ADA significance still felt 27 years later

One of America’s most comprehensive pieces of civil rights, it was signed into law by President George Bush 27 years ago in a special ceremony on the South Lawn. At first, staff had wanted to use the East Room. But a crowd of 3000 attended the ceremony, despite the heat. The selection of the South Lawn was historical, because President Lyndon Johnson signed the Civil Rights Act into law there in 1964. Bipartisan support passed the ADA 76% to 8% (16% didn’t vote)!

WE ARE ONLY A PHONE CALL AWAY!

Our centers are here to assist you with Independent Living issues.
LOCAL EVENTS
Please Join Us!

July 7 - Free Caregiver Respite
Twin Falls, ID
College of Southern Idaho, 8:30 am – 3:30 pm

July 9-14 Vandal Summer Acadmey
Moscow, ID
University of Idaho 9:00 am – 3:00 pm

July 15 - Sensory Friendly Movie
Meridian, ID
Majestic Cinema, 10:30 am – 11:59 am

July 21 - DAC NW is Going to the Dogs!
Lewiston, ID
Kiwanis Park  3:30 - 6:30 pm

July 22 - Wings for Autism
Boise, ID
Boise Airport, 7:00 pm – 8:00 pm

July 26 - Foundations of Inclusion
Lewiston, ID
124 New 6th St, 6:00 pm – 8:00 pm

SAVE THE DATE
Zombie Fest!
October 2nd, Kenworthy Theatre, Moscow ID

ON GOING MONTHLY MEETINGS

CDA Advocacy Committee Meeting – 2nd Thursday
4:30 pm DAC Office, 3726 Mullan Ave Post Falls
208-664-9896 for more information

National Alliance on Mental Illness Support Group – 2nd Wednesday
7:00 pm LIFE Office 640 Pershing, Pocatello
208-232-5791 for more information

Brain Injury Support Group – 4th Monday
6:00 – 8:00 pm, Pullman Regional Hospital Pullman
509-592-8931 for more information
From the Editor

Accessible Vacations

Since I started working for DAC it becomes almost habit forming to check out places to see if they are accessible. Partly because my Mum lived with me last year and had trouble getting around, and partly because the people I work with face these issues every day, but I am always excited when I find some destination particularly accessible.

Which brings up an upcoming trip for me – backpacking. I will be going on a Boy Scout trip to Philmont in August, stopping at some pretty cool destinations along the way.

As a prep, we did a shakedown backpacking trip a few weekends ago. Besides brutally pointing out just how out of shape I really am, (can’t lie about my ability on an uphill trail) I ponder how would you continue hiking and backpacking if something were to happen and you end up with a disability?

I came across an article in the February 2014 edition of New Mobility magazine. A couple that was interviewed doesn’t let her use of a chair prevent them from hiking. By using a PiggyBackPack a strong adult can carry a person with a disability by distributing their weight to their hips. These have been used by firefighters and rescuers to carry injured people out of the wilderness, much more effective than carrying in your arms.

The pack is built for whatever you can carry. Comes with a backrest, harness, and under seat carrying pack. In the case I read about, he’s a strong man and can carry her (at 100 pounds) on any of the gnarly trails in Sedona, Arizona. Others have used this pack to allow their children with disabilities to go on hikes.

There are also a number of wheelchair attachments that allow to go off road and travel at higher speeds. These after market upgrades allow you to take your chair on rugged, uneven surfaces. Whether you enjoy traversing a rocky trail with friends, or navigating snowy paths in the woods, or catching rays on a sandy beach, there is a way to do it. Some come with suspension forks and shock absorbers for help with stability.

But for me right now, I am just trying to get in shape. Need to find some stadium stairs to go up and down...

