You may be eligible for a Property Tax Reduction. If you are 100% Service Connected disabled veteran and own and live in a home or mobile home as your primary dwelling you could qualify for up to $1320 in reduction on your 2019 property taxes. Or if you own and live in a home or mobile home, had income of $30,000 or less, and are 65 or older, blind, widow(er), former POW/hostage, or disabled as recognized by VA, Social Security or Civil Service. Apply between January 1 and April 15 at assessor@latah.id.us or call 208-883-5710.
LOCAL EVENTS - Please join us!

Jan 16 - Peer Support Network - Financial Literacy
Moscow, ID
DAC NW Office, 4:00 pm - 5:00 pm

Jan 18 - Ride with Larry Film Event
Clarkston, WA
TBD, 6:30 pm

Feb 21 - Third Thursday - Autism Anchoring Dogs
Moscow, ID
Fundraiser for service dogs.

Feb 25 - Hewlitt Packard February Cohort Conference
Boise, ID
Hewlitt Packard Boise, Thru March 1st

MONTHLY SUPPORT GROUPS

Caregiver Coffee and Support Groups

Pullman, WA: 2nd and 4th Monday of the month, 2-4 pm
at Regency Assisted Living

Colfax, WA: 1st and 3rd Monday of the month, 2-3:30 pm
at the Colfax Library Center

Head Injury Support Group

Pullman, WA: 4th Monday of every month, 6-8pm at Pullman Regional Hospital

Alzheimer’s Support Group

Moscow, ID: 2nd Thursday of every month, 1-2:30 pm at Trinity Baptist Church

Mental Health Recovery

Moscow, ID: Every Wednesday, 4-5pm at 1912 Building, Friendship Hall
I started out writing about the irony of American health care...blood pressure started to go up. Then I thought I would talk about teens and their addiction to screens...more blood pressure. I realized the whole idea of writing about something important was getting me down.

So to try and bring the level down a bit I thought I would take a break with a cat video. Yes I love cat videos. Lucky for me I am not the only one, so there are always plenty to choose from. But why are they so popular?

Kitties rule the Internet, thanks to our endless appetite for feline flicks. An article for the journal Computers in Human Behavior poses a possible answer. Cat videos literally improve our mood. I know it is the one type of post on Facebook that makes me laugh out loud - sometimes at inopportune moments. A study at Indiana University’s Media School found people felt significantly happier after watching one and experience fewer negative emotions of anxiety, sadness and guilt.

So I guess it all comes down to pet therapy. We already know the value of pets going into hospitals and nursing homes, so why should this be any different. But why do cats seem to be the Internet’s choice? Could be that introverts tend to spend more time online, aaaand they also tend to prefer cats to dogs. But could there be more to it than that?

Massey University in New Zealand slowly but surely went through hundreds of hours of cat videos online to find out. Their conclusion? It’s because cats don’t care they are being watched. Cats appear to perform oblivious to the camera which is in contrast to other “cute” videos such as dogs or babies. They think we like that because we are under so much scrutiny today.

Whatever the reason, I think I need a break.

~ Vicki Leeper

*If you have something for the newsletter*
DAC NW held 3 separate Career Mentoring Days this year and helped nearly 100 students find out about jobs they are interested in and what is needed to get them.

A typical day starts out with an orientation breakfast and some information about where they are going and what questions they should be asking once on the job site. Three hours of job shadowing with their mentors involves a lot of hands on and behind the scenes tours. From manufacturing t-shirts, becoming a reporter or photographer, to lab work, the career choices are as diverse as these kids.

New this year was one held in Spokane. A highlight was a student with a disability getting to job shadow a professional photographer who also has a disability. The peer to peer aspect is wonderful! Plans are already in the works for another one next spring.

The students return for a lunch with their mentors, and some interview skills, resume tips and more. To wrap up the event, notes were taken so more great ideas can be incorporated into the events next year.
Got Your Car Keys Ready? Parking and the ADA

In the 27 or so years since the enactment of the Americans with Disabilities Act, parking remains a hot topic, crisscrossing several titles of the ADA. There are still common situations and issues that pertain to accessible parking as a uniquely singular area of disability law that continue to persist as a popular ADA issue for everyone involved. There is no escaping ADA parking on a daily basis.

For clarification on Title III and the public accommodations, and the private sector; Title II and public entities, State and local government; or Title I, employment discrimination, or Fair Housing; these questions can be hard to navigate.

Questions can range from charging for parking or metered parking in public areas, accessible parking at colleges, what employer obligations are, including how to register for accessible parking placards. Contacting your local ADA center is often the only way to get reliable information. If you have questions contact Dana at the Northwest ADA Center - Idaho at dananwadacenteridaho@gmail.com
The Idaho Inclusive Emergency Coalition is Looking for New Members.

