

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Life is better active! The Kelly Brush Foundation is dedicated to making active lifestyles a reality for anyone with a spinal cord injury. Through the Active Fund, they provide grants for individuals with paralysis caused by spinal cord injury to purchase adaptive sports equipment. They have helped 600 people from 47 states purchase handcycles, monoskis, sport chairs, racing chairs, hockey sleds, scuba equipment, bowling ramps, equestrian saddles, and much more. You can apply at this link. The application is at the bottom of the page.

<https://kellybrushfoundation.org/theactivefund/>

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LOCAL EVENTS - Please join us!

- Aug 2** - **SPAN Idaho Suicide Prevention Conference**
Boise, ID
Downtown Boise, 8:00 am - 4:00 pm

- Aug 3** - **Summer Camp Adventures Pool Party**
Pullman, WA
Reaney Pool, 10:00 am - 12:00 pm

- Aug 23** - **Goodwill Community Resource Fair**
Post Falls, ID
Goodwill Industries, 11:00 am - 1:00 pm

- Aug 27** - **Head Injury Support Group**
Pullman, WA
Pullman Regional Hospital, 6:00 pm - 8:00 pm

- Nov 16** - **Temple Grandin Speaks at Autism Society**
Coeur d'Alene, ID
Schuler Performing Arts Center, 6:00 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



FROM THE EDITOR

Recently I have been looking at mental illness and how it is regarded as a disability. Depression in these times seems to be very prevalent and certainly at some points is very much a disability. But rather than think of a person being “disabled” perhaps its just that they are not getting the help they need to function well.

A lot of barriers get in the way of getting that help. Cost is a major factor, as therapy and training is expensive and rarely covered under medical plans. A good rule of thumb is an out of pocket expense of \$100 per visit. Medication may be the next step and can be expensive if there is no prescription coverage with insurance although some meds are now generic and becoming more affordable.

Certainly those with serious mental illness, such as major depression, schizophrenia or certain degrees of bipolar illness are unable to hold a job and should qualify for disability benefits under the law. But milder cases may only need some accommodations at school or work, perhaps something as simple as adjusting working hours to take advantage of the best times of day. Because it is an invisible disability, it can be hard to get these accommodations.

Disability services at school or work may be viewed at as an unfair advantage over other people. But it’s important to remember that

these services are designed to level the playing field, not grant unfair advantage. Think about it like someone who has broken an arm and may need help taking notes, or someone who is hearing impaired requiring a sign language interpreter, then it can indeed be viewed as leveling the playing field.

Accommodations for mental illnesses are the same. However, they are trickier to see. You might not be able to see severe test anxiety or ADHD, and accommodations like extra time testing or testing in a private location gives these individuals equal opportunity to succeed.

Certainly a good place to start is with a healthy diet, taking supplements, getting enough exercise and sleep. These things are good for anybody, but especially for people with mild anxiety and depression. Easy things to adapt to your lifestyle to help a person cope. My favorite coping mechanism is postponing my worries for a later time. Probably the only time procrastination is good for me!

~ Vicki Leeper





NEWS FROM DAC NW



28th Anniversary of the ADA!

July 26th was the 28th anniversary of the Americans with Disabilities Act (ADA). It is a landmark civil rights law. It prohibits discrimination against individuals with disabilities in employment, education, housing, transportation and other public accommodations. It has improved the lives of millions of Americans since it was signed into law in 1990.

