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# TRI-COUNTY

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## Independent Living Center

*To promote and enhance independence for all people with disabilities.*

### **STAFF MEMBERS**

**Andy Curry**  
**Mary Porter**  
**Jodi Bobillot**  
**Kelie Babcock**  
**Nick Hess**  
**Natalie Colvin**  
**Heather Quintana**  
**Vern Burgess**  
**Darice Aslett**  
**Josh Rhees**  
**John Hess**  
**Sandra Hansen**  
**Ralph Wood**

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## Peace out Nick



Tri-County is saying goodbye to Nick Hess. Nick has worked as the Assistive Technology Specialist for the past three years, doing assessments to help people receive equipment that best fits their needs. He also spent a lot of time doing repairs and finding creative solutions to keep people on the go and make their lives easier. Nick is always happy and willing to help everyone. He definitely goes the extra mile to make sure consumer's needs are being met. Nick plays on a wheelchair basketball team The Wheelin' Jazz. The team recently placed 5th in the nation at the national tournament in Denver. Nick will be working for Aamco Medical. He will be very missed here at Tri-County and we wish him all the best in his future endeavors.

The content of this newsletter was developed under a grant from the U.S. Department of Education. However, these contents do not necessarily represent the policy of the Department of Education, and you should not assume endorsement by the Federal Government.

# Grassroots Advocacy Partnership

## Legislative Advocacy at Tri-County

The 2011 legislative session closed at midnight on March 10<sup>th</sup>. The close of the session brought relief to some and anguish to others as we waited anxiously watching for last minute changes and reshuffling of funding. We would like to share some highlighted outcomes:

150,000 dollars was allocated to Independent Living Services. This money will be divided among the six centers throughout the state.

200,000 dollars of ongoing funds was provided for Assistive Technology. This money will be used to assist individuals with low income obtain assistive technology devices that will keep them living independent in their homes and out of a nursing home.

250,000 was allotted for supportive employment.

About 1 million dollars was provided to fund DSPD services. They did take some administrative cuts.

For a more complete analysis of the 2011 Session visit the Legislative Coalition for People with Disabilities website [www.lcpdut.org](http://www.lcpdut.org)


During the session we met with legislators to discuss HB 357. This bill amends the Medical Assistance Act by directing the Department of Health to apply for an amendment to the New Choices Waiver. The bill allows for individuals who are being evaluated for Medicaid benefits so they do not have to move from their place of residence (or change place of residence) in order to qualify for the New Choice Wavier. It will allow people who are nursing home eligible but living in the community to apply for the waiver rather than spending 90 days in a nursing home prior to applying to the New Choice Waiver.

The bill is sponsored by Representative Paul Ray who is the Co-Chair of the Health and Human Services Committee. The bill did not pass this year but was sent to interim study. They will be looking it over for the next year and hopefully it will pass in the next general session.

Overall we feel very fortunate and pleased with the outcome of the session. We feel as though our determinations to communicate with legislators were worth our efforts. And our goal to advocate for disability services was successful. There are several legislators who we would like to recognize for their positive reception of our needs and the efforts they put in to see that those needs were met. We would like to especially thank Senator Allen Christensen for his help. He was extremely supportive of Assistive Technology funding and he not only got us funding but changed it to ongoing vs. one time.

During this session we were able to see the value of working throughout the year to build positive relationships with legislators. Over this next interim we have plans to invite different legislators to attend our GAP meetings at Tri-County. It is important to let legislators see who we are and what services we use. This helps them have information that is helpful to them when they are in session and making decisions on funding and bills that effect our lives.