This new statewide coalition (IIEC) focuses on disability inclusion in emergency management practices. It is made up of organizations who work with individuals with disabilities, emergency management organizations and individuals with disabilities. As we have seen in the tragic Camp Fire in California, people with disabilities are at risk. We need to increase their participation in local and stage emergency planning, preparedness and response activities. Disability inclusion should be built into all aspects of emergency management including:
- inclusive, adapted and accessible communication, transportation, shelters, transitional housing, and health care for people with disabilities.

Currently they would like to get individuals with disabilities to the table regarding all things emergency preparedness. The IIEC is willing to support and get the word out regarding training opportunities, drills, and exercises.

Do you have a group of volunteers or community opportunities that could use this information? They would love to help spread the word.

They are also looking for people to give 15-20 minute presentation during their monthly phone calls. The purpose of these phone calls is to help the coalition understand how emergency management practices work, and how the members of the coalition can work with these teams to reach the above goals.

If you would like to participate, join the coalition, or just want more information about IIEC, please contact Jerry Riener at the Idaho State Independent Living Council.
208-334-3800

They look forward to hearing from you.
Exploring Trends in Homecare

As the senior population rises, the shortage of workers to care for them is also expected to grow. In home personal care aides is one of the fastest growing occupations. Help for those that need it with activities of daily living, such as laundry and bed-making or preparing meals. From 2000 to 2015, the home health care sector saw a 115% increase in employment nationwide.

Hourly pay for caregivers across the country averages $11. Attracting and retaining qualified personnel to work in the home is one of the top concerns, a task that requires considerable investment of time and effort. One of the issues is communicating the availability of employment. This is a market where a caregiver may receive 3+ calls a week for work. So planning a better recruitment and training process can lead to better hires. Rather than eliminating people from the job pool, companies should be helping caregivers attain the proper training for better placement.

What makes a good homecare employee?
A good employee is resilient, adaptable and able to solve unique problems in challenging environments. It is critical they are knowledgeable and confident in the basics to safely problem solve unusual situations. Compassion, humor, common sense, patience, a calm demeanor, respect, ability to listen and follow written instructions regarding the care of the consumer, and the physical ability to assist someone in standing, walking, and bathing. With a shortage of caregivers, finding the right person, with the right temperament and the drive to succeed, will solve staffing challenges.

Elevate the Role on In Home Care
The role of the in home care is needed now and more so in the future. We must begin to put the importance of such a caregiver into the spotlight. Without this workforce, people may be looking at losing their independence and moving to an institution. Let’s all work together to expand the importance of these workers!
Touch Screen Use for the Blind

Crucial services are being replaced by touch screens, which aren’t accessible. WatVision allows the visually impaired to use any touch screen without needing to see the screen elements. The smart phone app is contained in a ring you wear on your finger. You point the phone camera at the touch screen and it will read whatever is under our finger. It will be low cost!

TECHNOLOGY FOR INDEPENDENT LIVING

SAMARTH Transfer System

Samarth is an assistive mechanism to provide an easy, safe and convenient way of transferring from wheelchair to other mediums with ease. The mechanism is two components of a wheelchair, and can conveniently retrofit existing chairs. The intuitive device allows closer positioning for transfer for the wheelchair by removing the barrier of the wheel and replacing it with a smooth surface transfer board. This, in turn, can be flipped up and used as a multipurpose table as well. Winner of the James Dyson Award, it will be in production soon.
OneArmedGraphics is a blog by Robbie MacGillivray, an arm-amputee resulting from a motorbike accident in 1990. He talks about his life with chronic pain and disability and his interests in graphic design, 3D art and photography, and also home-based side-business. He also has a YouTube channel! http://www.onearmedgraphics.com

Competitive woodchopping with one arm? Nick is like every other Aussie bloke; he loves a good yarn, a nice cold beer, and a good laugh with mates. Oh, and he’s been a competitive woodchopper since the age of 10. But losing an arm at age 8 didn’t stop him! And now, 23 years later, he is still surprising doctors and therapists with what he can do. https://projectopendoors.org/2017/09/20/one-armed-axe-man-reinventing-wood-chopping/

For a recent amputee, learning how to do simple things might require life hacks. LivingOneHanded.com provides just such life hacks like how to put on underarm deodorant with just one hand. Think about it, eh? Lot’s of great information, including humor and pranks! Yes, people with disabilities have a great sense of humor. http://www.livingonehanded.com/category/videos/

Storyline Online lists tons of free children’s books read to you by celebrities that you can play on YouTube. Each video is closed captioned too! Put together by the Screen Actors Guild, this free resource is fun and functional for kids of all ages. https://www.storylineonline.net/library/

Learning to read is a challenge for almost 40% of kids. The good news is there is help. Reading Rockets is a website where you can get information about reading difficulties, getting your child assessed, and find help. Early help is the best! http://www.readingrockets.org/helping
I have been asked to belay some insight into the world of becoming physically impaired. Yes, I’m talking about becoming maimed because I was not born with a disability, I was maimed in my early 30’s. My objective with this article is to hopefully encourage and pass on the can-do attitude that is needed to survive. To inform you on the work that will be required for you to achieve life’s everyday tasks. This article will be ongoing and I’m sure that this knowledge will apply to all people as well.