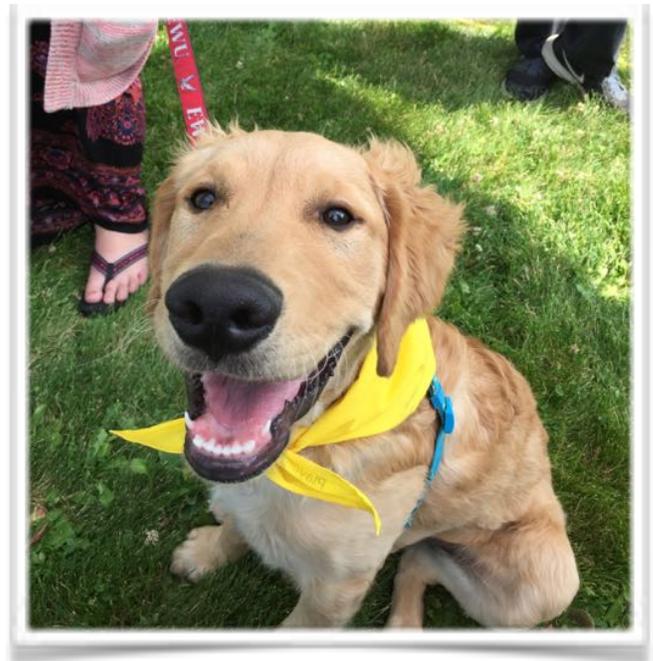
DAC NW supports the ADA's goal to secure "equal opportunity" for people with disabilities by helping them advocate to live as independently as they want.

This year DAC NW participated in an event in Sandpoint, Idaho. DogFest Walk N Roll was sponsored by Canine Companions for Independence and raised funds to be able to provide service dogs to people with disabilities. Each dog is raised to provide 24 hours a day, 7 days a week assistance for over 40 commands to help children, adults and veterans open doors, pick up dropped items and much more.

The event was designed with fun in mind. Many vendor booths had different items and information themed around dogs and disabilities. Registrants received a swag bag

filled with doggie goodies and you could go from booth to booth for faceprinting or to make your own dog treats. Games and contests like best dressed dog, musical chairs and doggie limbo gave a lot of hands on participation.

DAC NW brought a wheelchair obstacle course which proved to be very difficult on the thick grass! They gave out t-shirts to those who could complete it. They also gave away popcorn and personal misters and accepted donations. A dog-gone good time was had by all!



Helping YOU take action!

NEWS FROM



New Trails Solve Accessibility

Trails are springing up all over the country that feature accessibility for people with mobility issues.

One such trail, Hawk Mountain Sanctuary, has jaw dropping views from the scenic overlooks that are a major attraction, however for more than 80 years this authentic Appalachian forest experience and rugged terrain that made the area famous also restricted access, even to the nearby South Lookout. It was just 100 yards from the parking area, but the steep grade was a challenge for visitors with limited mobility or even those with young children.

They know that first hand viewing of wildlife is the first step in conservation. But even a short walk with a steep grade limits many from seeing it. Individuals with disabilities are either left at home or they sit alone to wait in the Visitor Center.

After two years of planning, they created the accessible Silhouette Trail which leads to the look out. The Sanctuary credits the success of the final product to its planning team including a partnership with the CIL in their area. These partners evaluated plans, tested accessibility during construction and before opening it to the public.

The new trail was built with a slope that averages eight percent. The smooth but natural pathway is 900 feet long and six feet

wide - enough for two wheelchairs to pass by one another and meanders in a wide, graceful arc through the forest.

Other enhancements include benches for rest every 100 feet, accessible trail side restrooms and improvements to the viewing platform. The benches were designed with a handrail in the middle so people can easily slide on and off and use the rail to pull. The accessible trail was the first phase of a larger project that will stretch more than half a mile in length and link all the major visitor facilities, including the outdoor center, amphitheater, native plant garden and visitor center.

Making a trail accessible will make a difference in visitation. Hawk Mountain for instance, during a typical autumn would welcome only a handful of individuals who



GRADUATION ACCESS (CONT)

used wheelchairs or walkers. Now they welcome someone who uses a wheelchair or walker nearly every day. Other benefits are families with strollers. They even received an outdoor Quantum Power Chair and ultra-light wheelchair to help increase access even further.

