

# THE Independent

A publication of Freedom Resource Center for Independent Living, Inc.

AUGUST 2025

## FYI

All Freedom Offices will be closed  
Monday, September 1 for Labor Day

### SAVE THE DATE:

- Freedom Resource Fair**  
Tuesday, September 23 - 11:30 AM - 2:00 PM  
Veteran's Memorial Arena:  
1201 7th Avenue E. West Fargo  
Call 701.478.0459 for more information

*\*Reasonable accommodations can be requested up to two weeks prior to Freedom events.*

*\*All events are free to attend unless a cost is noted.*

### FARGO

To register for Fargo events, call Katelyn or Sarah at 701.478.0459. All Fargo events will be held at 2701 9th Avenue South, Fargo

### FREEDOM IN ACTION

**Couponing and Bargain Shopping**  
Tuesday, Sept. 16 - 1:30 PM - 3:00 PM  
RSVP by Tuesday, Sept. 9

**Pumpkin Painting**  
Tuesday, Oct. 28 - 1:30 PM - 3:00 PM  
RSVP by Tuesday, Oct. 21

### YOUNG ADULT GATHERINGS (AGES 16-25)

**Guess the Food Price Game**  
Tuesday, Sept. 9 - 10:00 AM - 11:30 AM  
RSVP by Tuesday, Sept. 2

**Caribou Coffee and Games**  
Tuesday, Oct. 14 - 10:00 AM - 11:30 AM  
\*1625 13th Ave. E Suite 200 - West Fargo  
Bring your own money for snacks and refreshments.  
RSVP by Tuesday, Oct. 7

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## TURNING OBSTACLES INTO OPPORTUNITIES

To call Dave resilient is an understatement.

Before surgery having both legs amputated above the knee, he stood 6 feet 7 inches tall. His Arkos Health case manager referred him to Freedom Resource Center (FRC) when he and his wife needed to transition to a new home. When asked what his life was like at the time, he replied with one word, "miserable."

Working alongside FRC staff and the North Dakota Transition and Diversion Program (TDP), Dave secured a home that met many of his needs—except for one crucial thing: a ramp. Without it, he couldn't come and go freely, leaving him feeling cut off from the world.

A borrowed ramp offered a temporary fix, but with a steep incline, it felt more suited for wheelchair racing than safe daily use. That changed when Dave was connected to FRC's temporary ramp program. For 90 days, he had a sturdy ramp with railings, buying him time to pursue a permanent solution.

When asked what he would like people to know about FRC, he replied, "You don't just have resources for one thing. You have the capacity to help in multiple situations."

Still, the clock was ticking. After exploring various grant options and staying in close contact with FRC, Dave applied for funding through TDP and was approved for a permanent ramp. His favorite moment? "When FRC called and told me the ramp was paid for." The sense of relief in his voice was



unmistakable. He went on to state, "It's taken a lot of stress off my mind, and it's giving me the freedom to enjoy life!"

And enjoy life, he does. Dave logs plenty of miles in his wheelchair grocery shopping, running errands, and getting creative with how he carries bags. A self-described extrovert, he thrives on spending time in the community and connecting with people.

Even amidst life's biggest changes, Dave persistently applied for work-

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### WHAT'S INSIDE

- » Know Your Rights
- » ADA Celebration Open House
- » Board of Directors Election



## FERGUS FALLS

To register for Fergus Falls events, call Joyce or Leigh at 218.998.1799. All Fergus Falls events will be held at 125 West Lincoln #1, Fergus Falls.

## INDEPENDENT LIVING SKILLS CLASS

### Budgeting Class - Money Smart

Tuesdays, from Sept. 9 - Oct. 14  
1:30 PM - 3:00 PM  
RSVP by Wednesday, Sept. 2

## FREEDOM IN ACTION

### Match Box Monsters

Tuesday, Aug. 26 - 1:00 PM - 2:30 PM  
RSVP by Wednesday, Sept. 2

### Create Clay Cottage Ghosts

Monday, Sept. 29 and Thursday, Oct. 2  
1:30 PM - 3:00 PM

## JAMESTOWN

To register for Jamestown events, call Ashley at 701.252.4693. All Jamestown events will be held at 300 2nd Avenue NE, Suite 207, Jamestown.

## FREEDOM IN ACTION

### Assistance / Service Animal Information

Tuesday, Sept. 16 - 1:30 PM - 3:00 PM  
RSVP by Friday, Sept. 12

### \*Topic to be determined

Tuesday, Oct. 21 - 1:30 PM - 3:00 PM  
RSVP by Friday, Oct. 17

## YOUNG ADULT GATHERING (AGES 16-25)

### Pizza Party

Tuesday, Sept. 2 - 2:00 PM - 3:30 PM  
RSVP by Friday, August. 29

### Spooky Season

Tuesday, Oct. 7 - 2:00 PM - 3:30 PM  
RSVP by Friday, Oct. 3

### Game Night

Tuesday, Nov. 4 - 2:00 PM - 3:30 PM  
RSVP by Friday, Oct. 31

## INDEPENDENT LIVING SKILLS CLASS

### Living Well 101

Mondays, from Sept. 8 - Oct. 27  
1:00 PM - 2:30 PM  
RSVP by Friday, Sept. 5

### Decluttering and Organizing Your Life from the Inside Out

Tuesdays, from Oct. 14 - Nov. 18  
10:00 AM - 11:30 AM  
RSVP by Friday, Oct. 10

## VALLEY CITY

To register for Valley City events, call Ashley at 701.252.4693. All Valley City events will be held at The Vault - 223 Central Avenue, Valley City.