Involvement in these meetings and efforts are very important. If you would like to do your part and be involved, call Tri-County and let us know that you want to participate and **get your voice heard.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Want help to quit smoking? Call the Tobacco Quit Line 1-888-567-8788 It's Free!</b>				1	2 Cycling at Ogden Path Meet @ Timbermine 5:30 PM RSVP
3 Cycling at Legacy Hwy 5 PM PLEASE RSVP	4 CENTER CLOSED INDEPENDENCE DAY 	5 Fishing 10-2 PM Ogden River  Nutrition and Exercise 3:00	6 Ceramics 1:30- 5 PM	7	8 Daytime Movie CinnePointe 6 Theater 12 12 <sup>th</sup> & Wall Ave \$3.00	9 Cycling at Jensen Park 5:30 PM RSVP
10 Cycling at Legacy Hwy 5 PM PLEASE RSVP	11 Canoeing with CGOA @ Cutler Marsh \$5 11:00 RSVP	12 Nutrition and Exercise 3:00	13 Ceramics 1:30 - 5 PM	14 Bingo 5:30 - 6:30 PM	15 Cycling at BDO with CGOA \$5 RSVP	16
17 Cycling at Ogden Path Meet @ Timbermine 5:30 PM RSVP	18 Movie Night at the Center 6-9 PM		20 Ceramics 1:30 - 5 PM	21 Bowling at WSU 6:30 to 8:30 PM	22 Daytime Movie CinnePointe 6 Theater 12 12 <sup>th</sup> & Wall Ave \$3.00	23 Cycling at Jensen Park 5:30 PM RSVP
24	25 CENTER CLOSED PIONEER DAY	26 Fishing 10-2 Ogden River  Nutrition and Exercise 3:00	27 Wheelchair Clinic 12:30-2:00  Ceramics 1:30 - 5 PM	28	29	30 Cycling at Jensen Park 5:30 PM RSVP
31 Cycling at Ogden Path Meet @ Timbermine 5:30						

**WHENEVER POSSIBLE:** We want to encourage everyone to take advantage of the Public TRANSIT, this promotes independence. **EQUALLY IMPORTANT:** [Please remember to R.S.V.P. for all activities.](#) It helps us plan for these activities.

For information call: 801 612-3215

# Get to Know



Don Nielson always has something entertaining to say. He frequently stops by tri-County to see what activities are happening and to make everyone smile with his wit and humor.

Don grew up in Garland Utah until he was seventeen. He then moved to Tremonton where he worked on a family farm for nearly 20 years. He moved to Ogden in his mid-thirties. While working on a job Don was injured by when a shuttle segment motor hit him and he became partially paralyzed. That injury had lasting effects that left Don without the full use of his legs. However over the years as Don learned to adapt to this change in his life, he decided he would not let it limit his life or his independence. Don started getting involved in his community and started participating in adaptive sports such as wheelchair basketball. He currently plays with the Wheelin Wildcats and enjoys the opportunity to get exercise.

Don loves to be outside, especially if he is fishing. He really likes attending Tri-County events and activities. When he is indoors he loves watching westerns and sports on TV. Don has two silver schnauzers' names Mac and Zoe. Zoe is full of energy and always on the move. Mac is mellow and likes to give hugs. Don loves his dogs, and feels they help him stay motivated and engaged in an active life. He says caring for them keeps him on a schedule and keeps him from focusing on negative aspects of life.

Don also loves spending time with his friends and his family. He likes to entertain and loves making people laugh. His attitude about life with a disability is if you can't beat them join them. Meaning that maybe life turns out different from what you planned on or expected but make the most of it, no matter what your situation is.


Check out our new website. You can find out about events and activities that are going on at Tri-County as well as the different services we provide.

# www.tricountyilc.org

To keep you better informed on what's happening at Tri-County we also have a Facebook page up. So go ahead and like us!

