

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



We are making a concerted effort to get people with disabilities registered to vote, educated about this year's election, and prepared to cast a ballot in November. With numerous events and activities happening around the state, attention from the media and candidates running for office, this non-partisan initiative will increase the political power of the disability community. People with disabilities account for over 35 million eligible voters in 2016. There is incredible power to influence the outcome of elections and ensure candidates address issues important to people with disabilities. You can register to vote at <http://dacnw.org/resources/activism-advocacy/>

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A.I. for
Accessibility

LOCAL EVENTS - Please join us!

- July 10 - Summer Camp Adventures - Bonkers**
Moscow, ID
Bonkers, 10:00 am - 12:00 pm
- July 17 - Families Together Palouse Science Center**
Pullman, WA
PSC, 10:00 am - 12:00 pm
- July 28 - DogFest Walk 'N Roll**
Sandpoint, ID
Forrest Bird Charter School, 10:00 am - 1:00 pm
- July 30 - BELL Academy**
Coeur d'Alene, ID
Community United Methodist Church, 9:00 am - 3:30 pm
- Aug 2 - SPAN Idaho Suicide Prevention Conference**
Boise, ID
Downtown Boise, 8:00 am - 4:00 pm
- Aug 9 - Roaring Springs Community Night Partnership**
Meridian, ID
Roaring Springs Water Park , 6:00 pm - 11:00 pm

INDEPENDENT LIVING CONFERENCE

Linen Building, Boise ID

Empowering Independence
September 6-7,

This conference is FREE to attend for conference attendees! We look forward to seeing you there.

Look for more information at

www.lincidaho.org



GUEST EDITOR – Miriam Hertz

Monday, at the Moscow Public Library, I led a discussion of a work of fiction about a 12 year old boy with autism written from the point of view of the boy. The book is about the social world of this autistic boy. It's about the life of the boy with a disability; not about his medical world of doctor's visits, not about his "medical life."

Among those attending the discussion were several people who, rather serendipitously, all stutter like I do.

One of the people at the discussion is a kindergarten age child. She does not appear to be listening, but talks to herself and plays with some toys on the floor. She doesn't seem to realize that she is stuttering, and no one else much cares, thinking that she will grow out of it.

Another child is nine years old. This child doesn't understand what a discussion about a boy with autism has to do with her, but she would like to participate anyway. She is confused when her speech comes out halted and blocked, not like some other people's speech.

A third child is 11 years old. She doesn't really care about the fact that she stutters, and she doesn't understand why everyone else seems to care so much. This child is interested to learn that the autistic boy in the book gets teased, too. She hopes that he has a couple of kids who defend him like the ones that defend her.

A fourth child is 13 years old.

She's happy to learn that this boy with autism writes down stories since it seems he can't talk much. She is reminded of having been told by her middle school that she can't be in the school play because of her stuttering. She's okay with this because her synagogue includes her in their plays, and the synagogue's theater directed even thinks she's pretty food. But...what about other kids who stutter who aren't allowed to act in a play anywhere?

A fifth child (no longer a child) is 16. She's all ready to take on the kids who tease the boy with autism in the book. In fact, in English class, she found herself rising to her feet and declaring to the teacher "How d-a-a-are you s-a-a-ay that to Ma-ari-ian"!? The English teacher had finally tried to torment Marian one too many times, and Marian doesn't event have a disability...

In case you haven't guessed, each of these children is me in the past and probably still is a part of me know. These children help me remember the history of my lived life as a person who stutters.

~ Miriam Hertz





NEWS FROM DAC NW

Celebrating the ADA with a DogFest Walk 'N Roll



As the anniversary of the ADA rolls around DAC NW is busy partnering with a great event in Sandpoint, Idaho. After the success of our “*Going to the Dogs*” event in 2017, we have joined forces with Canine Companions for Independence in putting on the DogFest, July 28th 10 am to 1pm. Anyone can grab a leash and join the fun at this dog-friendly community fundraiser that raises funds to provide highly trained assistance dogs to people with disabilities free of charge.

There will be music and activities for both dogs and kids. Canine contests like Catch the Treat and Dog Limbo, balloon animals by Merry the Balloon Clown, a silent auction featuring incredible dog houses made by local architects and builders.

