

FYI

Freedom In Action

FARGO

Red River Zoo - 4255 23rd Ave. S

Tuesday, July 11th - 10:00 AM - 12:00 PM

Cost: \$4 to attend, or bring SNAP & ID card to get in free. Register by July 5th with Katelyn - 701.478.0459

Red Hawks - Newman Outdoor Field
1515 15th Ave. N

Thursday, August 17th - 12:15 PM - 3:30 PM

Cost: \$5 to attend and bring money for food and beverages. Register by July 4th with Katelyn - 701.478.0459

Young Adult Gathering - Root Beer Floats & Games - Maplewood Park & Activity Center (Weather Permitting)
1504 17th Ave. E West Fargo

Tuesday, July 18th - 1:30 PM - 3:30 PM

Register by July 12 with Katelyn - 701.478.0459

Independent Living Skills Class - Organizing and Decluttering your Life from Inside and Out - Freedom Office
2701 9th Avenue S. Suite H - Fargo

Tuesdays, August 8th - September 19th
(No class Sept. 5) 1:30 PM - 3:00 PM

Pre-registration required. Reasonable accommodation requests must be received two weeks prior to the beginning of the class.

continued on page 2

Life After a Nursing Home Transition

“It is not all doom and gloom, there’s a light at the end of the tunnel! You don’t have to do all the steps to get from point A to point B, but you do have to keep moving forward.” - Paul Johnson

Paul Johnson achieved greater independence while working alongside Freedom Resource Center. Paul Johnson’s disability did not stop his search for independence.

When Paul was asked why he reached out to Freedom for help two years ago; he said, “I had been living at Bethany Nursing Home. Before I was able to get my own home in the community, I fell and broke my hip. I ended up in The Meadows. While living at the Meadows, I was introduced to an advocate from Freedom. The advocate offered to assist me with getting back into the community. The advocate at Freedom Resource Center helped me gain back my independence.”

Paul discussed his efforts in finding a new apartment. Paul said, “Freedom is there to help. What makes calling apartments a struggle, is because I don’t feel a lot of people care. I wanted to move to a place where snow removal is well taken care of. When I walked into Freedom, the temporary employee at the front desk was covering for a staff meeting; she was helpful and receptive. Everybody at Freedom is there to help. They are not afraid to be a guide. Freedom was helpful and gave me various phone numbers and resources that could help me.”

Paul shared about his various career fields throughout his life. Paul said, “I have a background in sociology, engineering, and hospitality. I enjoyed being an engineering crew leader and working on directing efforts to have quality parts. The best job I had was volunteering at the North Dakota Game and Fish Department. I was a hunter education instructor and taught people gun safety.”

Paul recently returned to Freedom Resource Center as a volunteer for the Peer Mentor Program.

What’s Inside

- » **ADA Anniversary**
- » **Meet our New Staff**
- » **Meet our New Board Member**
- » **Congratulations**
- » **Every Single Voice Matters**

FYI

continued from page 1

FERGUS FALLS

Ottertail County Fair

Thursday, July 20th - Meet at Freedom office at 1:00 PM and return at 3:00 PM

RSVP by July 18 by calling 218-998-1799

Game Day - Freedom Office

Tuesday, August 8th

Tuesday, September 12th

Tuesday, October 10th

1:00 PM - 3:00 PM

No RSVP needed

JAMESTOWN

Picnic in the Park - Location to be determined

Wednesday, July 19th - 11:30 AM - 1:30 PM

RSVP by July 14 by calling 701-252-4693

Independent Living Skills Class -

Organizing and Decluttering your Life from Inside and Out - Jamestown Freedom Office - 300 2nd Ave. NE Suite 207

Tuesdays, August 8th - September 12th - 10:00 AM - 11:30 AM

RSVP by August 4 by calling 701-252-4693.

Reasonable accommodation requests must be received two weeks prior to the beginning of the class.

Young Adult Gathering - Jamestown

Freedom Office - 300 2nd Ave. NE Suite 207

Tuesday, July 11th - 2:00 PM - 4:00 PM

RSVP by July 7 by calling 701-252-4693

VALLEY CITY

Young Adult Gathering

The Vault - 223 Central Ave. N

Thursday, July 13th - 2:00 PM - 4:00 PM

RSVP by July 7 by calling 701-252-4693

WAHPETON

Arts & Crafts Day - Optimist Shelter by Chahinkapa Park - Hughes Dr.

Wednesday, August 16th

1:00 PM - 3:00 PM

RSVP to Eric - 701-672-1648

ADA Anniversary



The Americans with Disabilities Act (ADA) was signed into law 33 years ago on July 26, 1990. This historic civil rights law protects the rights of and prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure people with disabilities have the same rights and opportunities as everyone else.

Freedom Resource Center is proud to be a part of the movement and a great advocate for people with disabilities. Our philosophy is to ensure people accomplish their goals, learn new skills, and have less need for us in the future. We provide support, advocacy, information & referral, and skills training. We also work to make our communities more accessible and inclusive for everyone.

It's important that we work to grow leaders in this movement; as many of the individuals who started the Independent Living program nationwide are no longer with us, but issues still exist.

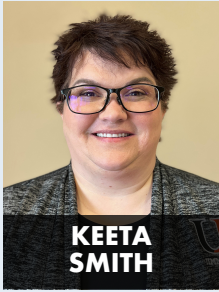
Did you know that the ADA National Network is a free resource that provides information and training on the Americans with Disabilities Act? Learn more about the resources you can access here:

<https://adata.org/national-network> and help us celebrate!

