

# Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Cartoonist Dave Lupton creates political cartoons. After a serious car crash he became a wheelchair user and disliked how Disabled people are portrayed as either tragic, pitiable figures or work-shy scroungers and a burden on society. He began making disabled cartoons about the different situations he found himself in, like being confronted by a flight of steps and not being able to get into the bank he'd been using for the past 10 years.

**4**

**NEWS FROM DAC**

TBI Survivor creates day planner

**5**

**NW ADA CENTER**

Defending the ADA

**7**

**LIFE INC**

Help transitioning to the community

**10**

**GUEST EDITOR**

Accessible City Vacations

## LOCAL EVENTS - Please join us!

- March 5-6 - Tools for Life Transition Fair**  
Moscow, ID  
University Inn, 8:30 - 4:30 pm
- March 5 - Reel Movie Mondays - Maudie**  
Moscow, ID  
Kenworthy Performing Arts Centre, 7:00 pm
- March 6 - Legal Planning for Life after 18**  
Lewiston, ID  
DAC NW Lewiston Office 6:00 - 8:00 pm
- March 8 - LINC Personal Assistant Orientation**  
Twin Falls, ID  
LINC Twin Falls Office, 8:00 am - 12:00 pm
- March 21 - Transitioning Youth Easter Card Making Party**  
Lewiston, ID  
DAC NW Lewiston Office 2:00 pm - 4:00 pm
- March 23 - Spring Fling Dance**  
Lewiston, ID  
Latah Community Center, 6:00 pm - 8:00 pm

## INLAND NORTHWEST BRAIN INJURY SYMPOSIUM

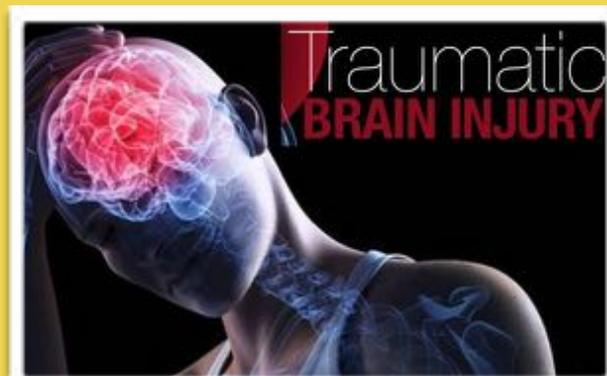
Diagnosing, Treating, and Thriving with Brain Injury

April 19th - 3PM - 5PM

April 20th - Noon - 7PM

EWU Spokane, SEWC 122, 668 Riverpoint Blvd Suite A

Feature presentations and panels on Pediatric Brain Injury, EEG Bio-Feedback, TBI and Employment, Veterans and TBI, Disability in Rural America, Cognitive-Communication Problems, TBI Rehabilitation, and others. FREE ADMITTANCE and OPEN TO THE PUBLIC



## FROM THE EDITOR

### Taming Your “Inner Beast”

Tim Gilmer writes about when he was first injured, the process of adaption and change was short-circuited by resentment and anger. This anger, his beast within, tried to commandeer his newly injured body and mind. He remembers writing angry poems, blaming God for his paralysis, blaming his surgeon for not doing anything about it, blaming Wall Street for all the greed in the world, blaming the older generation for war and poverty, blaming the “Establishment” for caring only about the status quo, blaming Madison Avenue for creating a nation of mindless consumers, and on and on. Wherever he turned it was easier to assign blame. The Inner Beast had taken control.

He first turned to alcohol, drinking himself into an unconscious state, then he moved on to drugs that gave him a new high or low - anything to escape who he was.

This inner beast feeds on the carcass of hope. When hope dies, resentment floods in on the heels of depression and wastes no time in evolving into full-blown anger. I feel like this is where our society is politically. Everyone is



feeling hopeless, and allowing their Inner Beast to fling blame around willy-nilly, and almost always surrounded by this rage.

I think its time we cage up the beast. You can't sedate him with drugs or alcohol. The anger points fingers, is disruptive, and shouts down the voices of others. But as a community we need to mature to progress. Let's allow hope to return, it can lead to gratefulness, then love. Look for the things that can bring back that hope...a walk in the forest? Worshipping in your chosen manner? Cuddling by the fire with a loved one. Maybe you find it in song, studies show singing helps! By finding the hope again, life comes a little easier now. Then perhaps we can solve issues without placing blame or taking sides. We can move forward towards change and solutions. We can live each day a little more peaceful and content.