To contribute an article or comment on an article, please contact:
vicki@dacnw.org
On June 27, 2017, a small but enthusiastic group gathered to go fishing at the Portneuf Wellness Center Pond at Bannock Reservoir. We sat at the dock that stretches all the way across on end of the 7-acre pond. While arranging ourselves our Nightlife leader, Larry Landrie, sat a camp chair on the dock. A gust of wind came up about that time, and blew the chair into the pond. Before anyone could grab the chair, it sank to the bottom. The creativity in our group came out while trying to retrieve the chair from the depths of the pond. A cane and fishing pole were used to try and reach the chair, but had no success. To relieve the frustration, Darlene Brown passed out cookies. Tracy Martin tried to come up with other ideas that included asking a lady who was swimming on the side of the pond if she would help, and asking the lady on the surf board if we may use her paddle. About that time, one of our other members, Jeremy Cage jumped in and dove down to retrieve the chair. You never know who is going to step up and be the hero. Thanks Jeremy! Other giggles were heard when Eddie Brown tried to tease Tina Dressel with the worms he brought for bait. While many excellent casts were made, the fish did not take any of the bait. As we were leaving two fish were seen just below where we were seated on the dock.
NEWS FROM DAC

DAC NW is GOING TO THE DOGS

Every week, it seems, a news channel will run a segment on so-called “fake service dogs”, otherwise known as, well, pets. These segments tend to turn into a tutorial on how to abuse the service dog system in America. And they provoke a knee-jerk reaction from the public.

So, for the 2017 ADA Celebration, Disability Action Center NW has decided to host a dog event. We will focus on the ADA laws of what defines a service dog, meet some service dogs in training and learn from the certified organizations that train them. We will also focus on the rights of businesses, and cover what differences there are regarding service animals vs support animals, and the separate laws that protect people with support animals in housing.

But DAC wants to do this in a fun, interactive setting. Hosting the event in a park means people can attend with their dogs, whether service or pet, it doesn’t matter. Vendors will be there to talk about the services they provide to people with disabilities. Speakers will talk about what wonderful services their animals provide, both in guiding and in PTSD. We will have contests and quizzes with prizes offered.

Bring your favorite dog and get a free portrait taken. Or try your skill in our wheelchair obstacle course. Bring the kids for free balloons and face painting, they can leave looking like their favorite dog! They can meet the K9 Unit of the Lewiston Police Department.

And join us for free hot “dogs” and “pup”corn! Don’t have a dog? No worries. You can meet some great animals that are up for adoption.

DAC and the NW ADA Center Idaho is bringing in Captain Louis Belluomini and Naithan McKinney, both combat veterans. They will bring their service dogs Star and Maverick, and will talk about the important role service animals play in controlling PTSD. Being able to take a service animal to work everyday increases the bond and shows how a service dog is an effective accommodation in these emergency work settings.

Service dog abuse hurts us all. While anyone can obtain special patches, cards and other items, behavior of an animal cannot be faked. Let’s work together to educate and dispel the myths and stereotypes about service dogs.

See you on July 21st!
Bruneau Overlook Celebrates Accessible Feature

On June 1st a celebration was held at the Bruneau Overlook. State Director for the Idaho Office of The Wilderness Society (TWS) Craig Gehrke collaborated with a number of groups to include accessible features in the upgraded site. Accessible features include a new safety fence, level parking lot and new paved surface, accessible vault toilet, and hardened path to the canyon rim that leads to a circular observation deck. The view is spectacular!

A few years ago Craig noticed the site was showing it’s age. After spotting an unofficial user made trail that had little in the way of a noticeable grade and let to a spectacular view he had an idea. His wife’s younger brother uses a chair and has a hard time seeing places like Bruneau Canyon. So they started a plan that would upgrade the Overlook and convert that unofficial trail into something that would accommodate visitors with disabilities.

Public Land managers are often overworked and underappreciated. They face a host of challenges like dealing with competing public demands, loads of paperwork, and more. Years of work with other agencies, planning for the budget needs, public outreach, and site analysis was done and by a rainy day in the fall of 2016 the renovations were underway. A formal dedication ceremony was being planned when the renovation was complete. That meant that over time, a whole bunch of folks who had never had the opportunity to see the Bruneau Canyon were only a few months away from experiencing one of the most spectacular canyons in Idaho – one that because of it’s wilderness designation would stay that way.

