

# Transcript

00:00:06 Cassie

Welcome to disability voices. The podcast brought to you by ability Montana, where we amplify the stories that deserve to be heard in this space. We're dedicated to exploring the diverse and empowering narratives of individuals with disabilities.

00:00:18 Kendra

Each episode will dive into the lives of remarkable.

00:00:20 Kendra

People sharing their triumphs, challenges and unique perspectives.

00:00:23 Cassie

We'll also sit down with service providers, advocates and experts who are dedicated to creating a more inclusive and access.

00:00:29 Kendra

Visible world, so join us as we embark on a journey of empowerment, education and inclusion. Disability voices is more than just a podcast. It's a platform for connection and a testament to the incredible strength within the disability community.

00:00:41 Cassie

So subscribe now and let's amplify these powerful voices together. This is disability voices where every story matters.

00:00:52 Michelle

Welcome to get involved. The segment where we empower you to take action and make a difference. Advocacy is at the heart of creating change, and every voice has the power to shape a more inclusive future. In this segment, we break down the issues, share opportunities to engage and show you how to make your voice heard.

00:01:12 Michelle

Because when we get involved, we create a world that works for everyone. Let's dive in.

00:01:20 Kendra

Hi everyone. You're here on get connected. This is week 11 of the legislative updates. This is a really fun week for us.

00:01:27 Kendra

It we had our rally this week, we've talked about we'll go into that a little bit. So we want to kind of cover some of what's happened in the last week and then of course prepare for next week and the upcoming bills and ways you can get.

00:01:37 Cassie

Involved. So and Cass. Hi, Michelle. Hi, Kendra. I do want to just give a little shout out to ability, Montana board member Flynn Murray, we.

00:01:38 Kendra

Hi.

00:01:47 Cassie

Got to see her at the rally and she gave us really good feedback about the podcast and we really appreciated it because we don't know who's listening and and we want to make this as like, usable as possible. The information that we're talking about. So shout out to her. We had such a great day at Rally day and so.

00:02:03 Cassie

Do you want to talk about it now? Do you think it's fun to talk about it now? Yeah. Michelle, what would you say?

00:02:08 Michelle

About rally day. Oh, it was awesome getting to.

00:02:11 Michelle

Be together with other people and advocacy, and about people with disabilities and ourselves, and get fired up. It made me kind of teary eyed at moments I was like, wow, this is pretty powerful.

00:02:23 Cassie

Yeah. So we'll set the scene for you. We had probably, how many people do.

00:02:26 Cassie

You think were there like?

00:02:28 Cassie

75 yeah, I do think there were like 75 people in the capital Rotunda.

00:02:32 Cassie

Almost everyone was holding a sign. We had all made extra signs and they said things like, say, 504. They talked about, you know, being a voter, having a voice, lots of really good signs. And so when we were in there, we kind of, we're just mingling together and talking, which I think is also like the most powerful thing that we do as a independent living community.

00:02:52 Cassie

Just being together.

00:02:53 Cassie

And then about 15 minutes before our speakers started, we started doing some chants in the hallway, which is really important. And I was even there yesterday and there was another group and they were super loud. And I was like, talking to the Sergeant at arms. And I was like, we're we that loud. He goes. Yeah, you guys did great. And so it's really fun because that's how you let people know you're.

00:03:13 Cassie

There.

00:03:14 Cassie

And so we chanted about Medicaid and we chanted about saving 504. Michelle had a really good idea, for one. Say it now, so we.

00:03:21 Michelle

Don't forget it. Community means everyone.

00:03:24 Cassie

And we split the groups up. So we were like call and response. So when we were doing them and it was just, it feels good to be part of something loud.

00:03:31 Michelle

And big or maybe I meant to say it like this community means everyone means everyone. There you go.

00:03:40 Kendra

Uh, and I do I I also really appreciate the opportunity that we had to host some of our speakers and some really great disability leaders that we have across our state. And you know our own CEO, Scott Bergenfield.