Even though we tame our inner beast, once in a while we may have to take off the chains. We still need to fight for services that help people, work hard for peace, protect the children, and help our own community grow.

You can email my inner beast at [vicki@dacnw.org](mailto:vicki@dacnw.org)

**Vicki Leeper**





# NEWS FROM DAC NW

## LOCAL TBI SURVIVOR CREATES DAY PLANNER TO HELP OTHERS WITH TBI

Local resident on the Palouse, Emily Poor, runs Poor Farm Publishing from her home. She has recovered from a traumatic brain injury from an accident she had 10 years ago.

During her rehab, she started making her own day planners to chart out her week and keep track of her appointments, as well as journaling tidbits about each day. She is also a botanist and uses her photographs of plants from our region to enhance the planners. These are a great help to anyone who still prefers using a physical book to help plan and organize their life.

These planners have been developed over years to come up with the perfect balance of features. Spiral binding allows it to lay flat so you can easily turn to the page you want. The weekly and daily planners are on opposite pages so you can see both at the same time when the book is open. You can view your busy schedule by the hour. PLUS a beautiful plant photo enriches your daily routine. These are correctly identified with both common and scientific plant name visible.



Emily even identifies the insects in each photo when appropriate. There is a regular monthly calendar page and a notes page opposite it with each month color coded differently.

She now has them available in several local stores including BookPeople and University of Idaho Bookstore.

10% of funds earned go to the Idaho Native Plant Society too. They are made from 100% post-consumer waste recycled paper. It's not too late to order for 2018, and she has them on sale. Emily also produces beautiful wall calendars and note cards with her photographs. You can find her work at [poorfarmpublishing.com](http://poorfarmpublishing.com)

**Helping YOU take action!**

# NEWS FROM



## HELP PROTECT THE ADA!

Last year, National Council on Independent Living (NCIL) sent House Leadership a letter signed by 507 organizations urging them to oppose HR 620, the ADA Education and Reform act of 2017. On February 15th, HR620 passed through the House. Our fight now moves to the Senate, where we must urge them not to take up this dangerous bill!

Now that the House has passed HR 620, NCIL has updated their letter and asking for signatories before sending it to Majority Leader Mitch McConnell and Minority Leader Chuck Schumer. The letter explains that if passed into law, this bill would create significant obstacles for people with disabilities to enforce their rights under Title III of the ADA to access public accommodations and would impede their ability to engage in daily activities in mainstream society.

HR 620 is being supported by businesses that feel they have been hurt by a “loophole” that punishes them for not being compliant with the ADA 27 years after its enactment. They say they support the spirit and intent of the ADA and our members strive to be remain fully accessible so that all of our customers and guests can enjoy a full range of services and amenities.

However, what is now being proposed actually harms millions of people with disabilities living in America by weakening their civil rights and punishing them for the awful actions of a few attorneys. The bill actually does the opposite of its intent. It places new burdens on individuals with disabilities, who must now prove the denial of

access, and adds significant barriers to the process. This legislation removes the incentive for businesses to comply with the ADA, requires the person with a disability to file a written notice specifying the exact ADA provisions that are being violated, and gives the business owner 60 days to acknowledge the notice and 120 additional days to begin to fix the violation; a total of 180 days (6 months!!) to deny access.

The ADA provides education, training and support provided at NO COST across the country. Multiple organizations assist with creating an accessible facility at no or nominal cost. They do this to ensure the rights of people with disabilities as users or customers, but also in the hopes of providing employment. A person with a disability is unable to work in any business that is not accessible for entry, or has barriers to get around inside or use the restroom facilities. Changing the ADA in this way does not solve what many see as the problem.

We urge you to contact your Senators and tell them to maintain the integrity of the ADA and REJECT the HR 620.

Senator Crapo Phone: (202) 224-6142

Senator James Risch Phone: 202-224-2752

Tell them this is not okay!

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

Dana Gover, MPA, and ACTCP Certification

ADA Training & Technical Assistance

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

Phone: Voice & TTD 208-841-9422





# NEWS FROM LIFE INC.

## Your Right to get Information about Returning Home

You have the right to learn if you can live in the community and get the services and supports you need.

The nursing home staff is **REQUIRED** to ask you questions about your care. One question they will ask is “Do you want to talk to someone about the possibility of returning to the community?” Saying “yes” tells the staff you want more information. It doesn’t mean you have to leave the nursing home. The staff will regularly ask this question, since your needs and the services available in the community may change over time.