Communities across the nation are working to create accessible recreation out of doors. Blanchard Springs Caverns and the Ozark National Forest in Arkansas have accessible trails and tours available for people with disabilities. Bruneau Dunes Overlook created an upgraded circular observation overlook with easy access from the level parking lot, safety fencing and accessible vault toilet. Paved pathways, elevators and funiculars, handrails, wooden walkways have all been installed to make all the activities available to all. It's hard to made the updates because information on accessible outdoor spaces are hard to find.

CILs are a good resource for any Parks and Recreation area to start with for making their trails more accessible. DAC NW was successful working with the City of Coeur d'Alene to make the Tubbs Hill Trail accessible. The restroom at Elsie Lake in Shoshone County was made fully accessible in 2017 by simply removing large boulders placed there to prevent vandalism but were too close together for a wheelchair to pass through. The City Beach in Coeur d'Alene has installed a rollup accessible sidewalk through the sand to access the water, it even includes lights for nighttime safety.

Sustainable Trails For All has hosted workshops on Trail Accessibility Guidelines in New Hampshire. These in-depth, field oriented workshops help officials understand the Federal accessibility guidelines for outdoor recreation sites. It also provides an overview of the techniques and hands on skills needed to build sustainable hiking trails that provide enjoyment for all. You can learn about new products that help with accessibility like Zeager Wood Carpet. This eco-friendly solution provides access in a natural setting. Wood fibers are bonded together to form a firm, pervious surface that eliminates eroding trails and muddy paths. You can call Deb DeCicco for more information at 603-547-1475.

If you are interested in getting outside you can find wheelchair accessible trails in Idaho at www.trailink.com.

For more info visit
NWADACENTR.ORG/IDAHO

NWADACENTER.ORG/IDAHO
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NEWS FROM LIFE, INC.

HOW A STATE CAN HELP HIRE THE DISABLED

Only 36% of Americans with disabilities have a job. Some states are trying to increase that number and are trying different things to make it easier for disabled people to get jobs in the public sector. Not all disabilities are visible, and federal law bars employers from asking if someone has one. Federal law also restricts medical information that can be shared with employers. So even if an employee self-discloses a disability, employers may be nervous to discuss it out of fear of breaking the law.



Massachusetts has created an account to help agencies fund needed accommodation for employees - like assistive technologies to help with hearing or visually impaired use of computers and telephones. Louisiana is creating new internships and short-term employment opportunities for disabled people to increase training to recruit and retain people with disabilities. Vermont instituted a trial periods of employment as a way to employ more disabled people in the public sector. Minnesota has a similar tryout period for applicants with disabilities. This allows a person to demonstrate their qualifications and gives managers an opportunity to see how effective people can be.

As a nation, all businesses are competing for talent and the talent pool is getting smaller and smaller. Businesses need to be smarter and more inclusive!

TECHNOLOGY FOR INDEPENDENT LIVING

Sonar Glasses a Hit!



Sonor Glasses increase mobility independence for blind and visually impaired people by helping them navigate around obstacles in their path of travel. They alert about potential hazards that are beyond the reach of a white cane, such as parked cars, overhanging branches, street and traffic signs, construction scaffolding and other obstacles. They complement the use of a white cane and guide dog by watching for hazards of nearby objects above waist level on sidewalks, shopping malls, yards and tight spaces in your home. They can also be attachments to your walker or wheelchair to alert to steps or drop offs. Prices start at \$300.00.

www.sonorglasses.com

No Sting Skin Barrier



Like an invisible layer of skin, this alcohol free liquid absorbed into a wipe creates a transparent protective film when applied. The film dries to form a synthetic barrier for protection from adhesives, friction, and body fluids while increasing the adhesion of tapes and wafers. Gentle, convenient, and scent-free. Helps eliminate skin tears from bandage adhesives. About \$15.00.

