



Building Awareness & Advocating Change for People with Disabilities

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On July 26, 2022 we will celebrate the 32nd anniversary of the Americans with Disabilities Act (ADA) 31st Anniversary. This important civil rights law works to provide people with disabilities an equal opportunity to participate in society, whether that be in pursuit of an education, employment, transportation, or basic social engagement alongside people without disabilities.

The ADA was the first comprehensive declaration of civil rights for people with disabilities prohibiting discrimination solely based on a person's disability status, and expanded opportunities for people with disabilities to participate in the mainstream of American life, to enjoy employment opportunities, access goods and services, and be treated as equal and valued members of society.

While there is much more work to do to ensure equal access to employment opportunities, the voting process, health care, and many other life areas, in addition to reducing attitudinal barriers, labels, and stigmas that are still too often prevalent, it is important that we take time each July to celebrate the anniversary of this landmark legislation and recognize the hard work and sacrifice that many disability advocates and policymakers who have worked tirelessly to improve the lives of people living with a disability and to recommit ourselves to continue working towards a more just, accessible, and inclusive society.

Celebrate. Learn. Share.
ADA32 ★ 1990 - 2022 ★
 Americans with Disabilities Act

Summit Summer Lineup

Summit has some exciting things in store for the summer! Come check us out at the following events:

Out to Lunch

Summit will be sponsoring Out to Lunch held Wednesdays in Cara's Park from 11am-2pm from June 29th-July 27th. Come say to hi each Wednesday, and grab some lunch at one of the many great food trucks while you're at it.

Mural Project

Allez! heads the large mural in the alleyway located between Radius Gallery and the Mercantile in downtown Missoula. Each year, they partner with four Missoula-based nonprofits, and allow these organization to create and exhibit their own pieces of work to be on display from July to October. Summit is pleased to be one of those nonprofits this year, and we invite you to attend the unveiling of our hard work and creativity, Friday, July 8th from 5pm-7pm. More information can be found at <https://allezmissoula.com/exhibits-events/murals-for-missoula-22>.

Downtown Tonight

Summit will also be a sponsor for Downtown ToNight, Thursday, July 21st. This event is also held in Cara's Park, and is a great opportunity to drink some good beer with good friends in a more laid back style. Come hang with us from 5:30pm-8:30pm.

Please call 406-728-1630 for more information and be sure to keep an eye on our social media or sign-up for our newsletter for more details. We are so excited for all that's in store for Summit this summer, and we can't wait to get this party started!

Social Security Disability Orientations



Now partially in person!



Do you need to apply for disability benefits but don't know how to apply or what to expect during application process?

Summit can help you submit your disability application, we can help educate you on how the process works and what to expect from the different programs, and help you understand what benefits you may or may not qualify for.

Before we can help you start her disability application process we ask that you take part in our Social Security orientation. The Summit Social Security orientations will still be held on the 2nd and 4th Thursdays of each month from 11:00 AM to 12:00 PM.

The 2nd Thursday monthly will be held in person in the Summit Independent living conference room at 700 SW. Higgins, Missoula, MT 59803, Suite 101. The 4th Thursday monthly will be held over ZOOM.

If you would like to start your disability application with Summit please call 406-728-1630 and ask for Alyssa or Tyler.

Blind & Low Vision Support Group

We invite all blind and low vision individuals to join our monthly support group meeting. Join our discussions on navigating daily life with little to no vision. We cover topics such as meeting daily challenges, finding possible solutions, and growing from our shared experiences.

For more information contact: Coreen Faulkner
Phone: 406-370-9305
Email: coreen.faulkner@gmail.com

Cyber Security

In addition to physical health, we need to watch out for the hackers in cyber space. They can do a lot of damage to our finances, steal our ID, etc. Some helpful tips while using the internet is to:

1. **Choose Strong Passwords:** (things/sayings you may use but others can't guess. It's best to use a combination of upper and lower case alpha characters, number(s) and symbol(s).
2. **Be Careful What You Post:** While it may be of interest to your friends if you comment on where you bank, call me at (your phone number), etc. this information can give the baddies a place to start on identity theft.
3. **Keep Your Antivirus Program Up To Date:** Please make certain you have antivirus software running on your home devices. Microsoft and other operating systems have built in software. It's normally free and if you set it to update automatically it will keep itself current. If not, there are a number of free antivirus software offerings on the web. Update antivirus/malware software will make a great impact on safe computing.
4. **Avoid Pop-ups, Unknown Emails, and Links:** It seems no matter which sites we go to we often get popups for special offers. If it's something that interests you, log into the site from your browser by keying in the website. It's a bad idea to follow links from pop-ups or emails. Sometimes the links will take you to another site and can lead to malware being loaded on your PC. Even if it seems like a legitimate link, it's better to access the site from your browser manually than possibly getting hacked.
5. **Connect to Secure Wi-Fi:** When you are out and about, it is convenient to connect to a Wi-Fi hotspot at a coffee shop or other place of business. Since you don't know how their system is setup, plan on it not being secure like your home or place of work. In which case, be careful what you access as hackers can scan the information you send/receive and get things like User IDs, Passwords, credit card information, etc.
6. **Enable Firewall Protection at Work and at Home:** Most current routers have a firewall built into them, so make certain it's turned on. Also, some/most operating systems also have a firewall which should be turned on in your PC/Laptop's. This will help with direct attacks on your devices.
7. **Keep Your System Updates Current:** Your operating system and applications update quite often. When looking through most of what is changing, a lot of it is security updates.

While following these tips will not guarantee you won't get hacked and your information misused, without doing these things you are leaving yourself wide open for attacks.

There are many websites that provide real (not fake) information on cyber security. A good general website is by CISA. CISA is the Cybersecurity & Infrastructure Security Agency, a division of the Department of Homeland Security. There is a lot of good information to look through.

<https://www.cisa.gov/uscert/ncas/tips>

Covid-19 is still active in our country, so self-care is needed. To get free Covid-19 at-home test kits, mailed to you and delivered by the USPS: <https://www.covid.gov/tests> You can also check with your local health department to see if they have any free at-home kits.

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

Tami Hoar

Program Support Specialist

Mike Giddings

SD-CFC/PAS Program Manager/HR

Beth Anderson

SD-CFC/PAS Coordinator

Patti Montgomery-Stewart

SD-CFC/PAS Coordinator

Carrie Dyrud

SD-CFC/PAS Assistant/Insurance

Jessica Workman

Development/Outreach Director

Madison Morgan

Advocacy Coordinator

Travis Hoffman

Peer Advocacy Coordinator

Bronwyn Troutman

Independent Living Specialist

Tyler Stosich

Independent Living Specialist

Alyssa Coty

Community Living Specialist

Vacant

Youth Coordinator

Michael Beers

BASE Coordinator

John Howard

Pre-ETS & Employment Services

Gavin Workman

Administrative Assistant

Laurie Swanson

Financial Officer

Scott Fels

Accounting Assistant

Jon Vivas

Flathead County**Coordinator**

Lynae West

Independent Living Specialist

Dianna Kintzler

Independent Living Specialist

Vacant

SD-CFC/PAS Specialist

Aleyna Raymond

Ravalli County**Coordinator**

Alan Fugleberg

Independent Living Specialist

Alice Mainwaring

People First Advisor/IL Specialist

Mary Millin

Lake County**Coordinator**

Susan Morris

Independent Living Specialist

Mariah Armstrong

New Summit Staff**Tami Hoar****Executive Director**

I am so pleased to have the opportunity to be here as the Executive Director for Summit Independent Living! I am very honored to be chosen to take the helm after Mike's long, dedicated, and well-respected career. I owe him much gratitude for my experience in IL as he was a gracious, accomplished, and encouraging mentor to me.

From an early age I have been dedicated to ensuring all individuals are given the tools and opportunities they need to be successful and to live as joyfully and as independently as they desire. I have had a long career in the disability/IL career field working across Montana and collaborating on a national level. I took a short hiatus from independent living to gain experience working for the Town Pump corporation. I have an education background in human resource management, nonprofit management, and communication. I am a huge true crime buff (SSDGM)! And, these days I take great joy in 4 beautiful little souls that call me "Gramma!"

I look forward to this journey as we move Summit into the next phase of Building Awareness and Advocating Change for People with Disabilities. One thing I have learned in the last couple years through personal trauma, family upheaval, death, and career changes.... "Your only limit is you. Be brave and fearless."

