

# Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



## Haiku by Ashley Centers

Reminder to self:  
We are all works in progress;  
forgiveness goes far.

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NEWS FROM DAC

Puppies  
& Pints

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NW ADA CENTER

Disability Awareness  
Day

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LINC INC

Accessible Yoga  
and Dance

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LIFE INC

Medicaid for  
Workers

## LOCAL EVENTS - Please join us!

- Feb 7 - Blessings of Liberty Premiere Screening**  
Boise, ID  
Idaho State Capitol - Lincoln Auditorium, 4:00 pm - 5:30 pm
- Feb 7 - Ride with Larry Film Event**  
Lewiston, ID  
Lewiston City Library, 4:00 pm - 6:45 pm
- Feb 14 - Peer Support Network - Navigating Friendships**  
Moscow, ID  
DAC Office, 4:00 pm - 5:00 pm
- Feb 21 - Puppies & Pints - Fundraiser for Autism Anchoring Dogs**  
Moscow, ID  
Tapped Brew Pub, 5:00 pm - 7:00 pm
- Feb 22 - Sex And Disability**  
Lewiston, ID  
Lewiston City Library, 1:30 pm - 4:00 pm
- Feb 25 - HP February Cohort for job applicants with Autism**  
Boise, ID  
HP Boise, February 25 - 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

# Makeup is Art, Beauty is Spirit by Toni Thurling

My name is Toni Michele Thurling. Some call me Toni Michele, some call me just Toni, and the lazy ones call me “T”. I practice the art of makeup and fashion. I am offering my consulting services to people with disabilities. I have been a licensed cosmetologist for over 19 years. To enhance my skills, I travelled to New Zealand to take the Pro-Makeup artist class (one on one) from Nicole Kidman’s former makeup artist. I have taken numerous other advanced education classes for color, & hair techniques over the years in order to be the best professional.



I realize this life is no dress rehearsal, and it can go by real fast! At age 5, life is going 5 mph, at 60 live is going 60mph, and by the time your are 70 you could get a speeding ticket!

Makeup and fashion are my art and you can be my canvas. The universe made you a unique person and I am here to teach you the tips & tricks to fashion and makeup, regardless of your disability. I love the confidence makeup and fashion gives a person. With the right look, you feel like you can conquer anything. You feel put together.

I really like a natural look in makeup, the “less is better” approach. It all depends on the occasion and the mood you want to convey. As

your mentor, my focus is to determine face shape, eye shape, skin tone, color pallet for fashion and - most importantly - your desired look.

Style is the easiest way to communicate how you feel without speaking. Style is more than what you wear. It takes on certain energy within you. A certain outfit can make a statement. It’s all about your state of mind, attitude and personality. They say to wear a suit to an interview, means you’re a professional that means business. Black isn’t always a good color on people. I can teach you how to get around these fashion choices and still stand out. I work with your own color palette for fashion.

Years ago I had a client who was a young teenage girl, with many facial birth defects. She had had many operations and was to get her ears soon. The girl’s mother booked a makeup session. When I was done she was so happy and came by a few days later to show e her new dress and makeup. That’s why I do what I do. It is so rewarding to see how I can make a difference.

Never should your disability define how you look. Or how you dress. Don’t allow yourself to become invisible. Feel good about how you look. I am a beautician, and I can work magic on YOU!

For more information call 530-448-4988 or email at [hoodbaylady@gmail.com](mailto:hoodbaylady@gmail.com)



## NEWS FROM DAC NW

### PUPPIES & PINTS! WHAT COULD BE BETTER?

DAC is once again partnering with a service dog organization. They understand the need for trained service animals in the area AND the huge cost that is typically associated with them.

