HARLEY RAFFLE UNDERWAY!

We have kicked off another year’s Harley raffle. Motorcycle riding weather is finally here, be sure to grab your ticket for a chance to win a Black Low Rider S!

The bike is at Stone’s Truck Stop in Watertown until all tickets are sold, if you are in the area stop in and check it out! You can buy a ticket from the friendly staff at Stone’s, too! If you don’t make it up to Watertown, you can purchase a ticket through our website (www.ilcchoices.org) via PayPal or credit card. You can also mail in the order form with a check made out to ILC. See page 2 of the newsletter for the order form.

**As of this newsletter publication, we have sold 950 tickets of the 2,500 available.**
Win a Harley Davidson Low Rider S!

Want to ride away on a Harley Davidson Low Rider S? By purchasing a ticket you are not only securing a chance to win the bike but also improving the life of a person with a disability.

Go ahead, take a chance on the ride of your life!

Tickets are only $20 a piece. Only 2,500 tickets will be sold. The drawing will be held when all 2,500 tickets are sold. Make checks payable to Independent Living Choices. For more information call 605-362-3550 or visit www.ilcchoices.org. NEW THIS YEAR: Tickets available for purchase on our website!!

Harley-Davidson Motor Company is not endorsing, sponsoring, or otherwise affiliated with this promotion.

2016 WINNER

The winner of the 2016 Harley Davidson FLHX Street Glide

Mr. In Bartling, Iowa Falls, IA

Detach and return the bottom portion to:

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Independent Living Choices
4107 S. Carnegie Circle, Sioux Falls, SD 57106

Name
Address
City State Zip
Phone
Email

How many tickets would you like?

Ticket stubs will be returned at no cost.
We thank the following for their contributions received between October 1st 2016 - March 31st 2017

Brookings United Way
Matt Cain
Kathleen Case
City of Sioux Falls - CDBG
DRS & SBVI Transition Initiative
Mary Beth Haiar
Interlakes United Way
Midco Foundation
Mitchell United Way
Sara Rasmussen
Carol Rockwell
Kathie Tupper

Thank you to everyone who has partnered with us to assist people with disabilities.
Double Your Gift to Independent Living Choices!

SHOPPING LIST

The Sioux Falls Hy-Vee Stores sponsor a special program called Operation Helpful Smile. Independent Living Choices is pleased to participate in this program!

Each week an area non-profit organization is selected as a recipient. Donation boxes at each Sioux Falls Hy-Vee checkout stand will collect customer contributions. Contributions collected will be DOUBLED; up to $1,000, by Hy-Vee and other supporting sponsors and will be forwarded to the specific organization.

June 21st-27th is Independent Living Choices’ week, so mark your calendars!

Please be generous as you contribute the week of June 21st-27th! Tell your family, friends, and neighbors to be generous also!

We appreciate your support and your contributions will be used to assist people with disabilities who choose to live independently.
Our facebook page is live! Give us a Like and stop by often to see what events are happening in your area and to learn about services, job openings, Harley raffle updates, etc.

https://www.facebook.com/IndependentLivingChoices/

Please join us in welcoming Cathleen Zepeda to the ILC team! Cathleen will be working in the Brookings office. She has a lot of life experiences including: serving in the Marine Corps, being a travel agent, and teaching and developing Science programs at the Washington Pavilion. Most recently Cathleen worked for Lifescape both in their day programs and the residential settings. She loves spending time with her family, and is loving life as a grandma! Her daughter and son-in-law along with their two daughters live in MT, and her son lives in Sioux Falls. Cathleen is a lifelong learner, always looking for the next class she can take. One of the ways she likes to relax is weaving. Cathleen is excited to join the ILC team to help individuals stay independent as they move forward in their lives. If you are in the Brookings area, stop by and say hello!
The Department of Human Services and all the Divisions have a new website.

The links are below.

Department of Human Services:  http://dhs.sd.gov/default.aspx
Division of Rehabilitation Services:  http://dhs.sd.gov/rehabservices/default.aspx

Staff members, Krista Kelley (Yankton office) and Jenaya Brengle (Chamberlain office), attended Disability Awareness Day at the Capitol Building in Pierre back in February. They spent the day chatting about ILC with other disability service providers, legislators, and interested members of the public. They even got the opportunity to meet Governor Dennis Daugaard and snap a quick picture!
MIDCO FOUNDATION GRANT

We were honored to be awarded a $1,400 grant through the Midco Foundation back in October. This funding has now been allocated and we were able to assist 17 individuals by purchasing adaptive devices such as: grab bars, shower chairs, walkers, hand-held showers, safety rails, doorbell and phone signalers. All of these devices help the individuals we serve to live in safe environments independently.

Pictured at right: Executive Director, Matt Cain, accepts the check from a Midco employee.