**Go to Facebook and search Tri-County ILC to become a fan**

The staff at Tri-County has new email addresses. We are changing from (staff name)@tri-county-ilc.com to (staff name)@tricountyilc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Want help to quit smoking? Call the Tobacco Quit Line 1-888-567-8788 It's Free!</b></p>			<p>1 Ceramics 2 – 5 PM</p>	<p>2 Fishing 5-9 GAP Heroes on the Hill luncheon @DSBVI 9:00-1:00</p>	<p>3 Daytime Movie CinePointe 6 151 12<sup>th</sup> St Ogden 12 PM \$3.00</p>	<p>4 Cycling at Jensen Park 5:30 PM RSVP</p>
	<p>5 Cycling at Ogden Path Meet @ Tim- bermine 5:30 PM RSVP</p>	<p>6 Fishing Lost Creek Reservoir 9-3 PM Center Van with RSVP</p>	<p>7 Nutrition and Exercise 3:00</p>	<p>8 Ceramics 2 – 5 PM</p>	<p>9 Bingo 5:30 – 6:30 \$1 donation</p>	<p>10 Cycling at BDO with CGOA 4:30PM \$5 RSVP</p>
<p>12</p>	<p>13</p>	<p>14 Flag Day  </p>	<p>15 ANNUAL BOARD MEETING OFFICE CLOSED 12- 3 PM</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>19 Fathers Day</p>	<p>20 Canoeing with CGOA @ Cutler Marsh \$5 11:00 RSVP</p>	<p>21 Fishing 10-2 PM Ogden River  Nutrition and Exercise 3:00</p>	<p>22 Ceramics 2 – 5 PM</p>	<p>23 Bowling at WSU 6:30 to 8:30 PM</p>	<p>24 Daytime Movie Cine- Pointe 6 151 12th St 12 PM</p>	<p>25 Cycling at Ogden Path Meet @ Tim- bermine 5:30 PM RSVP</p>
<p>26 Cycling at Weber River by 31st St Park 5:30 RSVP</p>	<p>27 Cycling at BDO with CGOA \$5 RSVP</p>	<p>28 Fishing 10-2 PM Ogden River  Nutrition and Exercise 3:00</p>	<p>29 Wheelchair Clinic 12:30- 2:00  Ceramics 2 – 5 PM</p>	<p>30 MOVIE NIGHT AT THE CENTER 6-9 PM</p>		

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# Consider This...

Happiness and success is achieved in different ways for each one of us. Fulfillment and joy means different things to different people. The things that motivate each of our individual lives, life experiences and personalities all contribute to our happiness. Some people find happiness in the achievement of personal aspirations. Others discover joy through family and relationships.

No matter how you define happiness for yourself there are a few fundamentals that have been proven by time to help a person have and maintain a happy life. These ideas can be adapted to fit individual circumstances and over time be developed into positive and life changing habits that will start to bring more happiness, peace, and sense of fulfillment to your life.

**Notice what's right.** There are times in life where it feels that everything is going wrong. We may be struggling with financial or health issues. We may be experiencing feelings of discouraging and it is easy to feel overwhelmed. Although such struggles are real and there isn't always an easy answer it's important to recognize what is going right and what is good in your life. When we are surrounded by negatives it takes effort and a conscious decision to notice the good. Sometimes it's just a matter of taking the time to remember the talent you keep hidden or the people that care about you. I challenge you to pay attention to the dialog in your mind or "self talk". If you notice that it is especially negative, work to change it. It takes work, but I guarantee it is worth it. Don't waste time focusing on the problems that can't be solved. Reframe negative thoughts, take time to notice what's good in your life, and watch the world change before your eyes.

**Pursue a Goal** Without goals we can start feeling like we are stuck in a rut and headed nowhere. Goals make us better, they push us to DO SOMETHING. If you want to make a change in your life, set the goal, and go after it. We have power. Sometimes we just need to wake up and realize it. The pursuit of goals makes the difference between a mediocre life or a life of passion and enthusiasm.

**Move Yourself** We all have different levels of ability and that's okay. Movement is important and a vital factor for happiness. Move at a pace that is comfortable for you. Exercise lifts your mood as well as builds positive self-esteem. Exercise whatever part of your body you can move, even if it's only your brain. But whatever you do just move! Take that 1<sup>st</sup> step forward. Take an art class, go fishing, do what stirs the heart.

**Put on a Happy Face** My mom used to tell me that sometimes you have to fake it till you make it. I don't think she was meaning for me to be dishonest or not sincere. What she was telling me is that sometimes we need to put a smile on our face and keep moving forward. Research proves that the act of smiling will in fact make us feel happier. Put on a happy face and before you know it, the smile will be real.