The canyon drops hundreds of sheer feet to the river below, and in the silence of the landscape you can hear the rapids below. Raptors are often seen soaring the thermals above the canyons, and canyon wrens and meadowlarks can be heard. Like other wilderness areas in Idaho, it offers a chance to enjoy what some proponents have called “the hush of the land” – that rare and wonderful experience of the peace and solitude that happens when you are someplace where motors do not dominate the landscape.

As a wilderness area, the canyon is managed to leave it unimpaired for current and future generations, to protect it’s wilderness character, and to allow for public enjoyment. No motorized vehicles are allowed, no power lines, roads or wind turbines. Trails can be constructed, and in this case they are accessible to all. Everyone can enjoy the solitude and natural landscape that characterizes this area. Enjoy!
HP continues driving Disability Awareness

HP is taking great steps to engage their employee community to create a diverse and inclusive community. On May 23, 2017, HP’s Boise DisAbility Business Impact Network, hosted a disability etiquette training. To help with the training the Northwest ADA Center-Idaho and the State Independent Living Council organized a group of individuals with disabilities to participate in role plays, demonstrating positive ways to communicate and interact.

The training was a follow up from HP’s October 2016 Disability Awareness Event. Michael Turner, the Chairperson of the HP Boise DisAbility Business Impact Network expresses the group members’ excitement, “We were overwhelmed with the 400 HP employees attending the event.”

Through 90 minutes of role play and conversation with individuals who are blind, have developmental disabilities, are deaf or hard of hearing, and people with physical/invisible disabilities, HP employees learned that we all want the same thing: decency and respect. The welcoming environment created by the Boise DisAbility Business Impact Network, and the willingness of the larger audience to ask hard questions and get real life answers, was impressive.

Dana Gover, Northwest ADA Center-Idaho and Mel Leviton from the State Independent Living Council (SILC) were the event leaders, with assistance from Ray Lockary who is hard of hearing, Max Hudson an individual who has a developmental disability and Dana Ard an individual who is blind and Jerry Riener from the SILC who provided support and logistics for the team. Members of the HP Boise DisAbility Business Impact Network also assisted in the exercises. Additionally, Bill Avey, General Manager & Global Head, Personal Systems Services served as the master of ceremonies and host, bringing in his personal experience with a temporary disability to engage the audience.

The feedback from the attendees was outstanding! Many “thank you’s” were exchanged after the event! Subsequently, several comments lauded the personality and style of the leaders and reflected on how this will change their day-to-day interactions with the confidence of knowing how to engage others. Additionally, after the session, several members expressed the desire for more in-depth training.

Michael adds, “The objective of the activity was absolutely met: Broadening the message of diversity and inclusion to a large representation of employees, increasing awareness on how to create a
HP DisAbility Business Impact (con’t)

Dana Gover, MPA, and ACTCP Certification, ADA Training and Technical Assistance Coordinator
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Idaho Relay Service: 711 Website: http://dbtacnorthwest.org/Idaho

Dana Gover says, “This type of training is important, as we find ourselves in situations where we don't know what to say or do. We may meet someone who moves or acts differently, and wonder how we should react. When interacting with people with disabilities, it's important to remember that we are people first. We want to be appreciated, respected, and productive.”

Civil rights laws have helped people with disabilities pursue employment, recreation, and educational opportunities in the mainstream of community life. As a result, attitudes toward people with disabilities have also begun to change. This is a start toward creating a truly integrated society; one in which people of all abilities live and work together.

The use of negative words can create incorrect perceptions of people with disabilities. Such negative attitudes are often the most difficult barriers for people with disabilities to overcome. Even the word “handicap” is considered unacceptable by most people with disabilities because of the word's origin. "Handicap" is derived from "cap in hand," a phrase associated with beggars.

When describing a person with a disability, refer to the person first. Rather than saying or writing "blind man" or "afflicted with blindness" refer to "a person with visual impairment" or "a person who is blind." This also applies when you are describing a group of people with disabilities. Do not label a group of individuals as "the disabled," which puts the focus on their disabilities. "People with disabilities" or "individuals who use wheelchairs" places people first.

Michael states, “We are on a great path at HP, starting with overall awareness and now etiquette training. In addition to growing our culture of diversity and inclusion for people with disabilities, we look forward to the results from engaging with the community, in terms of ongoing innovation in products and services, as well as identifying ways that we can attract and retain a diverse workforce.”

