

# Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Individuals with chronic healthcare and disability diagnoses do not want to be seen as a service. They want to have a quality life and need services, for engaging the community, remaining at home via appropriate resources and supports for safety, welfare, and maximum independence.....

**4**

**NEWS FROM DAC**

Dr. Stephen Hawking  
Obituary

**5**

**NW ADA CENTER**

Praising Alexa

**6**

**GUEST EDITOR**

Using your Apple  
Watch

**10**

**NEWS FROM LIFE**

Testing for Autism Early

## LOCAL EVENTS - Please join us!

- April 4** - **“Unrest” Free Film Screening**  
Lewiston, ID  
Lewiston City Library, 4:30 - 6:30 pm
  
- April 12** - **Protect Yourself from Identity Theft**  
Orofino, ID  
Clearwater County Extension Office, 9 am & 1:30 pm
  
- April 18** - **Making Connections Project**  
Moscow, ID  
1912 Center 2:00 pm - 5:30 pm
  
- April 19-20** - **Inland NW Brain Injury Symposium**  
Spokane, WA  
EWU Spokane SEWC 122, Two day event
  
- April 24** - **Transition Fair**  
Lewiston, ID  
Lewiston Community Center 3:30 pm - 6:00 pm
  
- April 28** - **Prescription Drug Take-Back Day**  
Lewiston, Moscow, Potlatch, Kendrick, Genesee, Troy, ID  
Various locations, 10:00 am - 2:00 pm

### NORTH IDAHO VETERANS STAND DOWN

Saturday, May 12th  
8:00 AM - 2:00 PM  
Kootenai County Fairgrounds, Coeur d’Alene

Free services provided for homeless and disadvantaged veterans in Coeur d’Alene and surrounding communities. It provides an opportunity to receive medical, dental, counseling, housing, clothing, and food assistance. For more information on the Stand Down or veteran assistance you may call Eric Swanbeck at 208-704-0548



## FROM THE EDITOR

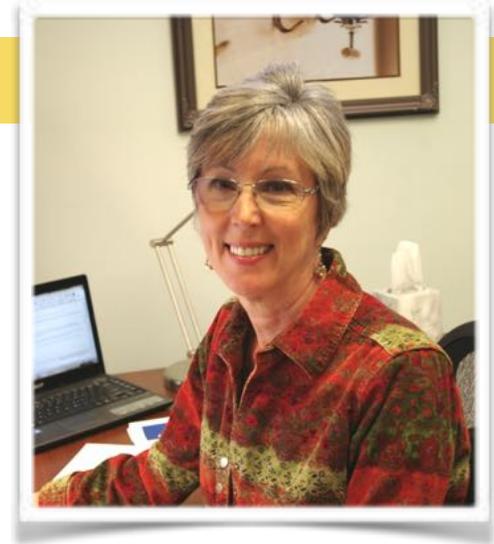
### When Locals Work Together for Accessibility

It is so rewarding to work with community partners who understand that ADA accessibility is more than just regulations. It is good for businesses and it's the right thing to do. Who wouldn't want to have a more accessible community, if not for yourself, than for a parent, grandparent, or child you know with a disability.

We have partnered with the Kenworthy Performing Arts Centre to raise funds for an accessible stage lift. Over \$6000 have been raised thus far.

But they go above and beyond all the time. Without the carrot of tax benefits (they are a non-profit and don't pay taxes) they have steadily worked towards accessibility for years. They are proud to announce the addition of ADA closed movie captioning and audio description devices for digital films. Through a generous grant from Moscow Women's Giving Circle, the system will make digital films accessible to persons with vision and hearing disabilities.

Going to the movies is a quintessential American experience. Movie theaters continue to draw



more people than all the theme parks and major U.S. sports combined. The captioning makes movies accessible to individuals who are deaf or hard of hearing and unable to benefit from the sound amplification provided by the assistive listening receivers. This necessary equipment will expand the reach of cinematic programming to the community.

For example, if a hearing and non-hearing person went to the movies before closed captioning, they would both have entirely different experiences. The non-hearing person would watch the screen and simply make up the story in their head. But with the closed captioning devices, they can both see the "same" film and discuss it afterward with an understanding that wasn't there before.

As a serious film fan myself, I can't imagine not sharing this experience, because that's what movie theaters are about, allowing you to share the same experience with everyone else in that dark room. Cinema fandom is alive and well and available to everyone!