00:03:55 Cassie

We had Senator Yakovich, who has been carrying Senate bill.

00:03:58 Cassie

22 and Senate Bill 82 got up to speak, and then representatives Melissa Romano and Connie Keogh both got up. Both our educators. And so they talked a lot about 504, and just the impact that it has on schools and gave really beautiful speeches, like really well.

00:04:16 Cassie

Thought out it was really special to sit amongst that and then I think the highlight of the day is Opal Besaw is just a dynamic advocate out of callus spell. She got up and I mean, if you ever in the same room as her when she's speaking, what?

00:04:31 Cassie

A gift.

00:04:32 Michelle

There is where the tears started. I welled up not because I was sad, but because I was so proud to be part of the community and so amazed to be in the in the midst of such a young and.

00:04:41 Cassie

Powerful person. She is incredible. And I, I mean, I love that. That's what. That's where disability pride comes from. And I think when you join a rally and you sit among your community.

00:04:52 Cassie

Like you feel that pride and I think sometimes people we've talked about it in the past, maybe don't relate to being proud to be a person with a disability, but when you keep joining things like that, you really own that word and it's like, do you want to join us because this is the coolest group of people around.

00:05:12 Michelle

I think that's, I gotta say, I've. I've been in the disability community all my life and didn't realize how powerful we were until I think maybe that's part of yesterday. It was just wow.

00:05:21 Cassie

To be part of something bigger than yourself is where everything magic happens.

00:05:26 Cassie

So we were really lucky. We had a great day. It was great. So we will talk about I. It was a busy week and a couple of things. Have we have a couple of update updates on some bills that have been moving along. So House Bill 38 was a bill that is to revise laws related to disability parking that has been transmitted to the governor.

00:05:48 Cassie

So that's exciting and that one is just to increase penalties for parking in the accessible spot when you are not permitted to do so. House Bill 245 Medicaid expansion has also been transmitted to the governor. We did get an e-mail saying there was some kind of concerns that maybe.

00:06:05 Cassie

There was a push to not have him sign that, but I think we're just hopeful that he had it in his budget and so hopefully Medicaid expansion will be signed soon. So we'll keep you abreast on that. And then this week I was able to speak on presumptive Medicaid eligibility. And again, Senator Yakovich is as.

00:06:25 Cassie

Kind and warm as a person can be. And so he got up to speak about presumptive Medicaid eligibility and why it matters. And he told the committee he loved them all and it was just like a really it was a really lovely thing to be part of because.

00:06:41 Cassie

It's.

00:06:42 Cassie

Taking people with disabilities, it's taking our seniors all into consideration. And so it's really hard to say no to that. So it passed with flying colors and now we'll move on to the House floor.

00:06:52 Cassie

Senate Bill 82 is the bill to establish an adjustment to blindness program that also did really well. It passed through everything, and now it's been sent to enrolling and then its next step will be to be sent to the governor. So I mean, that is the program that will provide.

00:07:09 Cassie

Services to those who are blind or low vision, who are under the age of 55, which we have not had in.

00:07:14 Cassie

The state of Montana so.

00:07:16 Kendra

It's just so exciting. I mean, some of these bills, like, you know, House Bill 245 and Senate Bill 82 are ones we've talked about since the first episode. And we, you know, we started this off this podcast off. We were so hopeful about.

00:07:27 Kendra

Them and so.

00:07:28 Kendra

To to like for that to not have been crushed and we got to like continue to have hope and now and now it's like at the end it's so.

00:07:35 Kendra

There's, there's a lot of other things that maybe are happening that don't feel like they're going our way, but some things are. And so we're just really excited.

00:07:42 Cassie

About that, I feel like I have magical thinking because I'm just like, wow, this is so easy. Like these. Yeah, these bills matter. And and they do matter. And so, but some of them move quicker than others. And but it is also why, you know, the people that are showing up for these bills like.