DAC NW plans on providing “pup”corn and a wheelchair obstacle course to try out. You will have the opportunity to meet the Honorary Chair Dr. Marty Becker, “America’s Veterinarian who was the resident centenary contributor on “*Good Morning America*” for 17 years, and hear about Ken, the graduate dog who was matched with Peggy at the Bonner County District Attorneys Office. Ken is clearly popular and provides a calming presence there. Music provided by Sandpoint DJ Bashful Dan Young. And plenty of Canine Companion Puppies will be there!

Participants are encourage to put together a team of dog walkers or “rollers” and recruit members to join in. Enter in the Best Owner/ Dog Look-a-Like contest. Registration is free!

Helping YOU take action!

NEWS FROM



Graduation and Equal Access

June is a very busy time for graduation ceremonies, a time for celebration and creating lifetime memories with family and friends. Not all graduations are pleasant experiences for individuals with disabilities. Recently I received a call from a mother asking questions about ADA requirements for accessible seating and the number of companions that can accompany a person with a disability in the accessible seating area at a ceremony. “I attended my daughter’s high school graduation with 3 of my family members at a fairgrounds. Each student is issued six tickets to attend graduation. When I arrived in my wheelchair, a guard explained that only one family member could sit with me in the accessible section and everyone else would have to sit in a different location in the grandstand. I tried to explain that the ADA allows 3 companions to sit with me. However, the guard said it was the policy of the high school to allow only one companion and that was the rule.”

The caller further explains, “In addition, not only did they attempt to separate me from two family members, they stated that I could not sit in a location of our choosing even though all able-bodied attendees were given a choice to sit in the best viewing space to see their graduate. Again, the guard cited school policy. I further explained the law in more detail but that only resulted in an intense argument with staff. They threatened me with “going to get the manager,” but finally let me sit with my family in a location of my choosing in the accessible seating section. I observed that there were plenty of empty rows in the accessible section and my family was not taking up space for other people with disabilities

Last year I had a similar situation at my other child’s graduation and was not able to sit with my family. This year I was determined that my family and I were not going to be separated and I was not going to be ‘parked’ in a location of the staff’s choosing where I could not see my child graduate.”

To address these issues, Title II Section 35.138, ticketing regulations apply to graduation where tickets are distributed to a family. The spirit and intent of the ADA is to provide equal access for people with disabilities. It is estimated that more than 21% of Americans 15 and over, and 50% of Americans 65 and older have a disability (Census 2010). No person with any type of disability should be prevented or discouraged from attending or fully and equally participating in an event based on accessibility. Event planners must work with attendees and presenters in an interactive fashion so the most appropriate accommodations can be provided.

Many of the calls the ADA Center receives are based on complaints stemming from poor customer service, where individuals with disabilities are treated rudely and concerns about accessibility are disregarded. Individuals with disabilities do not want to file complaints; they just want access to the same service or program as everyone else. Our goal is to provide information and technical assistance based on regulations and common-sense to improve access. The following are strategies an event planner can use to provide equal access.

How to provide excellent customer service for people of all abilities attending graduation.

GRADUATION ACCESS (CONT)

The key to equal access and good customer service is planning ahead. Develop an accessibility plan for all events and venues. Designate an “accessibility coordinator” to oversee all phases of the event from planning to completion. This role is especially important for larger events where many diverse elements must be managed. Consider getting input from people with disabilities. This plan will promote a positive and enjoyable graduation ceremony for all patrons. Please keep in mind ADA requirements are the MINIMUM standards for accessibility. Consider strategies and ideas beyond what the ADA requires, with an end goal of achieving universal access.

ADA regulations state that a public entity shall make available for purchase 3 additional tickets for seats in the same row that are contiguous with the wheelchair space, provided that at the time of purchase or distribution there are 3 such seats available. Individuals with disabilities are not required to provide proof of disability when purchasing a ticket for accessible seating. For the sale of single-event tickets, sellers may only ask whether the ticket is for an individual who has a disability that requires the features of accessible seating.

The 2010 regulations make clear that a facility cannot limit the number of companion seats an individual with a disability may purchase, unless other individuals are so limited (e.g., for conference play-offs where all purchasers are limited to four tickets). Individuals with disabilities must be able to purchase the same number of tickets as other patrons, but the revised regulations do not require that all the companions be located in a wheelchair seating area if there are more than three. But commonsense says every effort should be made to

place the group together in close proximity.

