In rural America, where it can be hard to access services on a good day due to scarcity, location, or whether you have transportation, inclusive preparation and response is especially important. Here are a couple resources that can help people with disabilities plan for and recover from emergencies and other natural disasters. They can help individuals with disabilities, their families, caretakers, and communities plan and prepare for emergency situations.

http://mtdh.ruralinstitute.umt.edu/blog/?page_id=123
http://mtdh.ruralinstitute.umt.edu/?page_id=7011
LOCAL EVENTS  
Please Join Us!

October 2 –  Zombie Fest Fundraiser  
Moscow, ID  
Kenworthy Theater, 7:00 pm Doors open at 6:30

October 6 –  Town Hall About Alzheimers  
Lewiston, ID  
Community Action Partnership, 8:30 – 11:00 am

October 11 –  U of I Health Fair  
Moscow, ID  
SRC Silver & Gold Gyms, 1:00 pm – 5:00 pm

October 12 -  Landlord Rights & Responsibilities  
Clarkston, WA  
Clarkston City Hall  9:00 am - 1:00 pm

October 13 –  Transition: Do You Have Your GPS?  
Moscow, ID  
U of I Vandal Ballroom, 9:00 am – 3:30 pm

SAVE THE DATE  
Career Mentoring Days  
November 9th & 17th, Moscow & Lewiston, 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
It’s ok to make waves

There’s a song by Bruce Hornsby and The Range called The Way It Is. Every time I hear it I realize how relevant it is for today even thought the song was written in 1986, over 30 years ago.

The opening verse recounts a story taking place at a line for welfare that illustrates a divide between the rich and poor. The chorus presents several lines insisting that social ills are "just the way it is", and repeatedly suggests resigning oneself to them as a fact of life—however, the chorus also ends with the author rebuking this attitude by insisting "but don't you believe them."

The second verse recounts past social issues from the voice of someone supporting racial segregation. The author responds in a narrative voice, insisting his view that if those who make laws took them into careful consideration they would be convinced that laws enforcing principles like racial segregation are morally wrong. The song goes on to remind the listener that it was at one time argued that racial segregation was "just the way it is", and suggests that legislation and what the author views as progress on current social issues should be pursued without regard to those who insist "some things will never change."

The third verse recounts the passage of the Civil Rights Act of 1964 as a victory in the civil rights movement, but insists that more is needed. In particular, the verse highlights individual prejudice and employment discrimination as an enduring form of racism. The third chorus reminds us that it only feels like "some things will never change" when we wait for social problems to change themselves rather than taking steps ourselves to actively change them.

And that’s what I take to heart every time I hear the song. Just prior to the past election I heard someone comment about the frustration they have with their political party. They actually said “That’s just the way it is” as if there was no way to change it.

I can’t agree with that. If that were a consistent thought throughout America’s history – nothing would have changed. It’s only when we stand up and say “Maybe that’s how it is, but it’s not right and now we need to change it.”

I also see people with disabilities frustrated with inaccessible business entrances, difficulty getting a job and other day-to-day experiences despite the fact that the ADA has been in effect for over 27 years. I want them to remember not to accept “That’s just the way it is” and instead advocate for change. Yes, that means making waves, and it is that ripple effect that will create systems change. It means being seen as that “noisy person with a disability” in order to sustain that change. I urge everyone not to blend into the background and instead “stand up” for yourself to create change.

That’s just the way it is – But don’t you believe it!

To contribute an article or comment on an article, please contact: vicki@dacnw.org
ZOMBIE FEST KICKS OFF 5 MONTHS OF FUNDRAISING

The Kenworthy Performing Arts Centre and Disability Action Center NW will be kicking off their fundraising efforts with a free Zombie Fest on October 2, at the Kenworthy. The event features a screening of the fun zombie film “FIDO”, where in this futuristic 50’s styled world, zombies have been domesticated to become menial workers and pets for humans. It’s rated R due to some “zombie related violence” but if you love zombies, is pretty good for ages 8 and up.

Several of DAC’s staff have volunteered to be made up as zombies using wheelchairs and walkers. Seems like if 25% of the population has some kind of disability, then 25% of zombies should have a disability! Expert make-up artist Mike Long will be applying the make-up and the roaming zombies will be available at the event for photos and selfies.