Alice Mainwaring**Independent Living Specialist, Hamilton**

Alice Mainwaring, MSW, is Summit's new Independent Living Specialist based in Hamilton. She has significant experience delivering services to people with disabilities at other organizations in Ravalli County and she is certified in Gottman family counseling and suicide prevention.

Alice has coached and coordinated Hamilton's Special Olympics team for ten years. Alice formerly worked for Ravalli Services, Montana Work Solutions, Western Montana Mental Health, and We Care Behavioral Health in Hamilton.

While she was working on her undergraduate degree in social work, Alice worked as an intern at Summit. She now holds a Master of Social Work degree, and is working towards certification as a Licensed Clinical Social Worker.

Branch Office Updates

Hamilton Office updates

Summit's Hamilton Office is now fully staffed and open during regular business hours Mondays through Fridays.

Staff in Hamilton include:

Alan Fugleberg, MPA

Ravalli County Coordinator;

Alice Mainwaring, MSW

Independent Living Specialist

Mary Millin

Independent Living Specialist.

If you live in Hamilton or the Ravalli County area and are looking for services from Summit, please call the Hamilton office at 406-363-5242.



Kalispell Summit Office

Do you, or does someone you know have a disability that prevents them from working at a substantial earnings level?

Have you been told by a medical professional that you should consider applying for Social Security disability benefits?

Have you considered applying for benefits on your own but found the process overwhelming?

If you answered yes to any of these, a Social Security Orientation might be the thing for you. Once a month, the Kalispell Summit office offers a Social Security orientation meeting via zoom. This is a group meeting that covers the ins and outs of applying for benefits, the difference between SSI and SSDI, eligibility criteria, ways to apply, major parts of the application, documentation that you will need, and what to expect.

There is no cost for the meeting and anyone is welcome to join.

If you or someone you know is interested in the orientation meeting, please contact Dianna in the Kalispell office by phone at 406-257-0048 ext.3 or by email at dkintzler@summitilc.org.



SUMMIT BOARD

Mark Cash
Susanne Meikle
Gabrielle Broere
Molly Blair

Peter Drakos
Michelle McLane
Kelly Sellars
Sherene Ricci



Summit Disability Mural Project

"Every July, Allez supports non-profits through mural arts. The exhibit during the summer months will be created for/by local non-profits to be used as an opportunity to boost their outreach and fundraising efforts. This year we are excited to host artworks by and for: Zootown Arts Community Center, Jaennette Rankin Peace Center, Summit Independent Living, and Opportunity Resources."

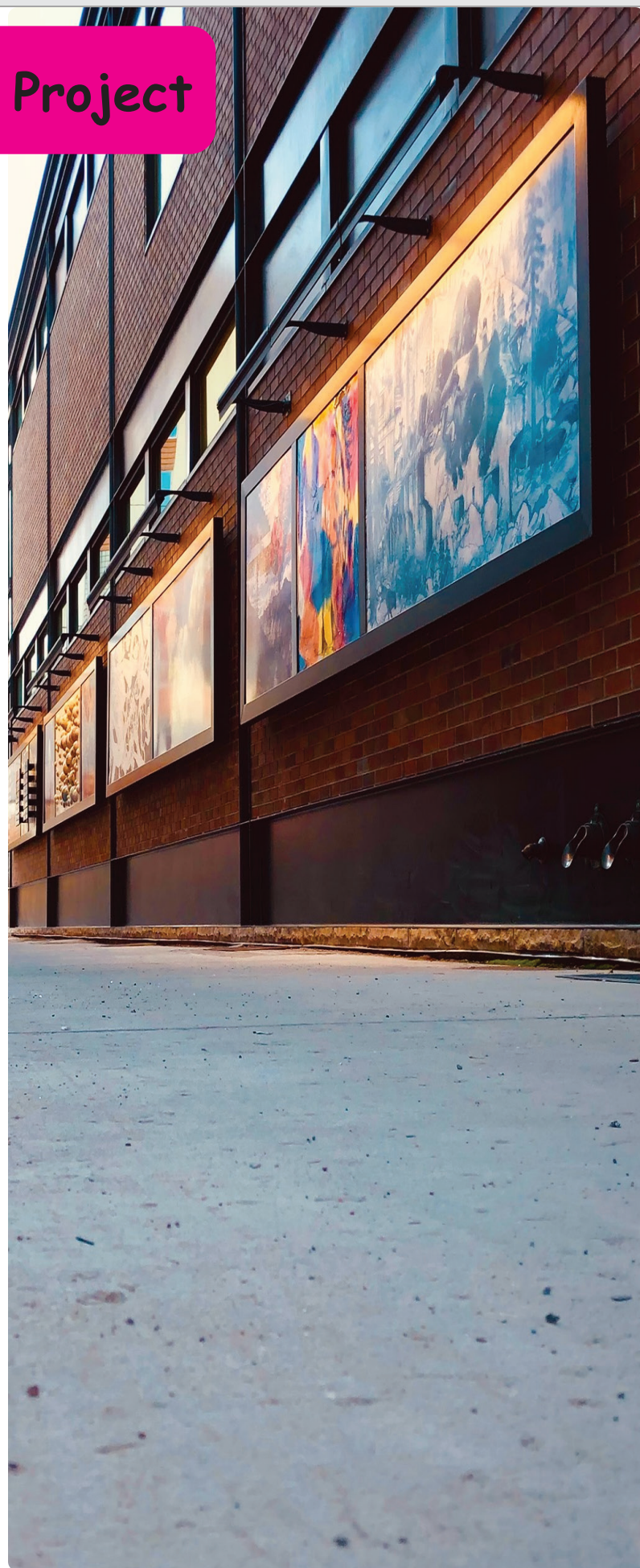
(www.allezmissoula.com)

