



Minot State University  
Center of Excellence

**NORTH DAKOTA CENTER FOR PERSONS WITH DISABILITIES**

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## NDCPD is Engaged!!

**By: Brent A. Askvig, Ph.D. Executive Director**

No, there is no ring, and we are not planning wedding vows. But we are making a commitment! Our host university, Minot State University, has developed a commitment for engagement by faculty, students and staff, and NDCPD has embraced this whole-heartedly.

Engagement has been conceptualized as meaningful connections and work with our local, regional, state and national communities. This work has the possibility of adding value to our educational processes, and certainly value-added results to our community partners. Of course, this fits well with what we do as a university center of excellence. NDCPD's mission is "To provide service, education, and research which empowers communities to welcome, value and support the well-being and quality of life for people of all ages and abilities." This links precisely to MSU's initiative for community engagement. So let's take a look at some of the recent NDCPD faculty, staff and student engagement activities.

Our Minot Infant Development Program provides home-based parent training and support services for families with young children with developmental delays. This support includes weekly home visits, where our staff meet family members and the children in their homes in a seven county area in north-central North Dakota. MIDP staff log tens of thousands of miles in all types of weather to assist parents in teaching their children early developmental skills and strategies. As a result of this work, children learn to walk, speak, interact with family members and peers, and begin the preparation for an early childhood program and eventually school.

Most people in our region are familiar with the devastation left from the flooding of the Mouse River in 2011. NDCPD staff worked with the MSU staff senate to collect and then distribute cookie baskets to affected MSU families. It was certainly exciting to see the hundreds of dozens of cookies that were brought to NDCPD and then organized for distribution. Over 100 families received the cookies and expressed their gratitude for the thoughts and kindness, and especially for the remembrance, for those caught in the flood.

NDCPD staff have been utilizing distance technology and telemedicine supports to reach out to our rural ND citizens for quite some time. Our newest engagement activity in this area is through the Prairie Mental Health project. In cooperation with the ND Boys and Girls Ranch, NDCPD staff are identifying and solidifying processes, procedures and networks to deliver mental health consultations and counseling to children and youth in north central ND. The collaboration with the Boys and Girls Ranch, local providers and rural communities has brought about several interesting strategies and approaches to making sure that everyone gets access to the services they need.

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## NDCPD is Engaged: Continued

Finally, we all know about the value of early childhood screening to determine the possibility of disorders, diseases or conditions that might influence positive growth and outcomes. For about 10 years, NDCPD has been working with birthing hospitals, physicians, nurses, families and audiologists to screen, conduct follow-up testing, and then make appropriate referrals for newborns who might have hearing difficulties. The ND Early Hearing Detection and Intervention (EDHI) programs work throughout ND to assure that nearly all babies born in our state (96% at last count!) receive a hearing screening within three days of their birth. Faculty, staff and even MSU students have demonstrated that early screening, follow-up testing (even using telemedicine technology) and appropriate interventions can have positive impacts on children's speech and language development.

So it is easy to say, NDCPD is engaged! What is important to note is that this occurs because of the diligence of our faculty and staff to make good community connections, to bring best practices from research around the world to our rural ND issues, and then to do the hard work to make it happen. For more information on our community services, training, technical assistance, and research work, go to [www.ndcpd.org](http://www.ndcpd.org) and check out the projects being implemented at NDCPD and Minot State University.

## NDCPD's Interdisciplinary Internship

**By: JoLynn Webster, Interdisciplinary Pre-service Training Coordinator**

The North Dakota Center for Persons with Disabilities (NDCPD) would like to announce the Minot State University students who were selected to participate in NDCPD's interdisciplinary internship program during the 2012 spring semester. Each of these students was enrolled in MSU's Disability in Society course during the fall semester and was chosen based on an application and interview with a selection committee. NDCPD's interns for the 2012 spring semester are Breanna Benson, BriAnna Menge, Gabi Dolinski, and Taryn Schaff-Jarzab.

NDCPD's internship provides opportunities for its interns to observe content from the Disability Studies class in real-life experiences and to gain hands-on training to support individuals with disabilities and their families through their participation in the following types of activities:

- Observing interdisciplinary clinics
- Shadowing staff on NDCPD projects
- Attending seminars presented by professionals from nation-wide Centers for Persons with Disabilities
- Developing resources for NDCPD projects
- Observing disability support providers in the community
- Promoting awareness about disability issues across the Minot State University campus

If you would like more information about MSU's Disability in Society class (SPED 234H) or NDCPD's internship training program, please contact JoLynn Webster at 858-3206.