**Find your Calling** Discover what motivates and drives your life. Whether its involvement in your community, a career, a religion or spiritual belief, or family and relationships. Learn what inspires you. Find a way to participate. Become involved in something you care about. Be actively involved in your life. Everyone needs purpose, find yours.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Fishing 10-2 pm Ogden River  Nutrition and Exercise 3:00	4 Ceramics 2-5 PM  The Art Experience 2:00	5	6 Daytime Movie Cine-Pointe 6 151 12th St 12 PM	7 Cycling at Legacy Hwy 5 PM PLEASE RSVP
8 Mothers Day	9 Cycling @ BDO with CGOA \$5 4:30 RSVP	10 Nutrition and Exercise 3:00	11 Ceramics 2- 5 PM  The Art Experience 2:00	12 Bingo 5:30 – 6:30 PM \$1 donation	13	14 Cycling at Jensen Park 5:30 PM RSVP
15	16 Fishing 10-3 PM Ogden River @ Grant Ave	17 Nutrition and exercise 3:00  Cycling at Weber River by 31st Park 5:30	18 Ceramics 1:30– 5 PM	19 Bowling at WSU 6:30 to 8:30 PM	20 Daytime Movie CinePointe 6 151 12 <sup>th</sup> St Ogden 12 PM \$3.00	21 Cycling at Jensen Park 5:30 PM RSVP
22 Cycling at Jensen Park 5:30 PM RSVP	23 Movie night at the Center 6-9 PM	24 Nutrition and Exercise 3:00  Cycling at Weber River by 31st Park 5:30 RSVP	25 Ceramics 1:30– 5 PM  Wheelchair Clinic 12:30-2:00	26	27 Canoeing with CGOA \$3 11:00 AM Cutler Marsh RSVP	28 Cycling at Jensen Park 5:30 PM RSVP
29 Cycling at Weber River by 31st Park 5:30  RSVP	30 CENTER IS CLOSED MEMORIAL DAY	31 Nutrition and Exercise 3:00  Cycling at Weber River by 31st Park 5:30  RSVP	<p><b>Want help to quit smoking? Call the Tobacco Quit Line 1-888-567-8788 It's Free!</b></p>			

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## VERN'S VOICE

Working for Tri-County ILC has been one of the most interesting jobs I have ever had. I have been with the Center for over 7 years, and have enjoyed watching it grow.

It is important to state that each of the Centers in Utah have fought hard to keep the funding that is necessary to provide the core services. Our Center serves the Weber, Davis and Morgan Counties by assisting people with all types of disabilities.

Our Center's sole purpose is to assist people seeking to regain and maintain their independence. We offer four core services as well as numerous other services. If you're not sure about what we offer call or come in and ask what is new at Tri-County.

I am employed at our Center to provide socialization, community integration, and an outlet for frustration, through recreation. Our Center provides this service at various levels so that there is an activity suitable for everyone wishing to participate. In this unstable economy, we are doing our best to make funds stretch as far as possible. With everything else, gas prices are rising. It is important for us to know in advance if you plan to attend an activity, in which our Center van will be in use. Not only is there the cost of using the Center van, but we also have to schedule a van driver. As we continue to grow in numbers and services provided, it becomes even more important to make sure you reserve a spot, so that we can plan for cost effective activities. When you get your newsletters, circle the activities that you wish to be a part of, put these activities where you can see them, plan for these activities and call in to let us know your coming. We have schedule some **new activities**, such as **canoeing, cycling, nutrition** and **exercise classes**, and our **annual campout** is coming soon: **August 19 – 21, 2011 at Perception Park.**

Remember this very important fact: "RECREATION CAN BRING YOU OUT OF THE HOUSE AND MAKE YOU SMILE". So get involved with Tri-County ILC. This is your Center.

Knowwhatimean.....

Vern

## WHEELCHAIR CLINIC

Tri-County holds a wheelchair clinic the **last Wednesday of every month at 11:00-2:00.** This is an opportunity to bring your chair in if you need minor repairs and adjustments. Your chair will be looked at by our Assistive Technology Team.

## Reaching Out

- **Transportation concerns** in Morgan County will be addressed at a special **Bus Talk meeting** on May 3<sup>rd</sup>, 2011.

The meetings will be held twice that day, once at 1:00 pm and again at 5:00 pm in the community room at the Morgan Library. The goal is to find out what needs people have for public transportation and what actions we should begin, if any. The meetings should last about an hour, depending on the number of people attending. People from Morgan County, especially people with disabilities, are invited to attend and make comments. Call Tri-County and talk to Sandra if you have questions.