A screening of the 4 zombie shorts that DAC NW created will be shown before the film. These are the basis of a “Don’t Be A Zombie” campaign that points the finger at zombies for interacting incorrectly with people with disabilities. Free zombie “Don’t Be A Zombie” t-shirts will be given out while supplies last.

A person can come as the zombie they are or get a quickie zombie make-over at the event for a small donation. Zombie candies and raffle prizes, discounted college basketball tickets, and fun social media interactions round out the event.

October is National Disability Employment Awareness Month, and it seemed like the perfect time to kick off the “Life Happens on a Stage” fundraiser. This 5 month long campaign will raise $30,000 for a portable stage lift for the Kenworthy. It’s stage is currently inaccessible and a ramp is out of the question. The new lift will be available to the community so that other arts events can be ADA compliant. “Life happens on a stage, whether a graduation, wedding, or taking part in civic theater,” said Christine Gilmore, Executive Director for the Kentworthy, “and everyone should be able to participate.” $5,500 has been raised so far.

This partnership between the Kenworthy and DAC NW shows the commitment both agencies have for being inclusive for the community. “Working for changes that remove physical, communication, and attitude barriers for people with disabilities is our mission, so we are focused on this,” said Marketing Specialist Vicki Leeper.

Doors open at 6:30 and the film screening will start around 7:00 pm.
I’ll guess that there has been a time or two when you tried to say something that you felt was important. And nobody listened. Or a time that you had an answer to a problem someone else was facing. And they didn’t care.

Ouch. These kinds of situations can really hurt! They might make us feel not so good about ourselves. What could help us feel better about how we interact and communicate?

Could it help if we know why people sometimes treat us in a way that we would not like to be treated? Maybe then we can do something about it. We deserve to be treated well. Knowledge is power!

One reason some people may not want to hear us out is because of how they view or perceive us. Talcott Parsons (1902-1979) is regarded as the twentieth century’s most influential American sociologist. He played a major role in developing medical sociology and had a theory that begins to explain why some people with disabilities are dismissed.

According to Parsons, people who are ill or sick live in, or occupy, a “sick role.” These individuals make a pact that until they are well they can stay home and will not go to work or school again. In return, however, for being relieved of this everyday responsibility to participate and be heard in society, they’ll see the doctor and then rest at home with a bowl of chicken soup until they are well.

For example, if you don’t show up for school, teachers and administrators will see this as deviant behavior, but if it is because you are sick in bed, then they allow your absence.

Sick role theory makes some sense if folks have an acute illness, say, an illness caused by bacteria or a virus. They probably will be cured. They are automatically given rights and responsibilities: the right not to be blamed for the illness and given leeway in regards to normal obligations and the responsibility to seek treatment and get well. For this a medical expert or doctor is usually part of the process that legitimates the illness.

A person with a disability cannot fulfill that responsibility to get well. The very word “disability” implies that you and I are not going to get “cured.” Should you be excused from the typical expectations of society?

Today we no longer view people with disabilities as relatively helpless. Society can provide reasonable accommodations so people with a disability can be included as much as possible. We can live independently and happily with our disabilities! I think this means that people should listen to us. We should be heard right now. What do you think?

And in next month’s newsletter – How can we politely assert that everyone treats us well?
Q. Can a museum charge admission for personal assistants on duty when they accompany an individual with a disability? Specifically if the individual with the disability is unable to independently access the museum without their personal assistant.

A. Although the Department of Justice (DOJ) has not issued regulatory language addressing this, it has been found a surcharge is not applicable requiring a personal care assistant (PCA) to pay while on duty to assist a person with disability. This would be like charging double what a person without disabilities would pay to visit the museum. Without a personal care assistant it would be impossible to visit the Franklin Institute or any other venue. The PCA is no more a “guest” of the museum than the wheelchair is. A museum would need to “modify their policy and procedures” to ensure equal access to services and programs for people with disabilities.

This was brought to the public in the US District Court’s May 2016 case Anderson vs Franklin Institute. In this case it was decided that the type of assistance needed and the impact on the individual with a disability to be able to access the museum warranted the modification of the Franklin Institutes policy (Title III entity).

Specifically, in this case Plaintiffs argue that The Franklin Institute discriminates against people with disabilities by charging an additional and separate admission fee to government-funded personal care attendants, whose sole purpose is to provide severely disabled individuals with the opportunity to fully participate in the services offered by the museum. This covered both the fees for general admission as well as admission to the IMAX Theater and Special Exhibitions.