What will happen if you ask to speak with someone about returning to the community?

1. The nursing home staff will call a local agency for community living, like your local CIL.
2. The local agency will call or visit you to learn what services and supports you need. Then they will look into your housing options and/or home modification needs. Available services such as help with medical or personal care. Programs that may help pay for these services like Medicaid, Medicare, or private insurance.



3. If the services and supports you need are available, **YOU** decide whether or not to start the play to leave the nursing home.
4. You can change your mind at any time.

Idaho’s Home Choice and Home and Community Based Waivers gives adults who are elderly or disabled more choices to stay in their own homes. These can include personal assistant care, homemaker services, transportation, home modifications, home delivered meals, chore services, and companion services. Maybe there is some assistive technology that can help you maintain or improve your independence. We are here to help you live as independently as you want!

# Living Independently For All



# NEWS FROM LINC

## BLIND HOCKEY PLAYERS CAN PASS, SHOOT & SCORE

by Eliza McGraw

At first glance it would look like any other weekend at an ice rink, but there are harnessed guide dogs navigating through the crowd, some skaters wearing sunglasses or using white canes, and people using names in their greetings: “Hi, it’s Matt.” They are there to try a new sport: Blind Hockey.

A typical event includes a group skate and a demonstration game to increase awareness and recruit new players. Some take offered right-angled arms or carry canes to tap on the wall as they go. Some skate with their guide dogs who slide around the ice wearing protective booties.

Blind hockey looks a lot like standard hockey. Players swoon around the ice passing a puck with the goal of slinging it into a net. But it sounds very different. The adapted puck - a hollow metal canister filled with ball bearings, nearly twice the size of a regular puck - rattles across the surface, clanging like a bunch of cowbells when a hard shot sends it into the boards. Skaters find the puck by listening for it.

Before play begins, teammates guide goalies - who typically have the least vision on the team - to their nets, which are slightly smaller than regulation. Players have to complete one pass before taking shots on net, which helps alert the goalie and other defenders of an approaching puck.



A referee uses a special electronic whistle to signal when a pass has been completed. Hockey by its nature is in a confined space. Boards and glass confine the sound and that helps players adapt. The USA Hockey Disabled Hockey Festival is scheduled for April in West Dundee, Illinois. “There’s nothing a blind person can’t do. Except maybe see,” Molchan

Living Independently For All

# TECHNOLOGY FOR INDEPENDENT LIVING

## Strong Arm Fishing Cuff



Casting a fly-rod from a wheelchair takes surprisingly little strength. The only adaptations to the rod itself is to extend the rod a few inches back from the reel. To hold the rod you can use a versatile Strong Arm cuff. It fits comfortably around the wearers arm and wrist, is made of high quality materials, and is available for right or left handed individuals. It can even be used for other applications like golf! \$32.95

A spring loaded fly reel tightens as the line is pulled out. Simply hit the trigger and the spring winds in the line. It is good, and even fun, to practice casting on the front lawn at home to “work the bugs out” before adding Murphy Fodder - namely trees, bushes, pets, etc., that like to become entangled in your line.

Available from [choicemagazinelistening.org](http://choicemagazinelistening.org)

## Dual Alarm Clock



The Vibe has two alarms, a loud audible alarm AND silent vibrating wristband alarm that makes this clock suitable for all types of users and wake-up needs. The alarm beeps for 90 seconds, so if you're the type of sleeper where the 75 decibel alarm won't wake you, the vibrating wristband alarm can be used for a silent method to gently shake you awake. The comfortable vibrating wristband is also great for waking up without disturbing other people, for people who are deaf and want a tactile vibrating alarm, or if you want both audible and vibrating alarms to go off to ensure you wake up (just in case!) \$49.95

[harriscomm.com](http://harriscomm.com)

# LINKS WORTH SHARING

## Keeping Youth Involved—by James Pickard



Parents and teachers alike are always looking for ways “to get through to children”, to help them improve their grades, to help them succeed in society as best they can. Piano wizard Academy does just that and is prove effective for children with disabilities like Down Syndrome, autism, cerebral palsy, TBI and more. <https://www.pianowizardacademy.com/music-lessons-for-special-needs-children/>



Seegerstrom Center for the Arts is thrilled to launch a new dance and music school for all kids! They are an all-inclusive school for children with disabilities like visual impairment, autism, cerebral palsy, and Down syndrome as well as children that are developmentally typical to explore movement, music, and creativity. <https://www.scfta.org/>