**Vicki Leeper**  
[vicki@dacnw.org](mailto:vicki@dacnw.org)



## NEWS FROM DAC NW

### DR. STEPHEN HAWKING AS ACCIDENTAL AMBASSADOR FOR AT

Dr. Stephen Hawking, disability advocate, cosmologist, role model, world traveler, and the man who brought complicated physics theories to the public, has passed away. He had ALS (amyotrophic lateral sclerosis) and remarkably survived 50 years beyond the norm for that illness.

A brilliant physicist who published more than 230 scientific articles, papers, and books, he stretched humankind's understanding of the nature of our existence. His frustration with his disease taking away the use of his hands or voice is understandable. Still, he was able to thrive because of assistive devices like his specialized wheelchair, communication systems, and excellent medical care.

“Without this technology I would be mute, a prisoner inside my own mind, I would not be able to ask for a cup of tea let alone describe my no-boundary theory of how the universe began. Because I have had such phenomenal technological support, I feel a responsibility to speak for others who have not,” said Dr. Hawking.

This rapidly developing assistive technology helps people with physical limitations to achieve increased independence. They provide a means for people to move from place to place, eat independently, to see and hear what



they can't otherwise perceive. They range from seemingly simple tools to speech generating devices (SGD) that provide a voice for those who don't have one.

Addressing the World Health Organization's first World Report on Disability in 2011, he said, “We have a moral duty to remove the barriers to participation, and invest sufficient funding and expertise to unlock the vast potential of people with disabilities.”

Your local CIL provides access to that AT. It is “task” driven, not diagnoses driven. We continue Dr. Hawking advocacy for independence.

He will be interred at Westminster Abbey sharing the neighborhood with Charles Darwin and Sir Isaac Newton.

**Helping YOU take action!**

# NEWS FROM



## IN PRAISE OF ALEXA!

On February 26, my quickie electric wheelchair stopped working when I was in the kitchen reaching for a piece of fruit in my refrigerator. I was stuck in the open door of my refrigerator and I couldn't move. I am a quadriplegic due to a car accident many years ago. My wheelchair is my legs. If my electric wheelchair malfunctions, I am stuck where I am. I can't disengage the motors to manually push myself.

I usually have my cellphone on me in case of emergency, but not on Monday! I reached down to get my phone out of the side pocket attached to my chair and my phone wasn't there! I remembered I left my phone on the charger in the bedroom. All kinds of thoughts were going through my mind, but as you can imagine, I was pretty much out of luck in getting any help.

I called my standard poodle, Pierre, to run and get help, but he just looked at me and begged me to get him a piece of cheese out of the refrigerator.

I started searching around and found the keys to my van in the side pocket and thought if I used the automatic alarm on the key, maybe someone would come to my rescue. However, no one came to see why the alarm was going off. After I sat in the refrigerator door for 45 minutes, a commercial came on TV talking about using Alexa to call friends. I remembered I had set up my Alexa to make phone calls, but I hadn't used it to call friends, as I have my iPhone.

Alexa was in the living room and I thought, maybe if I yelled loudly enough, over the noise of the TV, I could use her to call someone to rescue me from my refrigerator.

I started yelling to Alexa, and much to my surprise, Alexa could hear me over the TV. I started calling people who live or work close to my house.

After calling four people, I finally reached my friend Roger Howard. When I got ahold of Roger, I kept yelling so he could hear me through Alexa. My poodle, Pierre, started barking in excitement and Roger figured out I was stuck at my house.

Roger came to my rescue and pushed me out of the refrigerator door. Roger didn't know I had an Echo device and didn't realize I could use Alexa to make phone calls. He said when he got my call I sounded like I was in a tunnel. He thought maybe I was at the State Capitol stuck in the bathroom, as we have been working on some legislative bills this year.

Roger stated, "When I got the call from Dana, I could hear the word 'stuck' and then Pierre barked and basically said, 'Get over here now!' When I got in the house, the refrigerator looked like a big shark trying to eat Dana's head. I must say she was cool, calm, and collected despite the situation... But of course she was cool, she was in the refrigerator!"

I wish Alexa could fix electric wheelchairs, she is more responsive than the local wheelchair repair business in Boise.

I plan to get an Echo device for every room in my house in case another emergency comes up. If you have wireless and an Amazon account, an Echo device will work great. I highly recommend it in case you are stuck in the refrigerator.