If you are interested in Disability Etiquette training at your place of business contact the NW ADA Center Idaho or one of the CIL's nearest you.

For more information about ADA Technical Assistance visit the NW ADA Center Idaho website: nwadacenter.org/idaho
Travelling Abroad with a Disability

In today's world, travel isn't restrictive. Regardless of whether you're fit and healthy, have a physical impairment, learning disability or other condition, there is no excuse to avoid travelling. You'll be able to visit even the most exotic of destinations to experience what our planet has to offer.

For any trip to be a success you need to thoroughly prepare for the adventure. As such, packing will be an important part of the process and you'll have to double check you've everything needed. After your initial questions, like duration of your trip and where to go, be sure to look into:

**Medication** – this is vital to your packing. Ensure you have enough for both the duration of your trip plus a little extra in the event of delays. Overseas pharmacies may have a language barrier to stocking up on medication, so make sure you know both the name of the medication and dosage, and what it does – this should help in translation.

Obtain a doctor's letter to keep with you to outline your disability, the medication you're on and the conditions of your health. Depending on your impairment, the airline may ask you to complete a form (MEDIF) and varies from company to company. You can print this off from their website.

**Equipment** – You wouldn't think much of equipment you require at home, but it's extra luggage you will need to bring along for your travels. Make a note of everything you need and contact the airline to find out if they'll have to make specific arrangements. For instance, those with a mobility scooter may need to remove the battery and have it stored separately during travel.

**Transportation** – You will want transport to an from the airport and during your stay that has enough room for yourself, fellow passengers, and your equipment. Book ahead to arrange a taxi or minibus that can provide this. And give yourself plenty of time for getting there. Plan to arrive 3 hours in advance to airports to give yourself leeway should their be delays or traffic.

**Accommodations** – Depending on your disability you may require ramps or lifts to access rooms above the ground floor. Double check before booking or ask for ground floor to help avoid difficulty. You can use Google street view to get an idea of the local surrounding terrain is like, including shops and supermarkets. Be specific when asking about accessible rooms. You may require hand bars, lower wardrobes, and/or roll in showers.

**Activities** – Don't let your disability prevent you from seeing the sights. There is no reason why you shouldn't be able to take part in snow sports, visit the pyramids of Egypt or discover Peru's Machu Picchu. Water parks and attractions should all be accessible. Check with the facilities before making a booking to ensure your requirements can be met.

**Emergencies** – Certain emergencies may arise, like visiting a hospital for treatment, these can be stressful when you can't speak the language. Try to locate the nearest hospital and pharmacies before you go. This will save time if an emergency does occur. Take some time to learn basic phrases in that language, like the names of medical conditions, etc. Write down the emergency number to call. This changes around the world. In Europe it is 112.

Technology for Independent Living

Wheelchair Vented Canopy

Summer is here! These power wheelchair and scooter canopies are perfect protection from the sun and keep you dry on rainy days. There are different designs available and come in multiple colors, allowing you to pick the style that best matches your chair! This canopy easily attached to the seat of your wheelchair or scooter – you’ll be comfortable and protected no matter the weather. Base model around $170.00 with free shipping.

www.discountramps.com

Wheelchair Safety Night Lights

This cool wheelchair light comes with a clip to instantly mount on the seat sling. The clip has a rotatable head allowing you to point the light in any direction. A multi-colored, pulsating LED emits a “disco effect” beam. Point it under your chair for a fun “underglow” effect and to be more visible at night. Or use the second LED that emits constant white light and point it to light your way ahead. You can instantly remove it and store it in your pocket or handbag when it is not needed. Improves safety AND fun! Batteries are included. About $25.00 from Amazon.com
Imagine a touchscreen you can *feel*. Tanvas uses electrostatics to control friction and create virtual touch. You can feel the edges of keys, the snap of a toggle switch, the swipe of a turned page and more. With a realistic sense of touch you can create dynamic textures that can be felt by the swipe of a finger. [https://tanvas.co/about/](https://tanvas.co/about/)