All those who live with a physical, visual disability or deaf or hard of hearing should be given the opportunity to participate in sports and fitness activities designed to improve self-esteem, growth, and well being. DASA makes that possible! <http://www.dasasports.org>



From sports for the disabled to camps for children that specialize in every kind of need, this website can help you find the perfect activity. Horsemanship, paralympic games, even activities for veterans, it's all here. <https://www.makoa.org/sports.htm>



**50 BEST DISABILITY FRIENDLY COLLEGES AND UNIVERSITIES**

Interested in college but not sure where it's most accessible? College Choice rates the 50 best disability friendly colleges and universities for you, making it easy to choose. <https://www.collegechoice.net/50-best-disability-friendly-colleges-and-universities/>

## How Accessible are City Vacations? by Jackie Writing

2.2 million people in the US depend on a wheelchair for day-to-day tasks and mobility, according to the [National Institute of Child Health and Human Development](#). Given these numbers, it's unsurprising that traveling with a wheelchair has become more common. You can easily [travel abroad with a disability](#) and, if you're well prepared, any trip can be an adventure rather than an ordeal. If you can visit the pyramids in Egypt without any problems, what about attractions that are closer to home? The Empire State Building or the White House? How are our own cities geared up to cope with people living with a disability? Let's have a look at how easy it is for wheelchair users to take a break in two of our most popular city destinations for tourists, New York and Washington DC.

### New York

A trip to New York will begin at one of its three airports: JFK, LaGuardia or Newark. All of them are fully accessible to disabled passengers, and wheelchairs can be taken to the gate and aircraft door. If you haven't arranged transport from the airport into the city in advance, you can request a wheelchair accessible taxi, or use the NYC Airporter shuttle buses which can all accommodate wheelchairs.

[Wheelchair users can really enjoy NYC](#). The major attractions such as the Empire State Building, the World Trade Center 9/11 Memorial and Museum, and the One World Observatory are all fully wheelchair accessible, as are the main museums. Most of the auditoriums in Broadway Theaters now have spaces for wheelchair users and their companions, and the iconic Radio City Music Hall is also wheelchair accessible. To help you get around the city, [the Metropolitan Transport Authority](#) has published a guide to accessible transport, so you should be able to visit and explore all the areas you want to see.



### Washington DC

In terms of getting to DC, the airport nearest the city is the Ronald Reagan National Airport. To get into the city from the airport, you can use the Metro Blue and Yellow Lines. Unlike in New York, the DC Metro is fully accessible, although, sometimes there can be issues with the elevators. As in New York, wheelchair taxis can be ordered, although the waiting times can be fairly long.

Once you reach the city, you'll find that Washington DC is, probably, one of the world's most wheelchair accessible. The city's official marketing organization, Destination DC has some [useful information on its website](#) about getting to and around the city and accessible attractions. These include the White House, Capitol Building and the Supreme Court which are all fully accessible, as are national monuments, such as the Washington Monument and the Lincoln, Jefferson and Martin Luther King memorials. Getting Around the City The sidewalks in the city are mainly smooth and even, making them easy for wheelchair users to

navigate. There are some hilly parts of the city but it's easy enough to catch a bus to avoid the hills since there are regular services and all are fully accessible. There are many accessible accommodation options in Washington since the Americans with Disabilities Act requires that hotels offer accessible rooms with features such as bathtubs with grab bars and roll in showers. Many online travel sites, such as [Expedia.com](#) allow you to search for accessible hotel rooms so you can book a particular room in advance. With many accessible options for accommodation, transport and sightseeing in both New York City and Washington DC, wheelchair users can experience these historic and vibrant cities to the full. If you'd like to take a well-earned break in one of these cities, there should be nothing to stop you!

## 'BIONIC' LARYNX SOUNDS MORE NATURAL



Scientists at Western Sydney University in Australia have demonstrated a groundbreaking non-invasive artificial larynx that could be used to give a voice back to patients around the world, whose voice boxes have been removed as a result of cancer.

It doesn't require invasive surgical implantation, eliminating the risk of infection.

It utilizes a person's own respiratory system to work by converting the breath to a humming sound. Then it is converted to speech through the movement of the user's lips and tongue.