00:07:56 Cassie

So impactful and and that's why I think when we talk on the podcast and we say use your voice, this is just listening to these bills going. Am I someone that could give comment on that because that that makes all the difference in.

00:08:08 Michelle

The world, and I think that's what's so great about this.

00:08:11 Michelle

Is it's like this is really happening. The things I say matter and I can take up space and.

00:08:17

Beef.

00:08:18 Michelle

Yeah, be heard. I mean, really. And I think it lends itself well to thinking all those times I was in the halls, sometimes I it didn't turn out the way I wanted to in the past, but sometimes it did. And having these things come to fruition is just so, so powerful. And I really take that in and I'm really glad we have the opportunity to.

00:08:39 Michelle

Help people understand how to participate because I don't know that there's been anything out there like this for anybody, not only the disability community, but anybody, so I think.

00:08:48 Michelle

This podcast hopefully can reach so many people.

00:08:51 Cassie

Yeah, and I what I think is probably really annoying about me is that anytime I'm out now, I'm like, OK, so this is what's going on that I know at the legislature and I'm like and this is how that do you know how the legislature works and.

00:09:02 Kendra

So I'm always like talking about it. Then one of our mutual friends wanted to go up to the capital and give testimony.

00:09:08 Kendra

And so it it worked. And so she she came and Cassie met her and helped her craft a little, something to say.

00:09:10

Yeah.

00:09:15 Kendra

So I mean that's The thing is like sharing our voices and sharing what we're passionate about with our community is the way to continue to grow that. And just a reminder that we're always here to be those people to help you, if if the only reason you haven't done it yet is cause you just don't know how.

00:09:29 Kendra

Like we are passionate about that.

00:09:30 Cassie

Yeah, we'll meet you there. So if you want to go to the.

00:09:33 Cassie

Capital.

00:09:35 Cassie

Let us know like I'm up there a lot and even if I'm not gonna be there, I'll go there. If you're like, I'm testifying, even if it's on a bill that has nothing to do with anything we've talked about. If you feel like you would want to go, but you don't really feel quite.

00:09:47 Cassie

Comfortable I will be there and I will sit with you and we will talk about it and it's and we'll listen to other people. So you can kind of go, OK, this is how it works.

00:09:55 Michelle

That's really helpful. So if you can't find your peeps Cassie saying.

00:09:59 Cassie

I'll be your. I'll be your peep.

00:10:00 Kendra

She'll be everyone's.

00:10:01 Michelle

Yes. Yeah. And and that's what's great. When you're passionate about something, you can really, really hone in and and help other people. That's the power of peer.

00:10:07 Cassie

Support. It's totally I'm I'm. I'm like I'm a legislative hype girl.

00:10:08 Michelle

And I love your support. I love it.

00:10:13 Kendra



We got to get our.

00:10:14 Cassie

Badge that sounds bad. Yeah, and and we were like, what is that? I'm like, well, you'll see once I get some more people.

00:10:19 Cassie

In these doors, another way that we kind of talked about earlier too, just amongst ourselves.

00:10:24 Cassie

This was if you want to zoom in like, it's not reasonable for most people to go to the capital like it's during the work day. It's hours away from where you live. But zoom is really easy, but I think it's also intimidating. So if you're like, OK, I'm listening to these bills, I do want to do 1, But I'm a little bit nervous to do it alone. That is also a really good time.

00:10:46 Cassie

To call either someone you love and know that will sit with you, or call someone from ability who will.

00:10:50 Cassie

With you and and we'll, we'll do it together. There is nothing better than having someone sit with you when you're like, I feel like I I want to start using my voice, but I need a friend. Do.

00:11:00 Kendra

It 100% and again on zoom they don't allow your camera to turn on, they only will. It'll show your name and then they'll allow you to unmute when it's your turn to speak. So it's fill that room with people if you have to to feel confident in saying what you got to say.

00:11:13 Michelle

Cause no one will even know and I have done zoom before and it is a different feel in one respect. You're like you can pick your.