The Hypersuit is a full-body immersive VR simulator that relies on arm movements to control the user’s “flight”. You can become a deep sea diver, or an astronaut, and it even has a fan blowing at different air speeds depending on your virtual setting. Used for gaming now, it could be used for physical therapy in the future. [http://www.dailymail.co.uk/sciencetech/article-4086568/The-VR-](http://www.dailymail.co.uk/sciencetech/article-4086568/The-VR-)

Smartglove is a physical therapy training glove that uses gaming to promote wrist flexion/extension, forearm supination, and finger flexion/extension. Lightweight and easy to clean, it has a learning schedule that adjusts to the optimal level of difficulty as you play. Perfect for regaining movement after a stroke. [http://www.neofect.com/en/product/rapael/](http://www.neofect.com/en/product/rapael/)

Everyone needs to save money and conserve water. Hydrao makes it easy. A hand held shower head that starts green and changes colors the more water you use. You can monitor in real-time your water consumption and the energy needed to heat it. Plus, it’s a color game! [https://www.hydrao.fr/en/](https://www.hydrao.fr/en/)

Ever wonder how you would tie your shoes if you only had the use of one hand? This clever tutorial shows an effective shoe tying method that uses only one hand. The method starts with lacing the shoe differently, and works with either an odd or even number of eyelet pairs. Works well for tying a wrist brace onto one arm using the other hand! [https://www.fieggen.com/shoelace/onehandedknot.htm](https://www.fieggen.com/shoelace/onehandedknot.htm)
Idaho IL Newsletter

Idaho Talking Book Service

Is it difficult for you to hold a book or turn the pages? Is large print too small to read comfortably? Do you miss reading books and magazines? If you answered yes to any of these questions, the Idaho Talking Book Service (TBS) can help.

This free library service loans audio and Braille books and magazines, along with the easy-to-use players, to Idahoans who are unable to read standard print due to a physical disability. With more than 85,000 titles in its collection, in English and other languages, the TBS can meet the reading needs of everyone. Westerns, romances, mysteries, and other genres found in public libraries, as well as many titles by Idaho authors and about the Gem State and its history, are all available.

Titles are mailed free postage for the Blind and Physically Handicapped, directly to users’ homes and returned the same way. The service is completely free to use.

To register for the service, a person must have a qualifying condition, such as a visual or physical disability. Eligibility can be certified by a medical professional, social worker, librarian, or activities director in a care facility. Family members cannot certify their relatives.

After an application is received, users are contacted by a TBS staff member, who reviews the application over the phone and sets up the new account just the way the patron wants it. Titles can be sent automatically, based on the patron’s preferences and requests as to authors, subjects, and/or genres. Or for a more personal approach, patrons are always welcome to contact the TBS staff, who are based in Boise, to make their requests over the phone. The toll-free number is 800.458.3271. TBS staff are available Monday through Friday, from 8 a.m. to 5 p.m., MT, except for federal and Idaho State holidays.

Patrons may also call the knowledgeable TBS staff when they need to update their records or fine-tune their service. For example, a patron may find that they don’t care for a particular author or series of books -- no problem. A TBS staff member can easily adjust their account to ensure that the patron receives titles they will enjoy. Or if a patron is heading south for the winter, books can be sent to the temporary address. Too busy to read for a while? The service can be temporarily suspended.

Those with Internet access may utilize the Braille and Audio Recording Download, known as BARD, to download books and magazines. There is also a separate on-line library catalog that may be used to search for, and request, titles.

For more information about TBS and to read more testimonials from users, such as the one below, visit the Idaho Commission for Libraries’ website at: http://library.idaho.gov/tbs or call 800.458.3271.

A TBS patron said, “This was my first book from your service. What a delight. Love your service. I hope you all know what a real blessing you are to us who get the books! Thank you. Thank you. Thank you.”
The Gorilla In Your House

Acquiring a disability is a bit like getting home to find there’s a gorilla in your house. You contact the authorities and they umm and aah before saying something like “what you’ve got is a gorilla, and there ain’t really a lot we can do about them,” before sending you back home to the gorilla’s waiting arms.