**Breanna Benson**



**BriAnna Menge**



**Gabi Dolinski**



**Taryn Schaff-Jarzab**

## GPIC Clinic

The Great Plains Interdisciplinary Autism Diagnostic Clinic (GPIC) is funded through North Dakota Department of Health Children's Special Health Services Division. We will be holding our next GPIC clinic in Minot on May 10<sup>th</sup>, 2012. Additionally, we will be holding a GPIC clinic at Anne Carlsen Center in Jamestown on July 17, 2012. We welcome professional, educational or parent referrals to be a part of this clinic. GPIC clinics use an interdisciplinary, arena style approach for the assessment. We are able to assess two children per clinic. The grant supports clinics held at the Anne Carlsen Center in Jamestown and at NDCPD in Minot. For more information please contact Connie Irey, Project Director/Family Support Specialist, at 858-3286 or 1-800-233-1737 ext.3286.

## Christopher & Dana Reeve Foundation For Adaptive Golf Cart

**By: Kari Schmidt, Project Director, NDCPD**

NDCPD has received a \$10,000 Quality of Life grant from the Christopher & Dana Reeve Foundation; the Quality of Life grants are funded through a cooperative agreement with the Centers for Disease Control and Prevention. NDCPD will use the grant for purchase of a SoloRider golf cart for a project called Get Into Golf! The project is a collaboration between NDCPD; Souris Valley Golf Course and Jack Hoeven Wee Links Golf Course, both in Minot; and the First Choice Physical Therapy clinic in Minot.

The game of golf typically requires participants to walk the course, or for those who use a regular golf cart they are required to get in and out of the cart throughout their game of golf. Golfers who are unable to walk or have difficult with mobility may find the sport too cumbersome or may be hesitant to try it as a new sport. The SoloRider cart will enable golfers with mobility impairments to drive onto greens and tees with no impact to turf; easily enter and exit the cart using the 350 degree swivel seat; play from the cart using the elevating seat; and easily handle the cart using ergonomic controls.

Two golf clinics for people with physical challenges will be offered in Minot this summer. The clinics will be intended specifically for new golfers who have wanted to try the sport but have found it too difficult due to a physical disability, and for experienced golfers who have given up the game because of a life changing event such as stroke or amputation. Physical therapists and golf professionals will be on hand to provide instruction for each person to learn how to accommodate their golf style to allow for maximum potential on the golf course. Both clinics will be advertised in the Minot area when dates are set. For more information about the upcoming golf clinics contact Steve Kottsick at 701.240.0593 or Reed Argent at 701.721.3344. For more information about the project contact Kari Schmidt at 701.858.3048 or [kari.schmidt@minotstateu.edu](mailto:kari.schmidt@minotstateu.edu).



For additional copies of the Collaborator contact Linda Madsen at 1-800-233-1737. Please feel free to copy and distribute articles or excerpts from The Collaborator, provided the following acknowledgement is used: Used with permission from the North Dakota Center for Persons with Disabilities, a center of excellence at Minot State University, Minot, North Dakota, USA.

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## Top Eight Ways to Protect Yourself from Scams

By: Linda Madsen, ND SMP Project Director

Millions of older adults fall prey to financial scams every year. Use these tips from the National Council on Aging (NCOA) to protect yourself or an older adult you know.

### 1. Be aware that you are at risk from strangers—and from those closest to you.

Over 90% of all reported elder abuse is committed by the older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

Common tactics include depleting a joint checking account, promising but not delivering care in exchange for money or property, outright theft, and other forms of abuse, including physical abuse, threats, intimidation, and neglect of basic care needs.

### 2. Don't isolate yourself—stay involved!

Isolation is a huge risk factor for elder abuse. Most family violence only occurs behind closed doors, and elder abuse is no exception.

Some older people self-isolate by withdrawing from the larger community. Others are isolated because they lose the ability to drive, see, or walk about on their own. Some seniors fear being victimized by purse snatchings and muggings if they venture out.

### 3. Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing."

Don't buy from an unfamiliar company and always ask for and wait until you receive written material about any offer or charity. Neighborhood children you know who are selling Girl Scout cookies or school fundraising items may be an exception, but a good rule of thumb is to never donate if it requires you to write your credit card information on any forms.

It's also good practice to obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business. And always take your time in making a decision.

### 4. Shred all receipts with your credit card number.

Identity theft is a huge business. To protect yourself, invest in—and use—a paper shredder. Monitor your bank and credit card statements and never give out personal information over the phone to someone who initiates the contact with you.

### 5. Sign up for the "Do Not Call" list and take yourself off multiple mailing lists.

Visit [www.donotcall.gov](http://www.donotcall.gov) to stop telemarketers from contacting you.

Be careful with your mail. Do not let incoming mail sit in your mailbox for a long time. When sending out sensitive mail, consider dropping it off at a secure collection box or directly at the post office.

You also can regularly monitor your credit ratings and check on any unusual or incorrect information at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com).