- Our 4<sup>th</sup> **Celebration of Independence** is scheduled for Sept. 17<sup>th</sup> at Fort Buenaventura from 10:00 to 4:00 pm. Planning sessions will begin soon, and friends of Tri County are invited to be part of the planning team.

If you would like to give some ideas and energy to this event, call or email Sandra at 801-317-2862 [Sandra@tricountyilc.org](mailto:Sandra@tricountyilc.org). We will be meeting during the third week of May. Please call, and we will let you know the exact date and time. Transportation may be available.

- We already have two community partners this year: The Boys and Girls Club of Weber/ Davis and the Soroptimist International Club of Ogden. The Boys and Girls Club will be joining with us for the **Fort Buenaventura** day. We'll be getting to know those Club members, and they'll be getting to know all of us.
- A **Soup and Soul Fest** event is being planned by the Soroptimist International Club. This will be an early evening event with soup for sale from local restaurants, and music by three well known local music groups. The date has not been chosen, but think towards the last Saturday in September and mark your calendars. Tri-county will receive a share of the proceeds.

## Thanks to our Sponsors



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50+ years of combined expertise to meet your mobility needs

We accept: Medicare, Medicaid, State Agencies, and nearly all private insurance

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Phone: 801-392-1010

# Nick Knows

## Useful Assistive technology Information

### Qualifying for a Power Wheelchair

#### Basic requirements:

- The user must be eligible for a defined Medicare benefit category.
- The product must be reasonable and necessary for the diagnosis or treatment of an illness or injury or to improve the functioning of a malformed body member.
- The user must meet all other applicable Medicare statutory and regulatory requirements.

#### A power wheelchair is covered when all of the following criteria are met:

- The patient's condition is such that without the use of a wheelchair the patient would be unable to perform daily activities in their home, and
- The patient's condition is such that a wheelchair is medically necessary and the patient is unable to operate a wheelchair manually, and
- The patient is capable of safely operating the controls for the power wheelchair

#### Qualifying for a Scooter

The basic coverage criteria for a mobility scooter is the same as it is for a power wheelchair. The specific requirements do vary, however, and are as follows:

- The patient's condition is such that without the use of a wheelchair the patient would not be able to move around in their residence; and
- The patient is unable to operate a manual wheelchair; and
- The patient is capable of safely operating the controls of the scooter or power wheelchair; and
- The patient can transfer safely in and out of the scooter or power wheelchair and has adequate trunk stability to be able to safely ride in the scooter or power wheelchair; and
- It is ordered by a physician who is one of the following specialties: Physical Medicine, Orthopedic Surgery, Neurology, or Rheumatology.

## Nick Knows continued

### Exceptions

- When such a specialist is not reasonably accessible (e.g., more than one day's round trip from the beneficiary's home or the patient's condition precludes such travel), an order from the beneficiary's physician may be acceptable.
- A new scooter or power wheelchair will be denied as not medically necessary when it is needed only for use outside of the home. A scooter or power wheelchair primarily allowing the user to participate in leisure or recreational activities will be denied as not medically necessary.
- A scooter or power wheelchair that because of its size or features is primarily intended for outdoor use will be denied as not medically necessary. Medicare will not provide a new wheelchair in these case.

### Fraud

Most doctors, health care providers, suppliers, and private companies who work with Medicare are honest. However, there are a few who aren't. For example, some suppliers of medical equipment try to cheat Medicare by offering expensive power wheelchairs and scooters to people who don't qualify for these items. Medicare is trying harder than ever to find and prevent fraud and abuse by working more closely with health care providers, strengthening oversight, and reviewing claims data.

**If you need assistance in getting a wheelchair, Tri-County can assist you in advocating for funding or provide you with advice for your assistive technology needs.**

## Equipment Needed!

Spring is here and for many of you this means cleaning, going through and throwing out things you are no longer in need of. If you or someone you know has equipment that is in good condition that you would like to donate please, drop it by! Your donations are greatly appreciated, and tax deductible!

Tri-County has one of the largest loan banks in Utah filled with equipment that is available to you at no cost. We have both manual and power wheelchairs, walkers, crutches, portable wheelchair ramps, beach chairs, eating utensils, quad canes, etc.