The museums defense argued that disabled individuals are the same as children, and by waiving fees for the PCA’s would throw the museum off a financial cliff. Judge McHugh reasonably wanted to know just how many of the 760,0000 annual visitors were PCAs, to threaten the museums bottom line they have to number in the thousands. The museum admitted they couldn’t give even a ballpark number since they don’t track how many disabled people attend the museum. It was ruled the museum must adopt clear and enforceable policy waiving any and all admission frees for PCA accompanying severely disabled clients (ADA, 42 U.S.C. §§ 12181 et seq). That’s a win!

For more information about ADA Technical Assistance visit the NW ADA Center Idaho website: nwadacenter.org/idaho

Dana Gover, MPA, and ACTCP Certification, ADA Training and Technical Assistance Coordinator
Email: dananwadacenteridaho@gmail.com
Phone: Voice and Text 208-841-9422
Idaho Relay Service: 711 Website: http://dbtacnorthwest.org/Idaho
Clothing for Autism

By Nancy Schlesinger

Getting dressed sounds easy, right? Not so true for people with autism. Because of delays in learning life skills, the daily ritual of getting dressed presents unique challenges. There are 12 million tweens, teens and young adults in this country who cannot dress themselves. The apparel market is starting to pay attention to the special needs of these kids. Fashionable clothing in the department and specialty stores, until now, presented all kinds of obstacles for these children. Lowered hand dexterity and poor motor skills make zippers and buttons too difficult to manage. Because of lowered sensory tolerance, scratchy tags and exposed seams are inaccessible and uncomfortable for this demographic. Children getting dressed by themselves often get frustrated. They may end up with their clothing put on inside out or backwards. Often times they put on tops and bottoms that don't match. By default and exhausted parents, the kids end up with wearing monotone, baggy clothing, not what their peers are wearing.

Clothing is now available that addresses these issues. All the pieces in our collection are coordinated. Every piece is tailored so that the person looks pulled together. The garments are made from soft fabrics without zippers or buttons. The seams are metered and the waistbands are elastic. Comfort is a priority. But comfort doesn't preclude being fashionable. Everyone wants to fit in with their peers. People with autism should have the same clothing selection as their friends and peers with the addition of being designed with them in mind.

Independence is even more important for children with autism. The day may come when these kids are in school, in the locker room, no parent around, and they have to change into or out of their gym clothes. If the clothing is designed with them in mind, and all the obstacles are removed, they should have more success. With success comes a wonderful feeling of independence. The child's confidence is boosted. I've seen posts on Facebook by parents who are "over the moon" because their child reached a new milestone - they dressed themself. The parents I read about on Facebook tend to cherish and celebrate every milestone that their child accomplishes.

There is another category of special needs clothing that I have not yet addressed: compression clothing. Compression garments are designed to hug the shoulders, trunk, or hips. It has been shown that compression clothing has a calming effect on kids with sensory disorders. The feeling of being hugged can increase endorphin levels and decrease heart rate and blood pressure. Children wearing this clothing will usually exhibit improved physical awareness and a sense of security. While remaining stylish and fun, the technology incorporated in each garment provides proprioceptive and tactile sensory input. The compression comforts children with highly sensitive nervous systems. Importantly, these garments are made from soft and tactile pleasing fabrics. There are no tags, zippers or buttons.

It's great to know the clothing industry has started paying attention to the needs of the autistic community. What we need now are more designers to get on board!
"Every human being is born with some sort of gift, an inclination or an instinct that can become a full-blown mastery. We may not see our gift for what it is. Having seen it we may choose not to accept the gift and its consequences for our life. Or, having claimed our gift, we may not be willing to do the hard work necessary to nurture it. But none of these evasions can alter the fact that the gift is ours. Each of us is a master at something, and part of becoming fully alive is to discover and develop our birthright competence." ~ Parker Palmer

The Council has been working with partners to provide training in the art of Core Gift Assessment for professionals who have a desire to help youth and young adults with disabilities explore and contribute their talents. Bruce Anderson with the Core Gift Institute and Community Activators is the expert who has been providing these trainings.

**What is a Core Gift?**

**Skills** are things you have learned how to do and may or may not enjoy or feel motivated to do.

**Gifts of Talent** are things you have an innate capacity for at birth, feel natural to you, and you are motivated to give.