Disclaimer

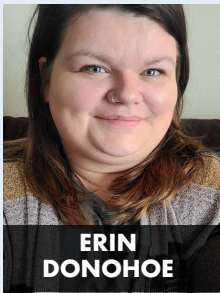
In an attempt to reduce the cost of mailings, please send your email address to freedom@freedomrc.org. If you would like to be removed from our mailing list please call 1-800-450-0459. Freedom Resource Center and/or its Board of Directors do not necessarily endorse or support any of the views expressed within the personal testimonies contained in this newsletter, unless approval is specifically mentioned. Freedom Resource Center receives about 44 percent of its funding from the Federal Government. Approximate cost of this publication is \$.21 per piece, of which 44 percent or \$.09 is Federal funds; and 56 percent or \$.12 is non-Federal funds. Alternate formats available upon request.

Meet Our New Staff



KEETA SMITH

Keeta Smith is Freedom Resource Center's newest Independent Living Advocate/Transition Coordinator in Jamestown. She previously worked 10 years for Noridian as an Operations Coordinator. She has also worked in Skilled Nursing Facilities as a Certified Nursing Assistant and as a Qualified Service Provider working with people with disabilities for over 20 years. Keeta lives with her husband Troy and three dogs Sig (Belgian Malinois), Koa (Rottweiler) and Chaos (Boxer). She has two grown sons Gavin (Chloe) and Mason. In her free time, she enjoys spending time with her family, praying for grandbabies and working on finishing her masters in health administration which she will finish in June 2023.

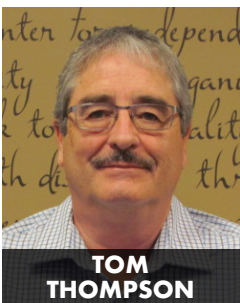


ERIN DONOHOE

Erin Donohoe is Freedom Resource Center's new Independent Living Advocate/Transition Coordinator in Fargo. She previously has worked at other North Dakota and Minnesota non-profits with people who struggle with chemical dependency, mental health issues, and homelessness, such as Dacotah Foundation, Solutions, Centre Inc., and

Summit Guidance. Erin lives in West Fargo. In her spare time, she enjoys spending time with friends and family, taking care of creatures (dogs and cats mostly), mixing and producing symphony electronic music, trying new foods, advocating for mental health awareness and being an ally to the LGBTQIA+ community. Erin looks forward to seeing her consumers' smile when they reach their own home and says it always makes her day brighter.

Meet our new Board Member

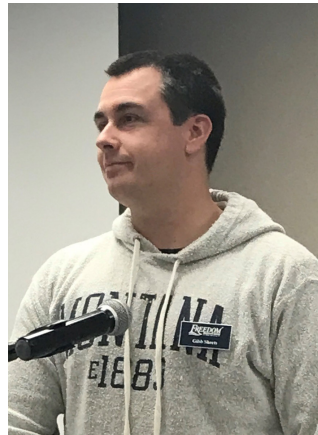


TOM THOMPSON

Tom's work experience, for the past 40 years, has been specifically in the area of job placement and training of people with disabilities. He worked extensively with employers on behalf of prospective employees and have consulted with several local providers in the area of job development and placement. He worked at Southeast Human Services for 16 years, the

Division of Vocational Rehabilitation for 7 years, the Vocational Training Center for 5 years, and 4 years at Freedom Resource Center. Tom has been married for 41 years; has two children and five grandchildren. Tom enjoys golfing and reading.

Congratulations



Gibb Sheets, Independent Living Advocate, earned an award for the most ADRL referrals in the region.

The ADRL program is focused on empowering consumers to meet their Independent Living goals and helping transition from provider operated group facilities to community-based settings.

- Every Single Voice Matters - Judy Heumann (1947-2023)

Judy Heumann, widely known disability rights activist, knew how to use her voice as an instrument to communicate the disparities and discrimination faced by persons with disabilities. She learned what opportunities were being denied to those with differing abilities at a young age when she was taken to register for kindergarten and denied entrance by the principal, while being informed it would be a fire hazard for a girl in a wheelchair to attend school there. It was 1952. After years of receiving minimal instruction at home, she was allowed to enter a school building at age 9. Fast forward to college where she studied to become a teacher and was initially denied her license because she was unable to walk, despite having passed her written and oral exams. After suing the Board of Education, she was, in fact, granted her license.

There is more work to be done, and Judy answered the call to action imposed by the injustices she witnessed and called upon others to join her to break down barriers one demonstration at a time. She is perhaps most well known for her work and participation in a 26-day sit-in at a federal building in 1977 to advance movement on creating regulations needed to enforce section 504 of the Rehabilitation Act of 1973. While the disability rights movement has lost an icon, Judy's legacy will forever be remembered as a story of perseverance and passion for equality, setting the stage for persons of all abilities to advocate for change and build accessible environments where all can thrive.



NON PROFIT ORG
U.S. POSTAGE
PAID
FARGO, ND
PERMIT NO. 1159

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

RETURN SERVICE REQUESTED

*"The premier leader of disability rights
in the region for more than 30 years."*

Go to www.freedomrc.org
& click



33rd ADA Anniversary

ABILITY
ACCESSIBLE
ADVOCACY
CELEBRATE ADA
CIVIL RIGHTS
DISABILITIES
EQUALITY
FREEDOM



INCLUSION
INDEPENDENCE
LAW
PEER MENTORING
RESOURCE
RIGHTS
TRANSITION