Larry at 406-633-4036 or ketch1969@gmail.com

Nova Walker, Quantum 600 power wheelchair, Commode, 2 Transfer Benches, Beezy Manual Wheelchair. Call Gary (406) 224-5527 or garylee032051@gmail.com

Symmetry Stander

Call Madison (406) 670-9388

Braun Vangater Wheelchair Lift

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

Garaventa Super-Trac Portable Wheelchair Lift for stairs.

Purchased new for \$12,000 and used only a few times. Will sell for \$2,500 OBO. Contact Jacob Francom, Troy Public Schools, jfrancom@troyk12.org, (406) 295-4520.

Acorn Stair lift

For going up to 6 stairs while seated. \$500 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/mtadb/>

SUMMIT INDEPENDENT LIVING

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. 536

Building Awareness, Advocating Change

THE SUMMIT INDEPENDENT

April 2020

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

COVID-19 Stimulus Information

The Department of the Treasury announced on April 1, 2020 that Social Security beneficiaries who are not typically required to file tax returns will not need to file an abbreviated tax return to receive an economic impact payment. The Internal Revenue Service (IRS) will use the information on the Form SSA-1099 to generate the \$1,200 economic impact payments to Social Security beneficiaries who did not file tax returns in 2018 or 2019.

The Department of the Treasury, not Social Security, will make automatic payments to Social Security beneficiaries. Beneficiaries will receive these payments by direct deposit or by paper check, just as they would normally receive their Social Security benefits.

Social Security is working closely with Treasury to address outstanding questions about SSI recipients in an attempt to make the issuance of economic impact payments as quick and efficient as possible. The IRS will provide additional information on their web page (<http://www.irs.gov/coronavirus>) when available. **Please note that Social Security will not consider economic impact payments as income for SSI recipients, and the payments are excluded from resources for 12 months** (<https://blog.ssa.gov/commissioner-of-social-security-shares-update-about-covid-19-economic-impact-payments-for-beneficiaries/>).

Montana's DPHHS will also be implementing service and eligibility flexibilities during this time of national emergency due to COVID-19 and individuals currently qualifying for Medicaid will not be removed during this time. Information on other service flexibilities are not yet clear but we will update individuals on the MTCIL action alert listserv as we find out more.

You can always sign up to get this newsletter by email by visiting www.summitilc.org and signing up