[NWADACENTER.ORG/IDAHO](http://NWADACENTER.ORG/IDAHO)

Dana Gover, MPA, and ACTCP Certification  
ADA Training & Technical Assistance

Email: [danawadacenteridaho@gmail.com](mailto:danawadacenteridaho@gmail.com)

Phone: Voice & TTD 208-841-9422



# Utilizing an Apple Watch by Kristin Blevins

When it comes to change, I am an old soul, or as my husband likes to say “set in my ways.” Well the joke’s on him for I have known this since I was 3, just ask my siblings. I’m a total Type A personality. I hate change and it takes me a while to get on board with new technology. You would think someone with a spinal cord injury would appreciate modern innovations. It wasn’t until my recent hospitalization with sepsis that got me on board with the Smart Watch trend.

I had been seeing Apple watches everywhere, specifically in medical offices. I started asking people how they were using their iWatches, just to sate curiosity. The feedback was astounding. It seemed that everyone agreed, they were worth every penny, despite their high cost. Eventually I bought one and it has become part of my daily life. I use it just as much, if not more, than my wheelchair - that’s no exaggeration. I even had it listed as a medical device in my home care plan with Disability Action Center.

The Apple watch goes beyond the obvious functions of a watch. I originally wanted it because of the specialized wheelchair workout feature. It’s the only one on the market that will accurately count the number of pushes a wheelchair user makes. Trust me, I have had every pedometer on the market. It was very discouraging when I would go to the gym or physical therapy and see everyone with their Fitbits. My Apple watch allows me to join in with these able-bodied activities, without having to feel out of place or ask for reasonable accommodations. For the first time in 7 years, I feel like myself again. I don’t feel like just a wheelchair mom or a wife who is paralyzed. I am finally getting back to my daily life again, and it feels



great! Here are some other ways that my Apple watch has given me some independence back.

## 1. Notifications

I love that I don’t need my phone open anymore to receive notifications or take a call. As a wheelchair user, I usually have my phone in a bag of some sort on the back of my wheelchair. Not really accessible but it’s pretty much my only option. Unless you tuck it between your legs; which results in it falling on the ground when you hit a bump!

The app will give a bell like sound with a slight vibration to let me know that I have an alert. I never miss a phone call, text message, email or appointment. I can also see the weather as it changes every hour. I can choose to accept, ignore or snooze the notification. No longer do I spend an awkward 5 minutes trying to find my phone buzzing in my bag.

## 2. Utility Apps

As a parent, I live for lists, alarms, timers and reminders. I literally couldn’t function without them. My child would probably fall asleep in the

## Apple Watch (cont)

bathtub while I burn the brownies in the oven if it weren't for these apps. Seriously, it may or may not have already happened before - I plead the 5th!

On the paraplegic side of things, I have what is called neurogenic bowel and bladder. This means I have to schedule my "potty" times and when to take my medications. I use alarms that are set for every 3 hours to empty my bladder. I use reminders for medications, bowel care, shower times, and anything else I need done. A cool feature on the reminder apps is that you can schedule for time, location, and/or to reoccur on certain dates or times. I know, right? Amazing! Oh, and don't forget Siri. She is a personal assistant. You just say "Hey, Siri" and she will do whatever you need. She can tell you the weather, book appointments, look things up, call a friend, and even tell you a joke if you need it.

Some other apps to keep you sane and worth mentioning are Pandora, Maps, Flashlight, and Ping. If you have a smart phone I probably don't need to tell you how amazing these are but I honestly find myself using Ping and flashlight more than I should. Ping is a feature that will sound your phone when you have misplaced it. The flashlight is great because trying to hold a flashlight with one hand and push a wheelchair only leads to my face in a wall. Maps will give me a wrist vibration when to make a turn as well as announce it on the watch.

### 3. Health Apps

The health apps are my favorite part. When you are inactive for over an hour it will tell you to roll or stand up for one minute of every hour you are awake. Which leads to the Activity App. There are 3 rings that track your movement: red, green and blue. Red is your total calories burned. Green is that you need 30 minutes of exercise in a 24 hour



period. Blue is the notifications to stand or roll. While you are wearing your watch, it also acts as a heart monitor. You can adjust it to alert you when you go under or over a certain heart rate. And the watch will alert you through an app called Breathe to stop what you are doing for a minute to catch your breath. It will count your breaths with you by vibration. You can also be specific with timed workouts, including swimming. Yes! It's waterproof! It has a SOS feature that gives you a sense of security. If I need medical attention, one push on my watch and I am immediately connected to 911. Which means I can shower with it if need be. Sometimes I don't always need help showering, but it's nice to know I basically have a "modern" life alert button wherever I go. There is a medical ID badge that can store all of my information such as: name, emergency contact, blood type, medications, medical conditions and allergies.