Safe N Simple

LINKS WORTH SHARING

Night Sky Happenings—by James Pickard



The Perseids Meteor Shower is the brightest one of the year and occurs every year between July 17 and August 24. The peak is around August 9-13. The debris is from the comet Swift-Tuttle and named for the constellation Perseus. Perseids

https://www.timeanddate.com/astronomy/meteor-shower/perseid.html?hc_location=ufi



The a-Capricornid meteor shower reaches maximum visibility up to August 20th. The Earth passes through streams of debris left behind by comets and asteroids. The pebble-sized pieces collide with the Earth around 70 km per hour.

https://in-the-sky.org/news.php?id=20180802_10_100



A partial solar eclipse will happen with the Supermoon on August 11th. On a worldwide scale, the partial eclipse lasts about 3.5 hours, starting at sunrise in North America and ending at sunset along the Asian Pacific Coast. If you're in a position to witness it, be sure to wear proper eye protection.

<http://earthsky.org/?p=283900>



The Aurora Borealis (Northern Lights) is a beautiful, if hard to predict phenomenon. By the second week of August, the night sky is dark enough to potentially allow views of the aurora.

<https://www.nps.gov/dena/planyourvisit/night-sky.htm>



For tips to stargaze in Idaho, visit Explore Rexburg for locations, times, and more. Central Idaho is known as USA's First Dark Sky Reserve. Low pollutants, few clouds and gigantic skies provide star viewing you will never forget.

<https://explorerezburg.com/stargazing-idaho/>

Tis the Season - by James Pickard

Hey all! It's me again, hailing from Moscow, the gateway to the panhandle of Idaho. You know it's that time of year again. Yep...You guest...FIRE SEASON! So, I thought that I would talk with you a little bit on the subject. Yea, I understand that you already know about wild fires, but I just wanted to go over the basics to refresh your memory as well as mine.

In our area (western part of the United States) wildfires were here long before civilization set in. Now towns and communities have been established in the midst of prominent wilderness prone to wildfires. So, it is recommended that you learn how to live with this inevitable variable to the best of your ability. This will promote safety not only for your dwelling but your neighbors as well. What knowledge is advised to know and do? I thought you would never ask...pre-fire activities: these activities are actions taken before wildfire season begins.

Here's a breakdown. Proper vegetation management around your home, use of fire resistant building materials and firescape landscape design. Ok, that says a lot...but is still clear as mud! Proper vegetation management, or defensible space as it is known, is the area between your house and an oncoming wildfire where the vegetation has been modified to reduce the impact of the wildfire



and provide an opportunity for firefighters to effectively defend your home. To give you an idea of the wide variety of fire resistant building materials there is Mineral wool,



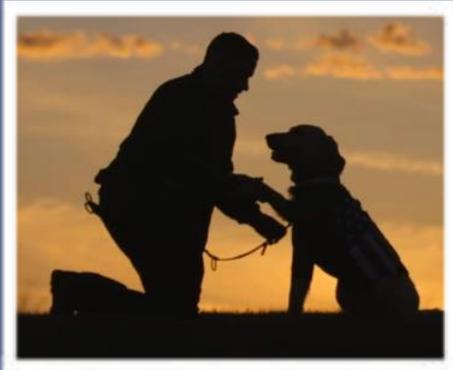
Gypsum boards, Perlite boards, Proplex sheets just to mention a few. Let's move on to the last item, firescape landscape design. Boy...sounds complicated!

Well it's an involved process and you have to be committed to keeping it maintained after you establish the firescape. What it comprises of is three zones around your home and the six steps to achieve these zones. Now it would be darn near impossible for me to tell you the distance of each zone because I don't know your exact terrain your dwelling is on. But I can tell you the six steps in how to achieve these three zones around your home.

1. How big is an effective defensible space?
2. Is there any dead vegetation within the defensible space area?
3. Is there a continuous dense cover of shrubs or trees present within the defensible space area?
4. Are there ladder fuels present?
5. Is there an area of at least 30 feet wide surrounding your house that is lean, clean and green.
6. Is the vegetation within the defensible space maintained on a regular basis.

