

# THE Independent

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

OCTOBER 2025

## GREG'S JOURNEY BACK HOME

### FYI

All Freedom Offices will be closed Thursday and Friday, November 27-28 in observance of Thanksgiving.

*\*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

#### Thank You Cards

Tuesday, Nov. 11 - 1:30 PM - 3:00 PM  
RSVP by Tuesday, Nov. 4

#### Holiday Meal

Tuesday, Dec. 11 - 11:00 AM - 1:00 PM  
RSVP by Tuesday, Dec. 4.  
Request dietary accommodations by Tuesday, Dec. 2.

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

#### Carnival Games and Fall Treats

Tuesday, Nov. 4 - 10:00 AM - 11:30 AM  
RSVP by Tuesday, Oct. 28  
Request dietary accommodations by Tuesday, Oct. 21

### INDEPENDENT LIVING SKILLS CLASS

#### Decluttering Class

Thursdays, from Nov. 6 - Dec. 18  
\*No Class on November 27  
3:00 PM - 4:30 PM  
Register by Thursday, Oct. 30 (Class size is limited)

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In May 2024, Greg Fox's life took an unexpected turn. After living with his sister Julie in Fargo, Greg was hospitalized and diagnosed with advanced colon cancer. His condition required a higher level of care, leading him to a nursing facility in Hillsboro. It was a difficult transition, and the thought of remaining in a facility long-term was disheartening—for both Greg and his family.

That's when Freedom Resource Center staff stepped in through the Money Follows the Person (MFP) program.

With the help of our team, including his Freedom Independent Living Advocate and Transition Coordinator, his Housing Facilitator, his Case Manager, and other in-home service providers, Greg was able to return to living independently in the community. MFP provided vital support: housing assistance, in-home care, financial help, and even meaningful touches like John Deere-themed bedding and household items, which bring Greg daily joy. One memorable moment for our team was seeing Greg's John Deere-themed Christmas tree in his own home—it was a symbol of pride, personality, and the comfort of being home for the holidays.

Greg's sister, Julie, who also serves as his power of attorney, reflects on the experience:

**"The transition was seamless. You all explained everything in a way that made it easy to understand our options. This program was a blessing in disguise."**

Julie adds that living in a nursing facility had taken a toll on Greg emotionally. He felt isolated and depressed, away from familiar faces and family routines. Being back in his own



space, near loved ones, has made a tremendous difference—not just to his spirit, but also his health.

**"If he had stayed in the nursing home, I honestly don't think he would have lasted this long," Julie said. "Now, he hasn't been back in the hospital and he's doing really well."**

Greg's story is a powerful example of what's possible when people are given the tools and support to thrive in their own communities. Greg's transition to independent living was one year ago this month—a milestone that reflects the lasting success of his transition.

At Freedom Resource Center, we're proud to walk alongside people like Greg as they reclaim their independence, dignity, and quality of life through the MFP program as well as our other independent living services.

### WHAT'S INSIDE

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## 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.

## FREEDOM IN ACTION

Bingo  
Tuesday, Nov. 13 - 1:00 PM - 2:30 PM

## INDEPENDENT LIVING SKILLS CLASS

Money Smart  
\*Garitz Grove - 1161 Friberg Ave, Fergus Falls  
Tuesdays, from Nov. 11 - Dec. 16  
1:30 PM - 2:30 PM  
Register by Tuesday, Nov. 4

## 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 and Service Animals  
Tuesday, Nov. 18 - 1:30 PM - 3:00 PM  
Register by Friday, Nov. 14

Holiday Cards  
Tuesday, Dec. 16 - 1:30 PM - 3:00 PM  
Register by Friday, Dec. 12

## YOUNG ADULT GATHERING (AGES 16-25)

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

## 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)

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

Tuesday, Dec. 2 - 4:30 PM - 6:00 PM  
Register by Friday, Nov. 28

## GRACE TVEITEN MEMORIAL EMPLOYMENT GRANT

Established in November 1995, the Fargo Mayor's Employment Grant Program was renamed the Grace Tveiten Memorial Employment Grant (GTMEG) in 1997 in memory of Grace Tveiten, civic advocate for people with disabilities and long-time member of the Mayor's Committee. In 2022, Freedom Resource Center began administrating GTMEG.

The purpose of the Grace Tveiten Memorial Employment Grant is to assist people with disabilities to reach vocational and employment goals. The funds can assist with education or training, adaptive equipment or devices, work clothing, transportation or other specific needs for obtaining or maintaining employment.