00:11:19 Michelle

Bot but in another respect you could be you could feel alone if you don't have people around you. So this is a great way to get involved in and have people around you and.

00:11:27 Michelle

Maybe even.

00:11:28 Michelle

Hold your hand if need.

00:11:29 Cassie

Be you know 100%, I mean all of us have probably been on a zoom call where like no one's camera is on. And so it's just like that same thing where like, is anyone paying attention to me? So it's like just having someone with you I think is really helpful.

00:11:40 Cassie

So anyway, back to what we were doing too, is the other bill that I spoke on last week was House Bill 341, revised laws related to brain injury that passed the committee also with flying colors.

00:11:52 Cassie

That's that's a heart bill. Like, that's a bill that was done by a lobbyist that experienced disability and saw a gap in where, like services were for brain injuries. The executive director of the Brain Injury Alliance stood up and he said he has not taken a paycheck.

00:12:13 Cassie

In 6 1/2 months, because there's no funding stream for the services that he's doing. So it's when you pay your registration, \$1.00 will go.

00:12:24 Cassie

Toward this program and you would have to opt out if you don't want to do it, but the opt out is possible, so anyway, that would really help and they talked a lot of course, about the fiscal know and how that will support this program. So it's a great bill, it's still moving forward. So I think that's really hopeful and that brain injury alliance, I think it's a really important service that we offer in Montana, but it needs funding.

00:12:45 Cassie

So we also have Kristen, who joined us on a forum or a previous.

00:12:49 Cassie

Episode she is so amazing. She's so darn smart and she is looking into a couple of bills that just needed more amendments, more time, more thought, like more connection with other providers. And so one of the bills is related to minimum parking and her concerns related to and.

00:13:10 Cassie

Our concerns, but related to how do we account for the ADA when we don't have minimum parking. So she has created a document she's working with other entities to get to the bottom of what can be done about this bill. So we'll have her update us.

00:13:23 Cassie

On that. And then there was another bill about emotional support, animals assistance, animals that would impact fair housing and maybe peoples's ability to have an assistance animal. She is working with Montana Fair housing on this one and the sponsor to try to hopefully clean that up a little bit. So she's doing incredible work. We're so grateful to have her on staff.

00:13:45 Cassie

She's so whip smart about stuff. So when that comes here, we'll have her come back and talk about them then.

00:13:47 Kendra

Yeah.

00:13:51 Cassie

A I am just learning about this bill is House Bill 576 and this is a really cool bill and I didn't. I was gone for the first hearing that it had. It has the potential to use already existing funds that DHS has access to, but kind of move them in a different way. So it has the potential to increase funding.

00:14:11 Cassie

To the 0208 waiver, which is for developmental disabilities and the Big Sky waiver, so that would be.

00:14:16 Kendra

Huge. It's huge. That right now, the O 208 waiver is the only type of support for folks with developmental disability.

00:14:24 Kendra

Is to have like ongoing supported living outside of their family and their friends and so a lot of folks though don't know that that program exists or don't know how to access it. And right now the wait list is over 10 years long it.

00:14:39 Cassie

Is so long.

00:14:39 Kendra

And so families don't know that it even exists until their child is graduating from high school. And then that's when they go on the wait list. But now they're almost 30 before they can actually access services. And so they're going that whole time with really minimal supports. And so putting 1.

00:14:54 Cassie

When our parents are having to, like, leave their jobs to make sure like it's impacting way more in our communities than.

00:14:58 Kendra

Yeah.

00:15:01 Cassie

Then we even.

00:15:01 Michelle

Know and I think one thing we have to think about is parents age and disabilities age along with them, but they don't change necessarily. And so then they're thinking, what do I do? How do I help my loved one when I'm gone? And if they're set up with this waiver, they can stay out of the institution. That's the wonderful thing about waivers and.

00:15:21 Michelle

So much less expensive and so much more humane, and so much more dignified.