Like I mentioned earlier, this is only the basics, there is a lot more information needed to flesh out the topic. There is a dandy pamphlet called "Living With Fire: A Guide For the Home Owner" It has links to various website for more information. Check it out and remember: The journey of a thousand miles begins with one step - Lao Tzu

A New Leash on Life Film



K9's For Warriors has produced a film about three of the many recipients of their highly trained service dogs. These dogs are prepared to help our veterans suffering from Post-traumatic Stress Disability, traumatic brain injury as a result of military service. These animals empower them to return to civilian life with dignity and independence. They are the nation's largest provided of service j dogs to disabled American veterans. It features Louis Belluomini and his dog Star, the first service dog to be allowed to work on the ambulance with his EMT owner.

Go online to view the trailer of this film. And you can register to watch the live online premier as soon as it's released.

[https://
beambitious.clickfunnels.com/
optin20981001](https://beambitious.clickfunnels.com/optin20981001)

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

"We do not grow by knowing all of the answers, but rather by living with the questions." ~ Max De Pree
Corporate and Civic Leader 1924-2017



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



Ten Things You Can Use to Stay in your home!

“Aging in place” is a hot topic these days, particularly among baby boomers who want to maintain their independence.

Not every home is set up to ease the transition into an adults older years, when mobility is the major issue. Declining hearing, sight and mental awareness can also affect how ease it is to continue living in the home of their choice.

Amazon Echo

It is easier to speak to technology than to touch it. These devices integrate well with other home products and can complete a number of tasks some people might find difficult to do. They can play music, read books, place phone calls all by voice command. The midsize version is available for about \$100.

Video Doorbell

Safety is, and will continue to be, a major concern for people who live alone. Smart devices like the Ring Video Doorbell allow you to see, hear and speak to someone at the door via your smartphone, tablet or PC, without ever having to open it. It's available for about \$180.

Smart Thermostat

Digital Thermostats can be difficult for even a tech-savvy homeowner to understand. Smart thermostats regulate the homes temperature, which can be a health concern as well as comfort. It can connect to Amazon Echo, and be voice controlled, no need to read the text on the screen. Or it can be controlled via a free mobile app from a smartphone. Starts about \$130.

Wemo Light Switch

Falling is a major concern for those who live alone. Fumbling in the dark for a light switch increases risk for falls. The smart light switch allows the homeowner to control lights and small appliances from an app on the smartphone. They can be set on a timer and even controlled from outside the home. Available for about \$50

Family Hub Refrigerator

Though often marketed to young tech-savvy families, smart refrigerators allow owners to order groceries directly from their refrigerator, which can be helpful when its a struggle to get to the store. It comes with voice technology, and can read out recipes for chefs who might struggle with small print. The least expensive model is available for \$3,500.

Med-Minder Pill Dispenser

For people with memory problems, it's often a struggle to remember to take their medication at the right time. This dispenser helps you stay on top of your medication. The advanced model only allows one compartment to open at a time and has reminders like flashing lights, audio prompts or phone calls or texts. Available from \$0-\$65.

Stove Guard CookStop

Even the best cooks have left the stove on once or twice, but that mistake can be a safety risk for older homeowners with memory loss. The CookStop will sound an alarm and turn the stove off if left unattended for a predetermined amount of time. Available for various types of stoves for under \$650.

Work Landroid M

A robotic vacuum cleaner can help the disabled keep their homes clean, or even mow the lawn! Automatically shuts down if the grass is too wet. When the battery is slow it returns to the charger by itself! Available for about \$1000.

Automatic Doors

Mobility can be a problem even inside your own home. Doors that don't require fumbling with a handle and don't swing out but slide side to side can be a big help.

Affordable Adaptive Solutions sells automatic doors in a variety of styles and provide pricing upon request.

Approach Wall Cabinet Lift

Hard to reach top shelves can come down to you. This lift has a button that adjust the height of the cabinet by up to 20 inches. A safety shut off protects it if it comes in contact with something on the counter below. Available for about \$1600.



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