Plan ahead

To help you plan for a large number of attendees with mobility disabilities and their companions, you can include a welcoming statement on your website and promotional materials that might say, “If you or a member of your party have a mobility disability or require use of the features of the accessible locations, please contact our accessibility coordinator in advance so we can help identify seating that best meets your families needs.”

Inclusive Strategies

Most barriers to participation can be removed without incurring great expense, imposing an administrative burden, comprising the nature of the activity, or raising health and safety concerns. Inclusive strategies to achieve optimum customer service may include identifying an ADA Coordinator, involving people with disabilities in the planning, choosing an accessible location, develop policies on access and inclusion that promote customer service, create a welcoming statement and accessibility notice on social media, incorporated etiquette training or staff, remove physical and communication barriers, utilize tools and resources, and review suggestions and complaints following your event.

For more info visit

NWADACENTR.ORG/IDAHO

NWADACENTER.ORG/IDAHO

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

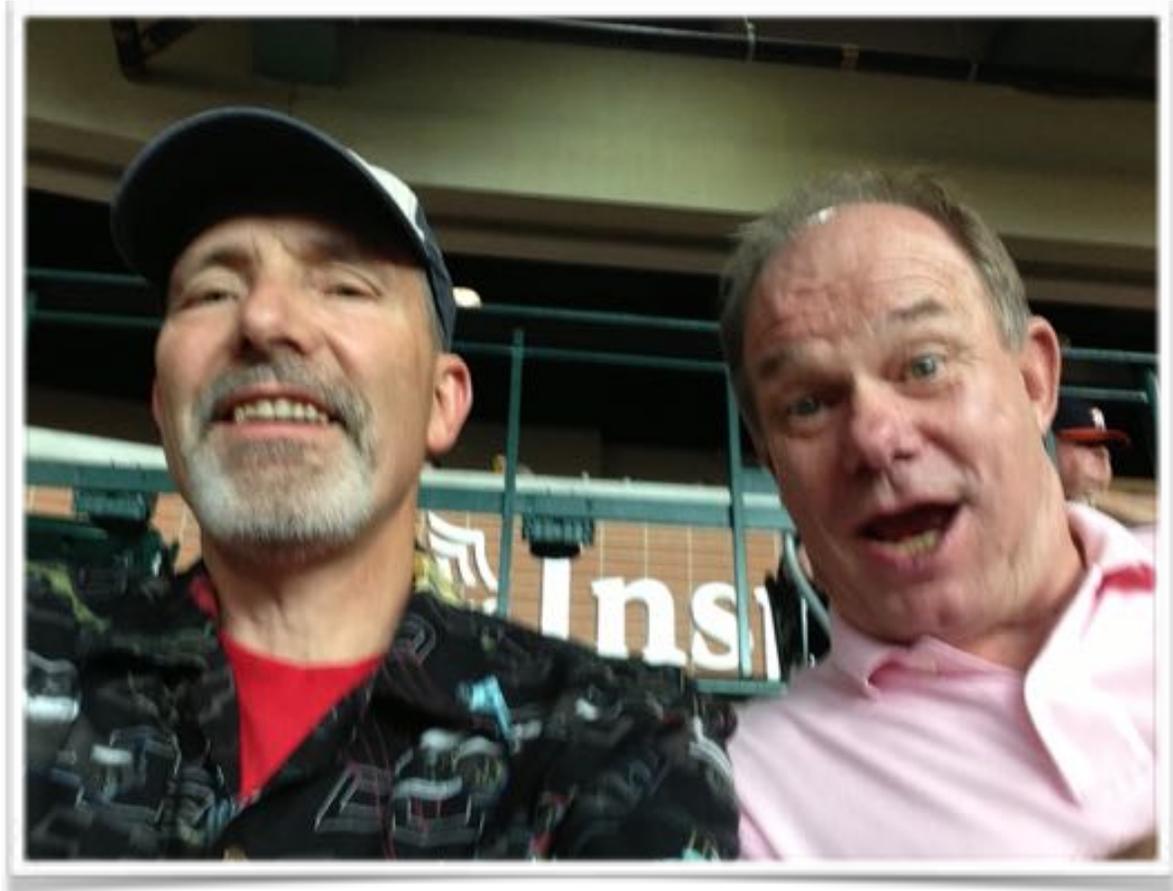
dananwadacenteridaho@gmail.com





NEWS FROM LIFE, INC.