## YOUNG ADULT GATHERING (AGES 16-25)

### Pizza Party

Tuesday, Sept. 2 - 4:30 PM - 6:00 PM  
RSVP by Friday, August. 29

### Spooky Season

Tuesday, Oct. 7 - 4:30 PM - 6:00 PM  
RSVP by Friday, Oct. 3

### Game Night

Tuesday, Nov. 4 - 4:30 PM - 6:00 PM  
RSVP by Friday, Oct. 31

## INDEPENDENT LIVING SKILLS CLASS

### Living Well 101

Thursdays, from Sept. 11 - Oct. 30  
2:00 PM - 3:30 PM  
RSVP by Friday, Sept. 5

### Decluttering and Organizing

Your Life from the Inside Out  
Thursdays, from Oct. 16 - Nov. 20  
11:00 AM - 12:30 PM  
RSVP by Friday, Oct. 10

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from-home jobs. In April of this year, he landed a sales position and quickly started breaking company records. Those who know him weren't surprised; his natural ability to connect with others is unmatched. "It's an awesome job," he says. "It keeps me busy."

When asked what advice he'd give others facing disability-related barriers, Dave doesn't overcomplicate it: "Be patient and try to find the positive. I'm happy for what I've been given." Gratitude radiates from him in virtually every conversation, though he's quick to acknowledge the challenges he endures are very real, he chooses to "lead by example," offering both authenticity and encouragement to everyone he meets.

Talking to Dave feels like catching up with an old friend, even if you've just met. His authenticity, humility, and gratitude leave a lasting impression. Freedom Resource Center is honored to have been part of your journey, Dave, and to see the goals you set turn into reality!

## KNOW YOUR RIGHTS: EDUCATION AND DISABILITY

Every child with a disability has the right to a free and appropriate education. It's the responsibility of each state to make sure that happens. Under the *Individuals with Disabilities Education Act (IDEA)*, every state must actively identify, evaluate, and support children who may need special education services. This process is known as **Child Find**.

Educational rights don't end after high school. Students with disabilities also have protections in college, technical schools, and other postsecondary programs. Public universities, community colleges, and vocational schools must follow **Title II** of the *Americans with Disabilities Act (ADA)*, while private schools are covered under **Title III**. In addition, any school—public or private—that receives federal funding must follow **Section 504 of the Rehabilitation Act**.

If you or someone you know has questions about disability rights in education, Freedom Resource Center can help. Contact your local office for information and support.

### Sources:

Center for Parent Information & Resources - *IDEA: Child Find*  
ADA National Network - *Postsecondary Education and the ADA*

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# TOGETHER, CELEBRATING THE ADA!

Our recent Open House was an incredible success, and we are so grateful to everyone who stopped by to celebrate with us! It was an honor to share the afternoon with so many friends, partners, and community members as we marked the 35th anniversary of the Americans with Disabilities Act and showcased some of the exciting updates to our office space.

A special thank you to Cookie Krums of West Fargo for the beautifully decorated Freedom Resource Center logo cookies, and to Cash Wise for providing a delicious cake that made the celebration even sweeter.

Guests enjoyed rounds of Bingo and Disability Trivia, walking away with fun prizes and plenty of laughs. We also held a door prize drawing—congratulations to our lucky winner!

Events like this remind us how important connection is. We truly appreciate each person who took the time to stop in, say hello, and celebrate the ADA and our refreshed space with us. Your support means the world, and we look forward to welcoming you back again soon!



## BOARD OF DIRECTORS ELECTIONS

**Tom Thompson** of Fargo was recently elected as President of the Freedom Resource Center Board of Directors.

**Matt Solin** of Fergus Falls was recently elected as Vice President of the Freedom Resource Center Board of Directors.

**Milton Ota** of Fargo will continue to serve as Treasurer for the Board of Directors.

**Richard Ovind** of Jamestown will serve as the Registered Agent for Freedom Resource Center for Independent Living.

Thank you to **Tanya Stoll**, Fergus Falls; **Gretchen Dobervich** and **Sean Kiernan** of Fargo and **Draisey Wilson**, Breckenridge for serving on the Board of Directors.



2701 9th Ave. S, Suite H  
Fargo, ND 58103

Non-Profit Org.  
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YOU Can Help Someone

# Freedom Resource Fair



Join us!

First ever Freedom Resource Fair

Tuesday, September 23, 2025

11:30 AM – 2:00 PM

Veterans Memorial Arena  
1201 7<sup>th</sup> Ave E, West Fargo, ND

Free Admission  
to the Public!



Food Available for Purchase from  
**Duck Duck Goose Food Co. Food Truck**  
(Vegan & Gluten Free Options are Available!)

Visit every booth to fill out your Bingo card  
for a chance to win different prizes!



Contact →

For questions or more information, please call 701-478-0459 or  
800-450-0459 and ask for Machaela.

LOCATIONS: ND Fargo • Jamestown • Lisbon • Wahpeton | MN Fergus Falls