COMMUNITY DEVELOPMENT BLOCK GRANT FUNDS

ILC is applying for a Community Development Block Grant through the City Of Sioux Falls. The funds are used to purchase materials and labor to modify homes or apartments within the City. These homes or apartments are rental units, which shall be occupied by low-income people with disabilities. Eligible modifications and improvements may include widening doors or openings, automatic door openers, wheelchair ramps, handrails, grab bars, replacement of knobs and levers, relocation of washer & dryer to improve accessibility, and bathroom modifications for accessibility. ILC accepts referrals for these needs and works with the participant from beginning to completion of the project. If you or someone you know lives in a rental property in need of modifications to make it accessible, contact the Sioux Falls office at 605-362-3550.
Donna Miranda has won the Volunteer of the Month Award for Sioux Falls. We held a celebration for her on April 18th at the ILC office. Susie Ryks from the Helpline Center and Ethan Moxnes from MetaBank presented Donna with the award. Please join us in congratulating Donna on this achievement!
What is Peer Support?

The Independent Living Choices Peer Support Program offers a variety of ways for participants to get involved in their community and with other people who have disabilities. Along with individual peer visitor support, we offer various groups that meet monthly in selected areas throughout eastern South Dakota. Peer support groups feature monthly speakers and/or offer a variety of activities. Meetings and most activities are free to participants, but if there is a charge associated with the activity, it is usually at a discounted rate and participants will be notified in advance. Meeting locations include Aberdeen, Brookings, Chamberlain, Freeman, Gregory, Huron, Milbank, Mitchell, Platte, Redfield, Sioux Falls, Vermillion, Watertown, and Yankton. If interested in attending any of the following groups, please contact an Independent Living Specialist at your ILC office for exact time, date, and location information.

Individual Peer Support Counseling - the opportunity for people with disabilities to give and receive one-on-one peer support with others who have similar disabilities. A person receiving peer support may meet in person with their Peer Visitor or receive support via phone/email. Training is provided to those interested in being a Peer Visitor. If interested in giving or receiving peer support counseling, please tell your IL Specialist or contact Sarah Jo at Independent Living Choices by phone at 605-362-3550 (1-800-947-3770 toll-free) or email at sjorgensen@ilcchoices.org.

Peer Support Corner

Greetings from the Peer Support Program at ILC! I hope everyone is enjoying the beautiful spring weather! We have several new Peer Visitors to welcome to the team. Amanda Hofland and Janie Illing were trained and approved in November. Judy Rein was trained and approved in February. Marian Cramer and Tonya Jeeninga were trained and approved in March. Dean Stoll was trained and approved in April. Samantha Griebel was trained and approved in May. Congratulations to you all!

In October, I visited the Watertown Peer Support Group. The group introduced themselves to their new Independent Living Specialist, Brianna Tillma. It was a lot of fun hearing their stories and Brianna found that she knew many of them or their family members already. It's a small world!

I also visited the Freeman Peer Support Group in October. Volunteers from SHIINE (Senior Health Information & Insurance Education) presented to the group and answered a variety of questions from group members. It was very informative and we thanked the volunteers for sharing their knowledge and expertise with us.

In November, I visited the Vermillion Peer Support Group. A SHIINE volunteer spoke at that group as well. We took a quiz at the end of the presentation and won some fun prizes!

In February, I visited the Yankton Peer Support Group. The group met at the mall and painted ceramics. It was fun to catch up with them and hear all about what’s been happening in their lives throughout the past year.

I also visited the Chamberlain Peer Support Group in February. The group played Bingo and had a great time despite the ridiculously inept Bingo caller (yours truly). Who knew those little Bingo balls were so hard
to hold onto?!?!

In March, I visited the Huron Peer Support Group. A local firefighter spoke to the residents about fire evacuation plans for the apartment complex.

In April, I attended the Brookings Area Brain Injury Support Group. A local chiropractor presented on the effects of low-level laser therapy as a treatment for brain injuries. It was fascinating and there are so many new therapies continually evolving in the treatment of brain injuries.

I also attended the Brookings and Beyond Peer Support Group in April. The group met their new IL Specialist, Cathleen Zepada, and worked on vision boards. It was great to catch up with everyone!

I plan to visit the Mitchell Area Disability Support Group in May. The scheduled activity is Bingo and root beer floats, so maybe I’ll volunteer to make floats this time! ;)

April 24th-28th was National Volunteer Appreciation Week, so at this time I’d like to recognize all of our Peer Visitor Volunteers.

Kate Aadland-Wojciak  Mary Jo Halverson  Troy Osterloo
Jerry Abrahamson  Vicki Harkness  Judy Rein
Leon Adams  Amanda Hofland  Sheila Sandness
Louie Atsma  Janie Illing  Dennis Shearer
Claudia Benson  Tonya Jeeninga  Stephen Shupick
Scott Bentz  Vicki Kerkvliet  Dean Stoll
Ed Bierman  Val Klinker  Allison Thompson
Marrian Cramer  Kanbi Knippling
Stephanie Dillard  Veronica Madetzke
Mohamud Dumbuya  Leo Mejia
Denzel Eisenbeisz  Donna Miranda
Samantha Griebel  Sarah Mae Nelson
Peggy Gullikson  Jordan Olson

Thank you to all our group volunteers and Peer Visitor volunteers throughout eastern South Dakota. You are all appreciated and we couldn’t do it without you.

Sarah Jo Jorgensen
Peer Support Program Coordinator
Our Mission: We provide services to people with disabilities who make independence their choice.

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