WISING OUR RETIRING EXECUTIVE DIRECTOR THE BEST!



Everyone at LIFE, Inc. would like to take a moment to say congratulations to Dean Nielson on his retirement! He spent a quarter of a century working to help people with disabilities live more independently and built LIFE, Inc. into what it is today. We know his future will be sunny and involve a lot of golf!

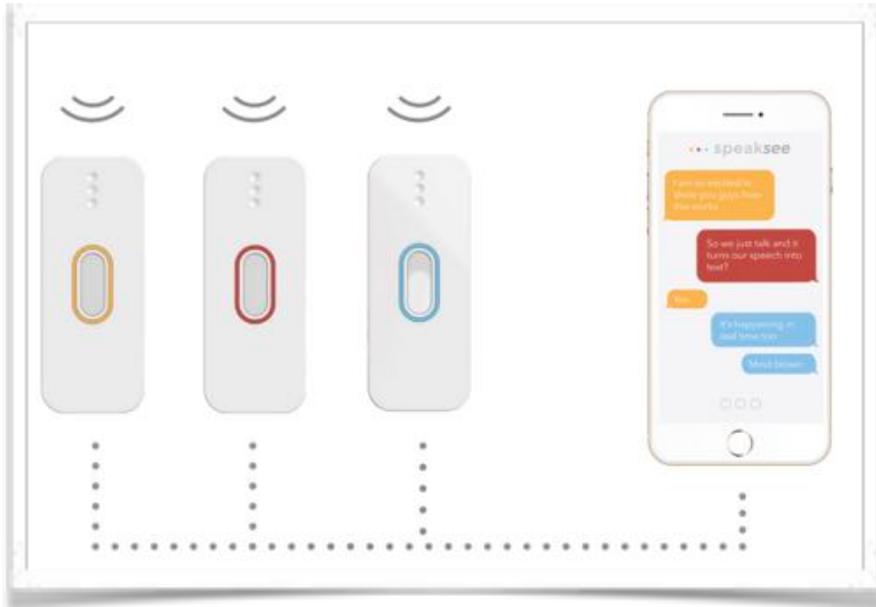
A retirement party is planned for him on July 19th.

LIFE, Inc. welcomes their new Executive Director, Mandy Bishop.
Come by and say hi!

Living Independently for Everyone

TECHNOLOGY FOR INDEPENDENT LIVING

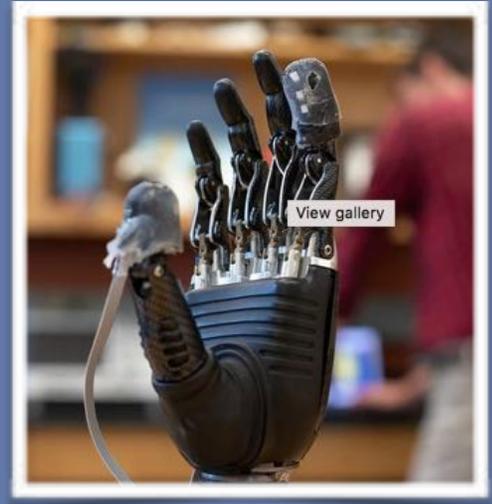
Group Conversations for Deaf



Most day to day group conversations are not accessible to the Deaf and hard of hearing, so many tend to avoid them. Now SpeakSee can build connections and make it easier for people to showcase their talents, share ideas and be part of the conversation. SpeakSee transcribes speech to text in over 120 languages including accents. Three separate, color coded microphones can be positioned on a persons shirt, close to the source of sound. They transcribe speech into text and project it onto a smartphone in real time, color coded to who said what. Pre-order cost is \$399.