To get more tips on protecting yourself from fraud, visit [www.Onguardonline.gov](http://www.Onguardonline.gov), which has interactive games to help you be a smarter consumer on issues of related to spyware, lottery scams, and other swindles.

### 6. Use direct deposit for benefit checks to prevent checks from being stolen from the mailbox.

Using direct deposit ensures that checks go right into your accounts and are protected. Clever scammers or even scrupulous loved ones have been known to steal benefits checks right out of mailboxes or from seniors' homes if they are laying around.



## Top Eight Ways to Protect Yourself from Scams: Continued

### **7. Never give your credit card, banking, Social Security, Medicare, or other personal information over the phone unless you initiated the call.**

Misuse of Medicare dollars is one of the largest scams involving seniors. Common schemes include billing for services never delivered and selling unneeded devices or services to beneficiaries.

Protect your Medicare number as you do your credit card, banking, and Social Security numbers and do not allow anyone else to use it. Be wary of salespeople trying to sell you something they claim will be paid for by Medicare. Review your Medicare statements to be sure you have in fact received the services billed, and report suspicious activities to 1-800-MEDICARE.

### **8. Be skeptical of all unsolicited offers and thoroughly do your research.**

Be an informed consumer. Take the time to call and shop around before making a purchase. Take a friend with you who may offer some perspective to help you make difficult decisions.

Also, carefully read all contracts and purchasing agreements before signing and make certain that all of your requirements have been put in writing. Understand all contract cancellation and refund terms.

As a general rule governing all of your interactions as a consumer, do not allow yourself to be pressured into making purchases, signing contracts, or committing funds. These decisions are yours and yours alone.

Resource: This information was obtained from the National Council on Aging ([www.ncoa.org](http://www.ncoa.org))

## Competitive Employment for Chuck

**By: Dori Leslie, Friendship Inc. - Fargo & ND APSE Member**

Work is what Chuck believes in and is happy to do. Chuck has tried a lot of jobs throughout his life and he finally has found one that he really enjoys.

Chuck started working at Stop N Go about seven years ago; he would go twice a week and clean the carwash. Through this he landed another Stop N Go job about three years ago and would do the same - he scrubs the walls and uses a power washer to spray down the walls. Last year some management changes took place at the Stop N Go and they decided to let him go. Chuck was determined to find another car wash site and continued to job develop with his staff. After some amount of searching, another Stop N Go contacted the Employment Specialist and was interested in hiring Chuck to clean their carwash. Chuck is now cleaning two different car washes at two different Stop N Go locations in eastern North Dakota.

This job means so much to Chuck. He is happy that he is directly paid from Stop N Go and takes home a paycheck just like everyone else. Chuck has such a great work ethic; perhaps that is why another Stop N Go called him. Chuck is never late to work, does quality work and is just part of the staff at his Stop N Go.

Employment opportunities for people with disabilities are endless if we look at each person's talents and not the disability. Each of us has unique employment skills and talents. Chuck is the lucky one; he has found a dream job that fits him. Congratulations to Chuck.



## We Want Your Opinion

**By: Emily Rodacker, Perceptions Project Activities Coordinator**

To provide disability awareness and etiquette education, the Perceptions Project is developing a Youth curriculum to be used in schools and a Workplace curriculum to be used in places of business. We want to know what you think is important and should be included in this curriculum. We've made it easy for you to submit your ideas online.



Perceptions Project

To contribute to the Youth Education curriculum, you can share your own ideas or review a number of resources on existing programs and strategies. Visit <http://www.ndcpd.org/perceptions/youth.html> and click on the "Youth Education Resource Online Evaluation" link to share your thoughts.

You can complete an online questionnaire for the Workplace Education curriculum by visiting <http://www.ndcpd.org/perceptions/workplace.html> and clicking the "online questionnaire" link.

Your participation would be greatly appreciated. If you have any questions, please contact Courtney Rockvoy at [courtney.rockvoy@minotstateu.edu](mailto:courtney.rockvoy@minotstateu.edu).

## Openings Still Available for SATT

**By: Emily Rodacker, Self-Advocacy through Technology Project Director**

The Self-Advocacy through Technology (SATT) project still has openings for North Dakota individuals to participate. The SATT project works with persons with intellectual disabilities on using mainstream technology to increase their access to the community, resources, social interactions, and educational and employment opportunities. The participant, as well as their supports, will receive individualized instruction on how to use a piece of technology to meet their goals and needs. An application can be downloaded from our web site or completed online. Once the application is received, project staff will contact the applicant and their supports to get to know the participant more. SATT staff will then develop a plan and provide in-person instruction on using their technological device. Participants may learn a variety of skills from scheduling activities to contacting friends and family to utilizing different applications. For additional information, please visit [www.ndcpd.org/satt](http://www.ndcpd.org/satt) or contact Emily Rodacker at [emily.rodacker@minotstateu.edu](mailto:emily.rodacker@minotstateu.edu).