### Grant applicants must:

- reside, work or attend school in Freedom Resource Center's service area
- identify as a person with a disability
- complete the grant application form

For more information, call Freedom Resource Center at 1-800-450-0459.

## JAN IS HERE FOR YOU

The Job Accommodation Network, better known as JAN, is a trusted national resource that helps make workplaces more accessible and inclusive for everyone. JAN offers free, confidential guidance to employers, employees, and job seekers about workplace accommodations and disability employment issues.

For more than four decades, JAN has been helping people find practical solutions that work whether that means identifying adjustments that allow someone to perform their job effectively, answering questions about the Americans with Disabilities Act (ADA), or supporting individuals exploring self-employment opportunities.

What makes JAN so valuable is the personal approach they take. Their consultants are knowledgeable professionals who listen, understand real workplace challenges, and provide tailored information that fits each situation. They help both employers and individuals recognize the strengths and talents people with disabilities bring to the workforce showing that inclusion isn't just the right thing to do, it's good for everyone.

At Freedom Resource Center, we often encourage people to connect with JAN when they're unsure where to start with accommodations or ADA questions. It's a free, reliable service that empowers people to succeed at work while helping employers build stronger, more inclusive teams.

JAN is a service of the U.S. Department of Labor's Office of Disability Employment Policy/ODEP

Ask JAN! They can help call 1-800-526-7234 or go to [askjan.org](http://askjan.org) for more information.

Credit to: Job Accommodation Network

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# A LOOK BACK AT THE FREEDOM RESOURCE FAIR

A huge THANK YOU to everyone who came out to our first-ever Freedom Resource Fair. We are so appreciative of the 58+ vendors who shared valuable resources, the nearly 190 attendees who joined us, and Duck Duck Goose Food Co. Truck for keeping everyone fueled with delicious food.

The energy was amazing, the connections were meaningful, and the feedback has been overwhelmingly positive. This collaboration truly showed the power of community coming together to support people with disabilities in living more independently and improving quality of life.

We're thrilled with how our first Resource Fair came together and are already making plans for next year's event! If you missed it this time, you won't want to miss it again, stay tuned for details as we look forward to making this an annual tradition that continues to grow each year.



**Thank you for joining us for our first-ever Freedom Resource Fair! We look forward to collaborating with you again next year.**

- A Spectrum of Care
- Adaptive Life Therapy
- Addie's Sunshine & Treats
- All Embracing Home Care, LLC
- Alzheimer's Association
- Anne Carlsen Center
- The Arc Minnesota
- ARKOS
- Bert's Mobility Solutions
- Bismarck State College & Be More Colorful
- Blossom Home Care
- CapTel Outreach
- Community Options
- Dak-Minn Driving Evaluations
- Dancing Sky Area Agency on Aging
- Emerald Home Cares
- F5 Project
- Fargo Fitness Project
- Fargo Public Library
- First Link
- Freedom Resource Center
- FM Fun Flips & Décor
- Griswold Home Care for Fargo-Moorhead
- HIA Health
- HIA House Calls
- HIA Hospice
- Home Instead
- Housing Authority of Cass County
- Job Service of North Dakota
- Kawaski Finance and Insurance Services
- Kristina's Helping Hands LLC
- Legal Services of North Dakota
- Light House Recovery Services
- Lutheran Social Services of MN-- Caregiver Services
- MATBUS
- ND Protection & Advocacy
- NDAD
- NDSU Bison Strides
- Next Day Access
- North Dakota Assistive
- North Dakota Brain Injury Network
- North Dakota Department of Health and Human Services, Adult & Aging Services
- Northland PACE
- PAM Rehabilitation Hospital
- Rape & Abuse Crisis Center of F-M
- Rebuilding Together
- Reitan Law Office
- Resource Connect
- Roll-A-Ramp
- Senior Helpers Home Care of Eastern ND
- Southeast Human Services Developmental Disabilities and Behavioral Health Dept
- Southeastern North Dakota Community Action Agency
- StyleSafe
- The Justice Well Program
- The Ridge
- Valley Senior Services
- ND Vocational Rehabilitation
- Vocational Training Center
- West Fargo Fire
- Youth Entertainment Club Inc



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YOU Can Help Someone



# Giving Hearts Day

We are bringing back our  
**Pie in the Face** fundraiser for  
**Giving Hearts Day,**  
February 12, 2026.



# Thank You

For joining us at our first-ever  
Freedom Resource Fair!

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