00:15:25 Kendra

It's everything we stand on. Yeah, it's that. And same with the Big Sky. Waiver is for people.

00:15:30 Kendra

With physical disabilities that would meet the nursing home level care need, but then want to receive those services in the community. And so that's what we're all about is people having choice and where they live, being independent and staying out of institutions and so more funding to these could not be more needed right now. And also just well worth our.

00:15:51 Kendra

Taxpayer dollars because the other thing is that it's way more expensive when folks can't access these waivers and they do have to be institutionalized. That's more expensive on our tax dollars than it is to allow them to live in the community.

00:16:03 Kendra

So this is amazing and.

00:16:05 Cassie

We're so I know. I'm very excited about it because I just started listening to the previous hearing and I was like, OK, this is this is something to look forward to. So we'll keep updated on that. OK. So what we are looking for for next week, which is the week of March 24th through the 28th are several bills and this is when we say get involved like these are the ones that you can get involved in because they have hearings.

00:16:25 Cassie

Coming up. So the first one is Senate Bill 300. It's providing protections for service dogs and their handlers.

00:16:33 Cassie

So Senate Bill 300 is designed to safeguard the rights and well-being of individuals who rely on service animals for assistance. This bill is important because it would ensure that someone could be held liable for consequences of harassing, harming or taking unauthorized control of an individual service animal. At present, we are one of just a couple of states that do not have.

00:16:53 Cassie

This law, so just kind of tie up that loose end and get these protections in place. I attended the first hearing for this. It was so powerful. There were probably 6 people that had their dogs or at least are you like service animal handlers?

00:16:56 Michelle

MHM.

00:17:11 Cassie

Speak to the bell and.

00:17:12 Cassie

Talked about the issues that come up and how you know we have a lot of people that are like my dog's nice and it's like, but we'll interrupt that job doing that dog doing its job and can cause injury. And so there were lots of stories about that. It was a really positive hearing as far as like this matters. And you could tell it the committee felt so too. So I think it passed pretty easily.

00:17:32 Cassie

Before it got to this hearing, so that will be held Monday, March 24th at 3:00 PM in Room 152, the sponsor sponsor.

00:17:40 Cassie

Is Senator Denley Logie and it will be heard in House Human Services also next week is House Bill Six O 7 to provide for the hearing aid coverage act. So House Bill Six O 7 aims to ensure that health insurance plans provide coverage for hearing loss treatments and devices such as hearing aids for individuals of all ages. So it has been guaranteed for children in the past.

00:18:01 Cassie

Not at.

00:18:02 Cassie

Else again, this one has already passed through the house and now it will be heard on Tuesday, March 25th at 8:30 AM in Room 422. It's being sponsored by Representative Paul Tuss, and it will be heard in the Senate business, Labor and Economic Affairs Committee. I again wasn't not there for that one, but it obviously passed pretty easy and.

00:18:22 Cassie

We have helped people here try to get hearing aids.

00:18:25 Kendra

It's insane that it's not covered because it's fundamental too.

00:18:28 Cassie

Yeah, if you don't have them, you can't do most things.

00:18:32 Michelle

And they're so prohibitively expensive. I mean, I have a loved one that actually got a special grant for people with disabilities, not a grant, but rather a loan and a special but wow, you know.

00:18:42 Michelle

And not everybody can buy the newest ones over the counter because the disabilities require a certain prescription. That's very, very unique and tuned in. They got a lot of.

00:18:52 Cassie

Tweaks to them. Yeah, it's so interesting cause in the years that I've done this job, I think the Lions Club also had a grant and a lot of people would try to apply to them. I can't imagine how many.

00:19:03 Cassie

Grant applications. They got all the time because there was no other mechanism. The Montana Assistive Technology Loan Program is another way that people have been able to get low interest loans to get these.

00:19:15 Cassie

But again, if it was just covered like you need to have it to have to take out a \$5000 loan to get hearing AIDS is just, yeah, like you said, prohibitive. It's just.