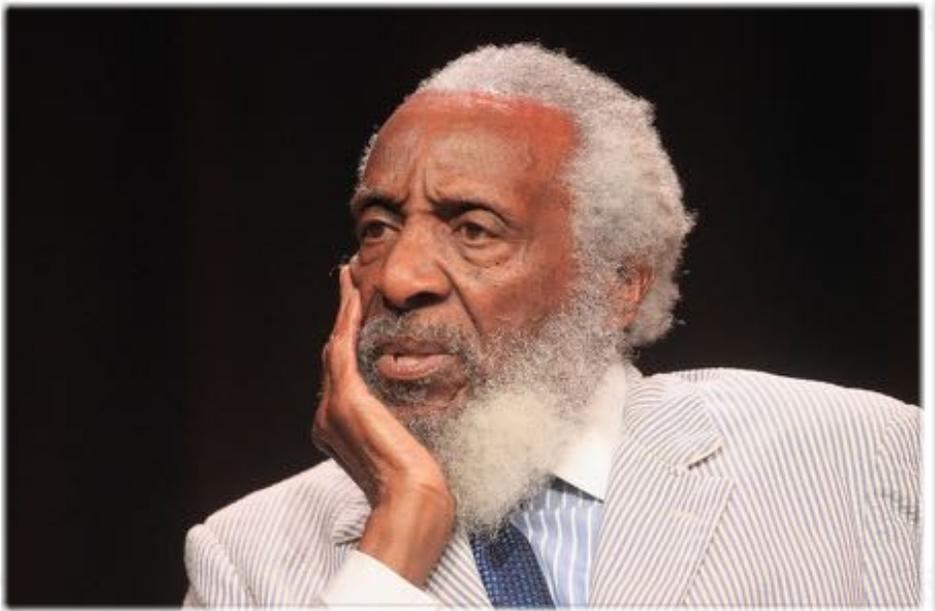
The result is an artificial voice box that can carry out the function of the larynx without degraded speech or associated health risks. An amazing advance that promises enormous benefits in the future!

# TIDBITS!

Categorically left over but no less important

## Quotes to make you think!

*"Once I accept injustice, I become injustice."*  
~ Dick Gregory, actor, activist, and comedian.



### **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

## Planning a Sober Bachelorette Party by Mary Wilson

For a lot of people, a bachelorette party is a time to drink, drink, and drink some more...but what if the bride is sober? Should she not get a night to celebrate just because she abstains from alcohol? Of course she should! Every bride should have a night (or two) with her friends to celebrate the end of her singled. And who says you need booze to have a good time? There are plenty of ways to have fun at a sober bachelorette party; take these tips into consideration when planning to make the event as seamless and fun as possible.

### Have the bride make the guest list

While the bride should be along for the ride for the party itself, her one contribution to the event should be the guest list. She can pick out who will be a good addition. Cultivating a positive group of people will ensure everyone has the best time.

### Be kind with declines

There are many reasons one of the invitees may decline their invitation to the party. Most of the time, it has something to do with budget, but you will probably hear a myriad of excuses. You may hear a few "What's the point?" responses. While tactless, it's nothing to take personally. Accept the invitation decline with grace and kindness, then move your attention to the ladies that will be attending. It's all about focusing on the positive.

### Determine no-go areas

In order to reduce the amount of pressure on the bride, go over what you definable do not want to do and where you absolutely should not go during the party. Certain places - like old watering holes or party streets - could trigger the bride and make her want "just one." Remove the temptation altogether and create a

plan around avoiding these places.

### Stick to a budget

In the spirit of sobriety, it's a good idea to avoid excess. The bride and groom are already dropping big bucks on the ceremony, so prepare to foot the bill for the bachelorette party. Crowdsource your attendees and find out how much they are each willing to spend on the evening. Don't go over the lowest number you get. If you're a very lucky person and don't have to worry about budget, it's still a good idea to pick out the maximum amount to spend. You're going to have a lot more ideas for what to do than time to do them, so a budget can help pare this list down.

### Be positive!

As the organizer of the bachelorette party, people will look to you and feed off your energy. Keep things light and positive to ensure everybody has the best possible time. Remember that this is a party; you are supposed to have a good time! If something doesn't work out the way you wanted, don't make it a big deal. Shrug it off and move on to the next location or activity. Remember stress

can be a big trigger for drinkers, so keeping things positive and lighthearted throughout the party can help secure the brides sobriety.

When planning a sober bachelorette party, you have endless options for activities that don't include drinking. The hard part is all the planning. By having the bride curated a positive guest list, avoiding trigger situations, and staying positive, you can have a great night without the booze. The best part? Everyone will actually be able to remember the fun you have - so go have it!



# 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)