## The Ram Good Job Award

The Ram Good Job Award is given to a staff member each month to recognize them for doing such a "ram good job." This award is given by the preceding month's award recipient, and honors the staff member's work to enhance the lives of people with disabilities and further the center mission. Winners over the past months include:



Ram Good Job Award

**December 2011**, Lenny Landaker - Office Assistant  
**January 2012**, Chad Fenner - Electronic Media Specialist  
**March 2012**, Jamie Hardt - Project Support Staff

The North Dakota Center for Persons with Disabilities is a member of the Association of University Centers on Disabilities (AUCD). AUCD is a national network of interdisciplinary centers advancing policy and practice through research, education and services for and with individuals with developmental and other disabilities, their families, and communities.



## New Staff

**Kevin Kvale**, works at NDCPD as the new financial specialist. He earned his Bachelor's degree in Business Administration from Minot State University. Kevin previously worked as a project controller for Unisys in Bismarck North Dakota, and a field office manager/staff accountant for Matrix Service Inc. in Bellingham Washington. Kevin and his wife Lynne enjoy spending their free time riding horses.

**Erika Hill**, is currently working as an Early Interventionist with MIDP. She recently had a great opportunity to volunteer and work in an Orphanage in Ecuador where she worked with infants and toddlers on their language and motor development. Erika graduated from Utah State University in Communication Disorders and Deaf Education in May of 2010. Erika and her husband moved to North Dakota in January. She enjoys rock-climbing, snowboarding, water skiing, and scrapbooking.

**Kelly Prellwitz**, is working as a Early Interventionist for NDCPD. She earned her bachelors in Early Childhood Education form Ashford University in Clinton, IA. Kelly previously worked at Minot Head Start as a toddler Educator. She moved here a year and a half ago from Washington. She has a seven-year-old daughter and enjoys scrapbooking.

**Kevin Kvale**



**Erika Hill**



**Kelly Prellwitz**



## Recently Funded Projects

### Get Into Golf

**Principal Investigator:** Kari Schmidt  
**Funding Agency:** Christopher & Dana Reeve Foundation  
**Total Funding Per Year:** \$10,000

Funds will be used to purchase an accessible golf cart.

### Minot City Transportation

**Director:** Emily Rodacker  
**Agency:** Easter Seals Project Action  
**Amount:** No Dollars

The goals of the Planning Committee and accessible transportation service providers are to be proactive and use existing resources the most effective and efficient ways possible to improve services. The Planning Committee believes the technical assistance provided by ATCI is necessary to achieve these goals. The Planning Committee is seeking assistance from ATCI for ways to expand hours of accessible transportation to increase the occupational, educational, and social opportunities of individuals with disabilities. The Planning Committee would also like to increase public awareness and improve perceptions of the existing public transportation services to increase ridership.

## Upcoming Trainings

### North Dakota Association of Community Facilities Annual Conference

**Date:** May 9-11, 2012  
**Location:** Ramkota Hotel, Bismarck, ND  
**Registration Fee:** \$250 all 3 days; \$150 for May 10; \$75 for May 9 or 11  
 Registration fee for individuals with disabilities and families: \$25 per day

**To Register Contact:** Vickie Brabandt 701-8583047 or vickie.brabandt@minotstateu.edu

**Registration Deadline:** April 20, 2012  
 Reserve Hotel Rooms before: April 13, 2012  
 (701) 258-7700

### Keynote and Featured Speakers include:

Ruth Myers, M.D., St. Luis Park, MN  
 Susan O'Neil, Minneapolis, MN  
 Terri Couwenhoven M.S., Milwaukee, WI  
 Stuart Schleien, Ph.D., Greensboro, NC  
 Shelley VanLare, RN, Rochester, NY  
 George P. Tilson, Jr. Ed.D., Rockville, MD  
 Bob Upgren, Bismarck, ND  
 Diane McComb, Chester, MD  
 Kim Hoogeveen, Ph.D., Omaha, NE



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**Available in alternative  
format upon request.**

## The Collaborator

The Collaborator is the quarterly newsletter for the North Dakota Center for Persons with Disabilities (NDCPD). NDCPD is a University of Excellence on Developmental Disabilities in Education, Research, and Services at Minot State University. It is part of a network of similar programs at universities throughout the United States.

### Our mission...

To provide leadership and innovation that advances the state-of-the-art and empower people with disabilities to challenge expectations, achieve personal goals and be included in all aspects of community life.

### Vision Statement...

We believe that people with disabilities have the same rights as all citizens. We believe that people with disabilities who receive publicly funded services have the right to expect that those services appropriately promote their independence, productivity, integration and inclusion. Furthermore, we believe that the public expects that these services will be provided in an effective manner.

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