00:19:25 Michelle

Been there, done that with a loved 1 and in and it's not, it's not fun.

00:19:29 Cassie

Right. And we know like we've talked about in the past, if you can't hear your chances of dementia and Alzheimer's goes way up. Mm-hmm. So kind of getting these in place earlier is really important. And then House Bill 601 is create an online portal for community ASSISTERS.

00:19:44 Cassie

Related to medical.

00:19:46 Cassie

House Bill 601 aims to improve Medicaid accessibility, particularly for people with disabilities, by creating an online portal for community ASSISTERS. While the Bills full details are still under review, key elements are the online portal, simplified navigation, enhanced communication. These are all words we love better support.

00:20:06 Cassie

And potential for future accessibility features, you know, right now if someone is blind or has low vision and were to receive any information about Medicaid, you have to have someone else read it to you. Like you can't do it independently.

00:20:20 Cassie

Definitely. I believe this would kind of close that issue for people. We're excited about that. So yeah.

00:20:26 Michelle

Information is power. I mean, seriously, and when you know what's going on with your own case at hand, especially when we don't.

00:20:32 Michelle

Know.

00:20:32 Michelle

What's around the corner nationally for us and all these public Health and Human services situations, it's always nice to have that information and power and.

00:20:41 Cassie

Assistance well, and I'll just say I again had to miss this first hearing. And so it's in it's.

00:20:46 Cassie

It's already made it through the house and now it's in the Senate. It will be heard Wednesday, March 26, at 3:00 PM at room in Room 317. It's sponsored by Representative SJ Howell, who is out of Missoula and has done a lot of good work around Medicaid.

00:21:00 Cassie

It will be heard in the Senate public health, welfare and safety if you utilize Medicaid, this would be a really good opportunity to speak up and say what the barriers have been because again, and I think this is kind of understated.

00:21:14 Cassie

If there's a bill, it, it doesn't have to stay what's written. It can be changed. It can be adjusted, it can have amendments. So if you got on and testified and said, well, I like this, but where I'm really struggling is with this or whatever.

00:21:28 Cassie

That could be the very thing that gets changed in the bill. Like your feedback matters, and this is a time to give it. So I think I'm also going to listen to that hearing from before and just as a reminder, you can listen to any of these hearings at the [Lego mt.gov](http://Lego.mt.gov) website. It's it's not hard to find.

00:21:48 Cassie

When to listen to him. But you do have to do you have to look up the bill and go to. It's like history to find the date that the hearing was.



00:21:55 Cassie

It's interesting. Like it's I find my husband and I find ourselves just watching it on the TV now. It's like the TV will turn on and we're just like, mesmerized by whatever floor sessions on. And I'm like, wow, we've gotten old quickly.

00:22:08 Michelle

When you're binge watching the legislature.

00:22:10 Cassie

Get ready to live people.

00:22:12 Kendra

There is just so much happening that it's hard.

00:22:14 Kendra

Like sometimes I'm like which one do I want to tune in to to so the fact that we can go back and watch them is nice because it is really interesting. And even then the cool part I was telling these guys about is I was trying to, I was waiting for a different bill that we've covered to come on. And when they were debating the one before that I was.

00:22:32 Kendra

Learning so much about an area that I hadn't really spent much time on, but it was so interesting and I was like more people need to be listening.

00:22:39 Cassie

And paying attention. Yeah. So if we corner you out in public, it's for your own good.

00:22:45 Cassie

And then another bill that will be heard next week in front of the same committee on the same day. So on Wednesday, March 26th, at 3:00 in Room 317, there are three bills being heard. This one's house Bill 574. It's for creating certified behavioral health clinics. This is a big deal. And honestly, it has a different name.

00:23:05 Cassie

This is not the name of the bill and but when I was listening to it, I was like.

00:23:09 Cassie

Wow, this is so exciting. So what? The bill sponsor who is Representative Gillette, who is in ability Montanas region?