The opening night event and reveal of the Summit Disability Mural Project will take place on July 8 from 5:00 PM to 7:00 PM at 120 N. Higgins Ave., Missoula, MT 59802.

The Disability Mural exhibit will be installed and available for viewing through the months of July, August, and September. Summit/BASE will also have the alley by the mural available for various events while the mural is up.

We are so excited for this opportunity and cannot wait to share it with you all so please come join us on July 8. If you can't make it that night stop by and check out the mural another time, just make sure you don't miss it.

If you have any questions regarding the Summit disability Mural Project please contact Summit Independent Living at 406-728-1630.



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.

BASE Virtual Activities

YODA (You Opening Doors through Advocacy)
Tuesdays 4-6pm on Zoom

All Abilities Yoga
Wednesdays 4-5pm on Zoom

BASE Wrestling Foundation BWF
1st and 3rd Wednesdays monthly 5-6pm
On Zoom

Virtual Photography Group
2nd and 4th Wednesday monthly 5-6pm on ZOOM

BASE Virtual Game Night
Thursdays from 1-4 pm (call for dates and times)

BASEment Improv
Thursdays BASEment Improv 5:30pm-7pm.
Join us for Improv, games, and laughs.

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 mbeers@summitilc.org.

CLASSIFIED ADS

Symmetry Stander, Quickie Powerchair, Invacare Powerbed, Hoyer lift

Comfortable, easy-to-use seat stander Call/leave message: Tejeanne (406) 865-0221

Power Scooter

\$500 obo. Please contact Adrian:
(406) 263-8650

Adult Tricycle

Schwinn 26" tricycle, bike pump included.
\$500obo (406) 721-1698

Wheelchair Lift

Ricon wheelchair lift model #S1231
G00100100. \$400obo.
Contact: Cory (406) 471-3314

Silver Spring wheelchair ramp 10' L x 36" W

Made of high-strength light weight aluminum. \$297obo. Contact: tamera144@gmail.com or 406-363-4898

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

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@troyc12.org, (406) 295-4520.

Acorn Stair lift

For going up to 6 stairs while seated. \$300 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.

SUMMIT INDEPENDENT LIVING

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U.S. Postage
PAID
Missoula
Montana
Permit No. 536

Building Awareness, Advocating Change

THE SUMMIT INDEPENDENT

July 2022

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



Fresh Food Box

Summit Independent Living and Missoula Food Bank & Community Center are working collaboratively to make the Fresh Food Box program available to more people with disabilities.



Eligibility requirements:

- must have a physical or mental disability that impacts your ability to live independently;
- live in Missoula
- sign up for Summit service;
- be experiencing challenges to your health, safety, ability to live independently, receive vital services, gain or continue employment, or participate in community activities due to COVID-19;
- be experiencing food insecurity due to lack of income, and
- need home delivery of food due to sheltering in place or lack of transportation/assistance to obtain food in the community.

For more information or to apply please call the Summit office at 406-728-1630 or send an email to missoula@summitilc.org.



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