**Gifts of Wisdom** are the "ah-ha" learning moments we encounter that change our way of thinking and acting in the world.

**Gifts of Passage** are abilities you develop as situations, feel deeply connected to, compelled to learn about, and eager to give.

Your **Core Gift** is the primary passage gift resulting from the most difficult situation you have faced in your life. To learn more about Core Gifts visit the Core Gift Institute website at [http://www.coregift.org/](http://www.coregift.org/)

**Everyone Has a Core Gift**

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**NEWS FROM LIFE**

**Living Independently for Everyone!**
QRamp has it all! This powder coated and photo luminescent light stripped ramp is the industry leader in safety, aesthetics and all around user feel. QRamp utilizes ThruFlow Premium decking for its maintenance free surface. The non-slip surface is built in, and won’t wear away quickly like grip tape or similar surfaces. It’s truly modular design allows users to add or subtract modules, tying the ramp to the client, not the home.

It has an 850 lbs. load rating with extra tall curbs (4.5”) for safety. To assist you in the dark, it has glow in the dark guides that are lined on the interior side beams. These last up to 6 hours. No painting, staining, or sanding ever needed and it’s attractive and compliments the home. No more clanking, raw aluminum contraptions! The modular design is easy to assemble and change the configuration, no permits required or holes to dig! Take it with you when you move!

www.qramp.com
October is National Disability Employment Month! Are you a disabled job seeker considering employment with the US Federal Government? Individuals with mental or physical disabilities can be hired under “Schedule A” hiring authority. Job-Hunt explains about special hiring programs with the Federal Government and may help you land your dream job!

At Disability Job Exchange, they are committed to finding the perfect match between dedicated workers and employers looking to build a strong workforce. Their experienced team is also happy to provide resume and interview tips and career advice to guide workers through their search for the perfect job. They work with companies like FedEx, Toshiba and more!
http://www.disabilityjobexchange.com

Diversity managers & recruiters rely on this high ranking, cost effective National Job Board to locate and hire job seekers with disabilities for all types of positions. What makes this job board unique is that it combines Sierra Group’s 25 year history in the disability employment industry with companies and job seekers alike to connect them with a great career.
http://recruitdisability.org

If you have a question about workplace accommodations and the Americans with Disabilities Act (ADA) and related legislation, Job Accommodation Network(JAN) can help! They are the leading source of information and confidential guidance, and work to get people with disabilities employed. Try their free, one-on-one consultations with employers and workers.
https://askjan.org

It’s difficult for people with disabilities to find jobs. Keep a positive “can-do” attitude and follow these steps from Disability & Employment to succeed in your job search: Believe in yourself, network, get involved in local non-profits and make connections with people. Let them know what our skills are. Research possible tax advantages for companies who hire the disabled and show how they will benefit by giving you the chance.
http://www.careersearch.com/careers-for-the-challenged/
Hellooooooo all you nature lover fans! This is the one armed bandit…burning up the keyboard, coming to you from Disability Action Center's main office in Moscow located at the gateway to the panhandle of North Idaho. That being said…..Boy, oh, boy, do I have a good one for you today! The other day I ran into a very nice woman who works at the Palouse-Clearwater Environmental Institute (PCEI). PCEI you ask??? Don’t feel bad, I never heard of it either! Never the less I had such a good conversation with the lady that I had to go check this place out for myself! And this is what I found……

Because of environmental issues MaryJane Butters founded PCEI in 1986. PCEI goals were to actively participate in the conservation, preservation, and restoration of environmentally sensitive lands, natural areas and unique ecosystems. This idea has evolved into a community agriculture program, which focuses on consumer education and support of family farmers. They also established a community garden, watershed restoration, and transportation programs. All the while maintaining the same mission statement “to increase citizen involvement in decisions that affect the region’s environment”.

Recent watershed activities include PCEI Nature Center, Rose Creek Nature Preserve, Paradise Creek, Pullman Supplemental Environmental Plan, Lapwai Creek Nature Park, Little Slate Creek, Three Mile Creek. Plus for the youngsters they have environmental education classes for K-12 and resources for the teachers to use in their classroom discussions. To round out the school education portion, PCEI also offers field trips to various destinations for young people to get to know and understand their surroundings. But... you can learn more about these nifty programs on their website!