www.speak-see.com

Electronic Skin can Feel

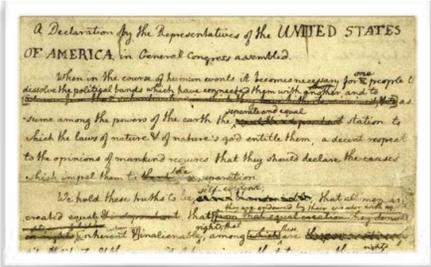


Researches have developed an “e-dermis” that can be applied to a prosthetic hand to give the wearer a sense of touch. The skin is a combination of fabric and rubber in which electronic sensors are embedded. It relays sensation through the wearer’s skin using a method known as TENS. Sensations can be felt including an uncomfortable but tolerable pain. This could warn the wearer of damage. It’s thought the technology could make sense of so-called phantom limb sensations in amputees. You can learn about more AT developments at

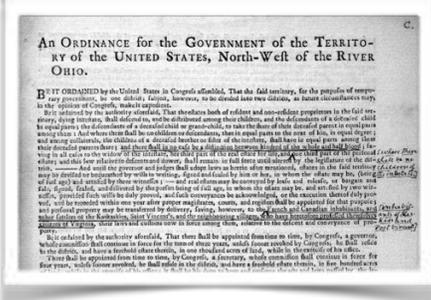
www.newatlas.com

LINKS WORTH SHARING

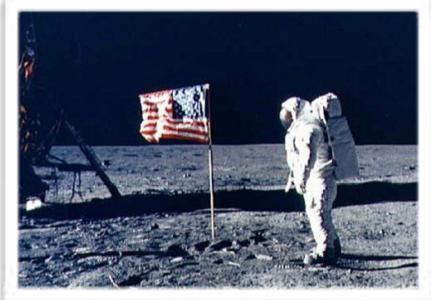
June Holidays—by James Pickard



Have you ever read the entire Declaration of Independence? This 4th of July you can view the original draft of the document and see the strike throughs, additions and more. Or you can listen to the reading of it in an accessible format!
<http://www.historyplace.com/unitedstates/revolution/july-decindep-cal.htm>



Learn about the other primary documents in American History. There is the Northwest Ordinance, which was adopted July 13, 1787 about the territory of the United States north west of the River Ohio. Many of these documents are available on the Library of Congress' website.
<https://www.loc.gov/rr/program/bib/ourdocs/northwest.html>



The Apollo 11 mission fulfilled President Kennedy's wish to land a man on the moon before the end of the 1960s. You can read about the crew, see the photos taken of the earth from 98,000 nautical miles out, and hear audio highlights from the mission.
<http://www.historyplace.com/unitedstates/apollo11/index.html>



July 25 marks the anniversary of the first International Overseas Flight. Credited to Louis Bleriot, the inventor of the first practical headlamp for cars. He turned his talents and resources to flying machines in 1901. In 1909 he flew from Calais, France to Dover Castle in England.
https://www.icao.int/secretariat/PostalHistory/the_conquest_of_the_channel.htm



On July 31, 1790 the first patent was issued for a process of making potash, an ingredient used in fertilizer. Since then more than 6 million patents have been issued. You can learn all about the patent office at this site.
<https://www.uspto.gov/about-us/news-updates/first-us-patent-issued->

A.I. for Accessibility – by James Pickard

Hey all...it's me hailing from Moscow Idaho, the gate way to Idaho's beautiful panhandle. I wanted to share with you news that I came across the other day that I found interesting. Microsoft had some interesting facts about assistive technology (AI) and the availability of it to the populace. In their article Using AI to empower people with disabilities Mr. Smith says only one in ten people with disabilities in the world has access to AI. So, to help out the disability community Microsoft is creating a new program called AI for Accessibility. This bad boy is going to cost a cool \$25 mil and take five years to implement WHOA....

The AI program will focus on solutions which will provide new opportunities by assisting in the areas of work, everyday life, and human connections. To accomplish this brave new task, Microsoft is going to break up this program into three parts. First they will provide seed grants for technology to various interest groups, then they will identify project areas that show the most promise and provide technology investments and AI experts. And finally, Microsoft will work with their partners to integrate this new program into platform level services.

Microsoft feels they have a good base already



established in this field through Seeing AI, Helpicto and Microsoft Translator. Here's a little blurb with links about each of these products to refresh your memory (and mine too).



Seeing AI reads text, scans barcodes, recognizes faces and scenes. Microsoft will be updating Seeing AI in December adding four more capabilities. These new features are color and currency recognition, currency, musical light detector, and handwriting recognition. Now the Helpicto helps children with autism to communicate more easily with their environment, based upon pictograms and associated keywords. Lastly, Microsoft Translator is a multilingual translation cloud service with interprets text, pictures, websites, documents, and even full conversations.