First and foremost, I have to give God all the glory. He guides me safely through calm and troubled waters. When I do run aground He gives me strength, courage to face whatever is before me and the understanding to deal with it. This knowledge and wisdom helps me set sail again. I understand that God is not for all and rightfully so.

Another thing I would like to touch upon before we get started is that I work part-time for a Center for Independent Living and their standards are thus: Form a partnership with the community, work to promote the independence and equality of individuals with disabilities in all aspects of society. Their goal is to gain community support for independence, include people with disabilities in community life, and remove barriers.

Know that I am not the only one! There are others—don’t believe me? Nick Newell is a one-armed mixed martial artist going for the championship title, Zach Hodskins is a college basketball player shooting for the NBA, Rich Allen is the drummer for Def Leppard, and rock climber Sianagh Gallagher is winning medals. Not to mention countless others who are successful, with various disabilities that have come to the same conclusion that I will impart to you. (Or not)

Let us being!

There is a very old saying that floats from one person to another, sometimes frequently and sometimes not so much. It is said: “You can lead a horse to water but you cannot make him drink.” This is very similar to the old saying I am going to convey to you. “I can only lead you to the door, it’s up to you to go through it!” This is the first hard problem that you have to figure out. Nobody else can do this for you, it’s you and you alone, always has been and always will be….to the end. Granted, you will have a support structure along the way, i.e. family, friends, co-workers, other forms of professionals and or programs. But in the end it is still up to you!

NOTE:
No matter what anybody tells you, “SUCCESS” is whatever you want it to be! ~ Selah
TV Shows Features More Characters with Disabilities

The number of characters with disabilities on television has set a record for 2018! There are 18 regularly appearing characters on prime-time network shows accounting for 2.1% of portrayals. The statistics are kept by GLAAD, an organization that assesses representation of minority groups on television. The number is up from 16 in 2017. This is the highest number since GLAAD started tracking it in 2010. However, disability representation falls far short of the true percentage of Americans with disabilities.

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

Quotes to make you think!

“Some people are always grumbling because roses have thorns; I am thankful that thorns have roses.” ~ Alphonse Karr

TIDBITS!
Categorically left over but no less important
November was National Family Caregiver Month

By Marilyn Sword

One in four Idahoans is a caregiver. These parents, sons and daughters, spouses, friends and neighbors, provide more than 201 million hours in uncompensated care annually. Acknowledging their service, Gov. Butch Otter recognized November 2018 as National Family Caregiver Month, hailing the contributions of Idaho’s estimated 300,000 family caregivers. And although the month is over, the number of caregivers and their need for supports and information has not. In fact, with medical advances and an aging population, it will only grow.

Across Idaho, family caregivers often balance full- or part-time employment with managing the health and medical needs of their loved ones. Although they do this work willingly, it comes at a cost. Caregivers can lose up to $600,000 in wages over a lifetime, and nationally employers lose approximately $33.6 billion in productivity annually, according to Idaho Caregiver Alliance.

The Alliance, formed in 2012 through a partnership between the Center for the Study of Aging at Boise Site and the Idaho Commission on Aging, brings together more than 50 public and private organizations and 400 individual members, including caregivers of individuals across the lifespan. The Alliance serves as a statewide voice for this critically important but often invisible constituency. Each year, the Alliance helps to identify and support caregivers by holding a caregiver conference. The next conference is scheduled for February 9, 2019 at Boise State and registration is now open.

Many times, caregivers do not recognize themselves as such. This can unnecessarily limit their access to the resources and support they need to avoid burnout. That is why public awareness and this recognition by public officials like Governor Otter is so important.

Family caregivers coordinate and provide complex medical and mental health services and navigate financial and legal challenges. This essential role is often overlooked as are the negative health, employment and emotional impacts experienced by caregivers. The need for respite care (an occasional break from caregiving) is critical for the health of caregivers. Developing and enhancing local respite programs is a key initiative for the Alliance and the Idaho Commission on Aging.

If you are caring for a child with disabilities, an adult with a serious illness, or a senior with memory loss, the Idaho Caregiver Alliance is here for YOU! Each of you serves a vital and unique role and does not need to be on their journey alone.

For more information, or to be added to the mailing list contact the Alliance at info@idahocaregiveralliance.com. Look for them on Facebook, Twitter and Instagram.
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

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www.idlife.org

www.dacnw.org

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