Now that the technicalities are out of the way lets get into what I encountered when I visited the Nature Center! After visiting with the faculty at the office and getting the lay of the land I stepped out the office door and started upon my journey….My first encounter was the well constructed and the beautiful Nancy Taylor stage/pavilion. It has an open concept and is built with large timber uprights and huge trusses which gives a primeval ambience. An excellent area to hold an assortment of events.

After taking a moment to absorb the ambience I took back to the paved walkway and came across my second encounter. It wisped me away to a time of old Mexico with the adobe style buildings, you know the kind I’m talking about… Sure enough, the closer I got the more it looked like an adobe type structure, but with a twist. This structure has varying hay bale walls with stucco plastered all over them and a living roof. Living Roof??? I didn’t know what it was either!!! It has a flat roof with grass and flowers planted on top of it. This one happens to have drought tolerant vegetation like Dragon’s Blood, Autumn Fire and Red Carpet. Boy….That’s got to be one strong roof! Again I was astonished and took a few moments to take it all in!

Back on the paved walkway as I noticed that I
Back on the paved walkway as I was walking I noticed that I have stumbled upon a garden. I stopped and glanced around and saw that the pathway went right through the middle of the garden. As I proceeded I noticed there were various vegetable growing there. Things like corn, radishes, lettuce, among other things. I also spotted bees in the garden doing what they do best. You know what I mean…bouncing around on the air light as a feather from one flower to another. Upon reaching the edge of the garden the pathway takes a hard left and follows the garden to its end. As I was exiting the garden I saw not far in front of me that the path bends to the left again. All the while I was walking down the pathway I was wondering to myself…..What could be around the bend????

I rounded the bend and to my surprise I stepped into a natural amphitheater! So I stopped, took a seat and looked around. Now it isn’t very big with two sections and three rows of seating, however, you could always pull up a chunk of earth to make it bigger! The interesting part is that where the stage area should be is a grove of tall trees. So I sat and listened….After a few minutes the wind picked up and the leaves started to shake, the wind blew a little harder and the rustling leaves began to harmonize, making their own music. After some time getting in tune with nature I decided it was time to press on in my adventure, so back to the pathway I go.

I wasn’t on the path very long and you’ll never guess what I ran into next?? AN ANACONDA!!! Wait….an anaconda??? YES! It is huge and right on the path!!! I don’t know how many feet long it is but if I had to guess I would j say at least 50-75 feet long. It stretched out around two to three bends of the pathway if my memory serves. The reason I know this is because I followed it. It led me past a plum tree grove right to the entrance to a tunnel….Oooh….now you know what I was thinking….don’t you?? Cause your thinking the same thing….Where does it lead???

Yep…you guessed it…I went into the tunnel to find out where it leads. Are you ready for this??? Well I hope so…. Because I’m going to leave it up to you to find this and many other nifty things that are out there for yourself!

So get out there, go on an adventure and enjoy some nature! Remember…Life begins at the end of your comfort zone!
TIDBITS!

Nonprofit Wants To Create 130K Jobs For People With Disabilities

A new New York nonprofit called Creative Spirit has been formed to grow employment opportunities for those with intellectual and developmental disabilities at advertising, media, marketing and technology firms across the country. The group is looking to make a dent in what they say is an estimated 8 million Americans with intellectual and developmental disabilities who lack integrated employment. Those with developmental disabilities who are interested in finding a job can sign up on the group’s website to learn about available opportunities.

www.creativespirit-us.org

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! Explain your problem to one of the well trained staff and perhaps they know the perfect item to help you.

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

“Disability is natural. We must stop believing that disabilities keep a person from doing something. Because that’s not true… Having a disability doesn’t stop me from doing anything.”

- Benjamin Snow, in his Grade 8 essay “Attitudes About People with Disabilities.”

In 2006 he wrote, produced, directed and starred in a 60 second film entitled “Thumbs Down to Pity” It focused on Hollywood’s “pitiful” portrayal of people with disabilities.

QUOTES TO MAKE YOU THINK!

"Disability is natural. We must stop believing that disabilities keep a person from doing something. Because that's not true… Having a disability doesn't stop me from doing anything."

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In 2006 he wrote, produced, directed and starred in a 60 second film entitled “Thumbs Down to Pity” It focused on Hollywood’s “pitiful” portrayal of people with disabilities.
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www.idlife.org

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