### Disclaimers

It won't replace your iPhone and you need to stay within your phones Bluetooth distance. And you can't use social media on it, for good reasons. You will need to use your phone to get your daily dose of memes and cat videos!

If you need help setting up your watch, connect with DAC NW and we can help!

## TECHNOLOGY FOR INDEPENDENT LIVING



Idaho AT 4 All has loads of equipment for sharing at no cost whether temporarily or longer term. Right now there are three lifts at DAC NW in Lewiston that make it possible for anyone to move a loved one around the house, from bed to chair to wheelchair. It can be intimidating to use the lift for the first time, but with practice it becomes easier. You position a sling under the person, attach it to the lift and raise them up to transport wherever you like.

#1 - The first available is the Invacare Get U Up Hydraulic. It is a sit-to-stand lift designed to assist people with limited mobility to transfer between seated and standing positions. Helpful in preventing falls, it has under-bed clearance that may or may not work under a recliner chair. Easy to roll it has adjustable supports for multiple positions and a weight capacity of 350 lbs.

#2 - The second lift is an Invacare Reliant that has a weight capacity of 450 lbs. A Hydraulic pump mechanism in this lift allows for transfer with minimal effort. A six-point hookup allows the use of all sling styles.

#3 - The third one is the Hydraulic Patient Life that is both easy to use and even disassembles for easy transportation or storage. The non-sway cradle provides extra stability during transfers, an important factor in comfort and confidence! The extended reach gives it the capability to lift a person from the floor. The adjustable base swings open which means it can straddle something it doesn't fit under, a good fit for transferring to an easy chair, wheel chair or recliner. It has a 400 lb weigh capacity.

If you are interested call Jerri at 208-746-9033.

# LINKS WORTH SHARING

## All About April—by James Pickard



April is National Autism Awareness Month. This nationwide effort to promote awareness of the Autism spectrum helps each person with ASD to achieve the highest possible quality of life. You can become a partner in this movement toward acceptance and appreciation.

<http://www.autism-society.org/get-involved/national-autism-awareness-month/>



Verywell Health is celebrating Deaf History Month, in particular, the contributions made by deaf community and the hearing impaired to American culture and society. Find out what activities are happening in your area, from art installations to online learning events.

<https://www.verywell.com/deaf-history-month-1046528>



In April HUD celebrates Fair Housing month on the anniversary of the passing of the Fair Housing Act: to eliminate housing discrimination and create equal opportunity in every community. One of the largest categories of complaints is discrimination against families with children. This reflects the needs of America today and prepares us for a future of true integration.

[https://www.hud.gov/program\\_offices/fair\\_housing\\_equal\\_opp/2017fairhousingmonth](https://www.hud.gov/program_offices/fair_housing_equal_opp/2017fairhousingmonth)



Every April, the Parkinson's Foundation engages globally for community support. They work to improve care and advance research toward a cure. Their theme is "Start a Conversation", a call to action to talk about Parkinson's with loved ones, friends, neighbors, care team and community.

<http://www.parkinson.org/parkinsonsawarenessmonth>



In the UK April is Stress Awareness Month. Stress can have a negative effect on the mind and body and they provide information on how to minimize stress. Maintain a healthy lifestyle, talk about your feelings and dedicate time to relax.

<https://www.awarenessdays.com/awareness-days-calendar/stress-awareness-month-2018/>



# NEWS FROM LIFE INC.

## Blood, Urine Tests Could Change How Autism is Diagnosed

New research suggests that blood and urine tests could one day be used to diagnose autism, potentially offering a biomarker to identify children at younger ages.

In a study published this week in the journal *Molecular Autism*, researchers said they have developed a first of its kind test to

spot damage to proteins in the blood that can distinguish those on the spectrum.

“Our discovery could lead to earlier diagnosis and intervention,” said Naila Rabbani of the University of Warwick in England who led the study.

Currently, autism is diagnosed through clinical screening and evaluation. Though the developmental disorder can be accurately flagged in children as young as 2, many are not diagnosed until after age 4. Treatment is considered most successful the earlier it begins.

Researchers in the current study analyzed

blood and urine samples from 38 children with autism and 31 typically-developing kids aged 5-12.