00:23:16 Cassie

What she said was that there's right now everything is disjointed, right? It's like if I need behavioral health or any mental health supports, I got to find them on my own. I got to go to, like, 4 different places. I'm not even sure if I'm headed in the right direction. Right. And so this would create this certified behavioral health clinic model.

00:23:36 Cassie

And and so Matt Koontz, who is the executive director of NAMI, the National Alliance on Mental Illness, got up.

00:23:44 Cassie

Up is the first testimony, and it's the only one I've listened to. But he said they've been working really hard to get this and he said this is an answer to the cuts to mental health that happened in 2017. So I thought this is a really a big deal. So I'm going to make sure that you get this in your e-mail this week, but really.

00:24:04 Cassie

Pay attention to this, this could really matter to our communities and make a more more robust mental health approach. So we're excited.

00:24:11 Cassie

Then the last bill is and also this one sailed right through is House Bill 488, allowing a disabled voter to electronically return a ballot. So this bill aims to address the issue of inaccessible absentee ballots. The bill would accomplish this objective by allowing individuals with disabilities to vote using a secure online system.

00:24:31 Cassie

This is an option already afforded to active military and Montanans who are out of the country during elections. I didn't know this existed like this is really cool. So.

00:24:41 Cassie

Just extending the option to people with disabilities, this is cool. This is a great bill and one that's easy to support. This will be heard Friday, March 28th at 3:00 PM in Room 335. The bill sponsor is Representative Julie Darling, and the bill will be heard in state administration, so really good.

00:25:01 Cassie

Really good stuff coming up, I don't think we have to oppose anything in the coming weeks, so that's always really nice.

00:25:07 Kendra

Yeah. And I think, you know, just a reminder.

00:25:09 Kendra

But again, if you want to get involved in any of these, if you're online tracking bills that are coming up, even if they're not the ones that we've listed, if you want to get some more information about them, talk them through with someone, reach out to any of us if you want to go to the capital, definitely get a hold of Cassie like she said, she'll she'll maybe already be there. She'll meet you there and walk you through the steps.

00:25:30 Kendra

So you're around the building.

00:25:32 Kendra

And we're always open here at ability and all of your other Centers for independent living. If you're outside of our area, we're all united in these same missions and so reach out to Michelle always has find your people and come to us if.

00:25:46 Michelle

You when we keep talking about go to ability or a call ability is there just one number they can call.

00:25:52 Michelle

If they're not sure which area they're in that we can give.

00:25:54 Kendra

To them today. So yeah, Michelle, you can call our.

00:25:58 Kendra

Our main line, our toll free line at ability Montana is 1-800-735-6457 and then you can also go on if you don't know which region you live in and you want to try to figure that out, you can of course contact us and we'll help you get connected. Otherwise, we also have the website MTC I.

00:26:19 Kendra

L.org, which is a collection of all of the independent living centers across Montana and some of this like key information, is housed there and then you can find your center there as well and of course.

00:26:30 Kendra

So this will be in the show notes too, so you don't have to try to memorize those numbers. You can go find it down below. And then yeah, if you're if you're not sure when you would want to get involved or how you can also always join us on Friday mornings from 9:00 to 11:30. We have our caffeinate and Advocate group through ability, Montana. We meet in person at the Beaute office.

00:26:50 Kendra

But you can also join that via zoom and all the information of how to get that link and all of the other details about that can be in the show notes as well.

00:26:59 Cassie

Thank you everyone. Until next time take up space and let your voice be heard.

00:27:02 Kendra

Pick.

00:27:08 Kendra

Thank you for tuning in to this episode of Get involved. All resources and contact information shared during this episode can be found in the show notes. Please reach out to us at ability Montana if you'd like more support in using your voice during the legislative session together, we can shape Montana's future.

00:27:29 Cassie

Thank you for tuning in to disability Voices, a podcast from Ability Montana. Please subscribe and leave a review. You can follow us at disability voices on Instagram for updates and upcoming episodes.