The gorilla will cause problems in every part of your life. Your spouse may decide he can’t deal with the gorilla, and leave. Your boss may get upset that you’ve brought the gorilla to work with you and it’s disrupting your colleagues, who don’t know how to deal with gorillas. Some days you don’t turn up at all because at the last minute, the gorilla has decided to barricade you into the bathroom.

There are three approaches to the gorilla in your house. One is to ignore it and hope it goes away. This is unlikely to work. Another is to try and force the gorilla out, spending all your time fighting it.

I have know people spend the best years of their life trying to force their gorillas to go away. Even if it does wander off for a while, they won’t get their pre-gorilla lives back. They’ll be older, broke, exhausted, and constantly afraid the gorilla may come back.

The third way is to accept it, tame it, and make it part of your life. Figure out a way to calm your gorilla down. Find out how to equip your home with gorilla-friendly furnishings and appliances.

People may get upset about this and throw around accusations of “giving up” and “not even trying”. They may even suggest you enjoy having a gorilla around because of the attention it gets you. The best way to deal with these people is to smile and remind yourself that one day they, too, may have a gorilla in their house.

Centers for Independent Living have loads of experience dealing with gorillas! Most of the people that work there have a gorilla themselves. They can give you real help with the care and feeding of your gorilla. So if you suddenly find you have a gorilla you don’t know how to deal with, contact your local CIL. We are gorilla friendly!

(reprinted from Mary, batsgirl.blogspot.com, April 10, 2008 entry)
Wheelchair Using Zombies?

Typically, zombie shows and movies do not have roaming zombies with disabilities. Which got us to wondering, if roughly 20% of Americans have a disability, the proportion should be the same in zombie shows, shouldn’t it? And lying on the ground cut in half doesn’t count as an amputee! Where are the Zombie wheelchair users rolling around, or zombies using walkers or forearm crutches?

Out of 796 characters regularly appearing on 109 scripted shows on major networks in 2013, only 8 had disabilities, reports GLAAD. It’s getting better with more and more commercials and programming showing people with disabilities in a normal setting. And so too are the disabled zombies.

This one was spotted in Sean of the Dead. The actor is a friend of one of the creators. She got in a car accident when she was seventeen and he asked her to do this. Another was spotted on the locally produced Z Nation from Spokane, Washington. Yay! People with disabilities that are a part of life – and, er, the un-dead.

Durable Medical Goods Donations

Please call an office near you to make donations of durable medical items you no longer use or see if we have something you may need!

James Pickard in Moscow at 208-88-0523
Valerie Johnson in Idaho Falls at 208-529-8610
Todd Wilder in Boise 208-336-3335

QUOTES TO MAKE YOU THINK!

“The advantage is that my brain sees and puts information in my head differently, more interestingly than if I saw like everyone else.” – Whoopi Goldberg, talking about her Dyslexia
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

640 Pershing Ave Ste 7
Pocatello ID 83204
(208) 232-2747 VOICE/TDD
(208) 232-2754 FAX
(800) 631-2747

570 W. Pacific
Blackfoot ID 83221
(208) 785-9648 VOICE
(208) 785-2398 FAX

250 S. Skyline
Idaho Falls ID 83402
(208) 529-8610 VOICE
(208) 529-6804 TDD
(208) 529-6804 FAX

2311 Park Ave. Ste 7
Burley ID 83318
(208) 678-7705 VOICE
(208) 678-7771 FAX

www.idlife.org

3726 E Mullan Ave
Post Falls ID 83854
(208) 664-9896 VOICE-TDD
(208) 666-1362 FAX
(800) 854-9500

330 5th Street
Lewiston ID 83501
(208) 746-9033 VOICE-TDD
(208) 746-1004 FAX
(888) 746-9033

505 North Main Street
Moscow ID 83843
(208) 883-0523 VOICE-TDD
(208) 883-0524 FAX
(800) 475-0070

www.dacnw.org

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(208) 733-7711 TDD

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Boise ID 83705
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(208) 336-3335 TDD
(208) 384-5037 FAX

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Caldwell ID 83605
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(208) 454-5511 TDD
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www.lincidaho.org