They found chemical differences between the samples from the two groups and then used artificial intelligence to develop an algorithm to separate children with and



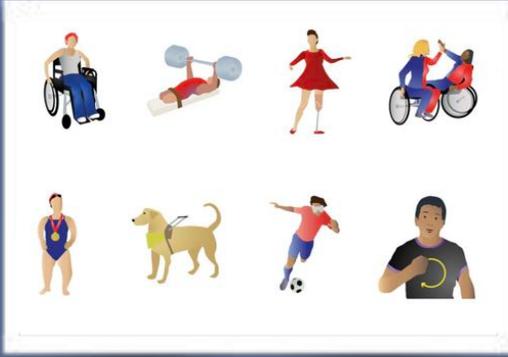
without autism.

Those behind the small study are now looking to replicate their findings in more children and determine if the test can pick up on kids at the very early stages of autism.

This is not the only potential autism biomarker test in the works. In 2015, researchers reported high accuracy rates from a blood test they were working on in children as young as 12 months. And that same year, another study showed that saliva may hold promise in identifying children on the spectrum.

Living Independently For All

## Apple throws Support Behind Disability Emojis



Apple wants to see a host of new emojis introduced, all aimed at better representing people with disabilities in texts and other digital communications. 13 new emojis show people using manual and power wheelchairs, service dogs, prosthetics, among others. Many icons have male and female versions and variants for skin tone as well.

The group was slated to meet last month and the new icons could be added in 2019. Apple has worked with American Council of the Blind, Cerebral Palsy Foundation, and National Association of the Deaf to help develop the emojis. It's not meant to be a comprehensive list, but a starting point for greater representation for diversity. 18 emojis are available for download now at <https://www.scope.org.uk>

# TIDBITS!

Categorically left over but no less important

## Quotes to make you think!

*“The measure of a man, or woman, is not so much what they have accomplished, though that has weight. It often is much more though what that man or woman has overcome to accomplish what they have.” ~ Leif Gregerson*



### Durable Medical Goods Exchange

Please call an office near you to make donations of durable medical items you no longer use or see if there is something you may need! Explain your needs and our trained staff may know the perfect item that will help you!

James Pickard in Moscow 208-883-0523

Valerie Johnson in Idaho Falls 208-529-8610

Todd Wilder in Boise 208-336-3335



## NEWS FROM LINC



**Courageous Kids Climbing** is hosting an event for legally blind individuals between the ages of 7 and 103 years to do a hands on tour of an Idaho Army National Guard UH-60 Blackhawk helicopter at Gowen Field in Boise.

Soldiers will be conducting the tour and allowing participants to touch the helicopter so they can get a better understanding of what a Blackhawk helicopter is. Each participant will bring a guest to help escort them. Each participant will pass a approval process through security channels before being allowed to enter the base.

Because this event is held on a military installation lots of fun rules come into play. You must check in at the front gate and each adult must be prepared to present a valid identification card, like a drivers license or DoD

identification card along with vehicle registration and proof of insurance. You, your vehicle and possessions are subject to search at any time. When you get within 25 feet of the aircraft, you cannot wear any jewelry including necklaces, rings, bracelets, etc. If you must wear a wedding ring, please let them know and they will tape over it. All pockets above the waist must be empty. Sunglasses cannot be worn when looking at the cockpit and prescription eyeglasses should be secured or removed. Photos can only be taken where you have permission. Wouldn't want to be sneaking any military secrets out!

Of you or someone you know is legally blind and would be interested in this fun, free event, the applications must be completed and in no later than April 20th.

## Powering Independence

# 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

250 S Skyline  
 Idaho Falls, ID 83402  
 208-529-8610 VOICE  
 208-529-8610 TDD  
 208-529-6804 FAX

2311 Park Ave Ste 7  
 Burley, ID 83318  
 208-678-7705 VOICE  
 208-678-7771 FAX

[www.idlife.org](http://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 N Main St  
 Moscow, ID 83843  
 208-883-0523 VOICE-TDD  
 208-883-0524  
 800-475-0070

[www.dacnw.org](http://www.dacnw.org)



1182 Eastland Dr. N. Suite C  
 Twin Falls, ID 83301  
 208-733-1712 VOICE  
 208-733-7711 TDD

1878 West Overland Rd  
 Boise, ID 83705  
 208-336-3335 VOICE  
 208-336-3335 TDD

4110 Eaton Ave  
 Caldwell, ID 83605  
 208-454-5511 VOICE  
 208-454-5511 TDD  
 208-454-5515 FAX

[www.lincidaho.org](http://www.lincidaho.org)