Just to throw another nugget of info your way, check out Microsoft's AI for Earth which is another fascinating program. This has various tools to aid in solving environmental issues. The focus at this time is Microsoft's carbon footprint, use of energy, use of water, and their products design to foster sound environmental practices. Sounds interesting...check out any of the links. Especially check out the WHO (World Health Organization) link on Microsoft's AI for Accessibility page to learn facts about availability to AI products around the world.

Thanks for coming along and spending time with me on this little excursion. Remember if you have any questions on things related to disability you can always contact your local independent living center for help.

Disney Movie comes with



Helen, aka Elastagirl, in the animated film “Incredibles 2” has asked theaters to warn customers about a sequence of flashing lights in the film that could be problematic for people with epilepsy, seizure conditions, migraines or autism.

According to USA Today, the villain Screenslaver is featured in one of the scenes with bright flashing/strobe lights for more than 15 seconds. Five scenes are concerning in this film about a family of superheroes with one scene going over 90 seconds of continuous strobing lights. The Epilepsy Foundation wrote that about 3 percent of people with epilepsy have photosensitive seizures triggered by exposure to flashing lights. According to Variety, no incidents of seizures have been reported, but noted that in 1997 nearly 700 children in Japan went to the hospital after watching “Pokemon” movie that had flashing red and blue lights.

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

“I was slightly brain damaged at birth, and I want people like me to see that they shouldn’t let a disability get in the way. I want to raise awareness, I want to turn my disability into ability.” ~ Susan Boyle



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

Alternative Treatment Methods for Substance Abuse

By Mary Wilson

Just as no two people are exactly the same, no two addictions will follow the exact same course. While many people are able to overcome addiction and live a healthy, sober life, some people may struggle to find their way back. If conventional treatment has not worked for you, it may be time to think outside the box and consider incorporating alternative therapies into your regimen.

The Basics

Stage one of any approach dealing with addiction is usually detox and managed withdrawal. Afterward, you are referred for more extensive assessment and may be placed in a behavior modification program or given counseling to help deal with the roots of your addiction. These may be out-patient, or require long term hospitalization. Alternative therapies are becoming more mainstream in these treatment plans.

Nutritional Therapy

Addiction damages the body's overall physical health, so a good treatment plan includes focusing on feeding the body back to wellness. Macro and micro nutritional deficiencies contribute to depression, anxiety and emotional instability. Addressing these can help you withstand the rigors of sober life. Nutritional therapy is a holistic approach to healing the whole person and teaches more healthful lifestyle habits.

Exercise for Recovery

The data on the benefits of regular exercise indicates it offers real, tangible help for those struggling with addictions. Exercise strengthens the body by building strong muscles and bones and pays dividends for mental health and emotional wellness. People who workout are less likely to relapse and experience lowered stress response and greater sense of well-being. Rat studies indicate that regular physical exercise decreases substance cravings and can help heal the damage that substance abuse causes in the brain, by helping it return to the pre-addiction state. Exercise releases endorphins, the body's natural pain relievers

and mood elevators, producing a healthy, natural high.

Retrain Your Brain

Neurofeedback helps you control your emotional state even in stressful situations. Studies suggest it inhibits relapse and improves sleeping patterns. It can help you think clearly, maintain focus and lower impulsivity.

Neurofeedback is a noninvasive, non pharmacological therapy, and can produce results within a few sessions.

Regulate Your Mood with Mindfulness

Meditation and programs including yoga and tai chi lower stress hormones in the bloodstream and improve immune response, even helping you to build new neural connections in the brain. It can help regulation anxiety and stress, creating feelings of optimism.

No Easy Answers

Beware of quick fixes or gimmicks. Substance abuse is a complex disorder and recovering from addiction is a lengthy process that requires you to learn new life skills and coping mechanisms. You need to understand what drove you to use in the first place. Research any treatment center fully before you commit money and time. Changes in insurance coverage has led to an increase in fly by night treatment centers. Alternative and supplemental strategies for fighting addiction can be a useful tool in your arsenal as you return to better health. The most important component of your treatment is the commitment to a new way of life. It isn't going to be easy. You need to address the problems in your life in order to get well.



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