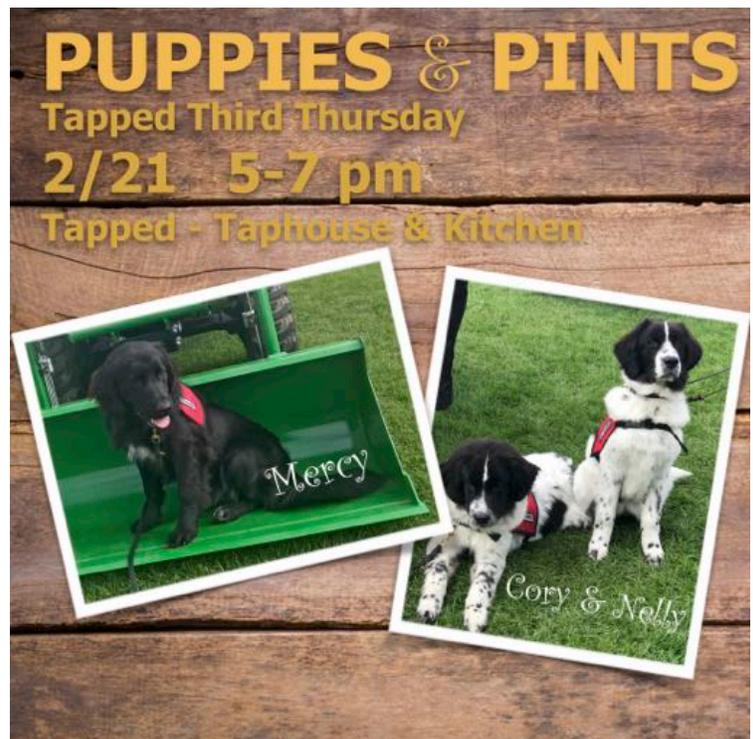
Autism Anchoring Dogs is an organization located in Portland Oregon whose service dogs keep children safe and calm. They are unique as service dog trainers because they use giant breed dogs that can weigh an average of 110-150 lbs. That is almost twice the weight of a young child age 4-10 years. A special harness connects to the child and the adult handler. If the child runs or starts to wander off, the dog braces itself and voluntarily goes down preventing the child from going further than the end of the tether. By having the dog attached to the child it removes the judgmental comments from passerby. Everyone is just more relaxed.

This simple premise of using the dog to anchor the child promotes safety in practically any environment: walking outside, grocery stores, camping, museums, sporting events, movie theaters, restaurants and more. Parents want to keep their children safe, and these dogs help ease that burden.

And the anchoring dog offers a safe place to go for comfort and solace during or after a meltdown. The dogs are even trained to lean into the child and provide pressure that

soothes, redirects, or dissipates anxiety or frustration.

Puppies & Pints is a reason to drink for a good cause! For every pint of beer sold, \$2 will be donated to Autism Anchoring Dogs. And puppies in training, Mercy, Cory & Nelly, will be there to meet and greet. Swag bags filled with doggie type treats will also be given away as door prizes. And all funds raised will go towards raising these great service animals so they can be provided to families for free. The event is held at Tapped in Moscow, Idaho on February 21st from 5-7 pm. Come on out!



Helping YOU take action!

# NEWS FROM

Northwest **ada** Center  
Idaho



## Fred Riggers Disability Awareness Day at the State Capitol

The Northwest ADA Center Idaho, LINC, and DAC NW joined dozens of agencies for Fred Riggers Disability Awareness Day, January 29th. Fred Riggers is an example of a true advocate. He began visiting the State Capitol over 19 years ago. He learned that sharing your story could have an impact on decisions that are made. Riggers, who died in 2016 at age 73, fought for equal rights of people with disabilities.

Lynda Riggers Wolters, Riggers's daughter, was at the event. "Fred Riggers was a somebody in his own way," Riggers Wolters said. "He spent countless hours over 17 years in these halls as a regular citizen, making friends and influencing people."

The event was sponsored by the Consortium for Idahoans with Disabilities (CID). CID presented Stephen Graci with the Marilyn Sword Award for his advocacy to improve the lives of Idahoans with disabilities to children mental health services. Lt. Gov. Janice McGeachin read an official proclamation during the event.



# NEWS FROM LINC, INC.

## Local business offers Inclusive and Accessible Dance/Yoga Therapy

PIVOT is a dance center in the Boise area. They are inclusive and offer a place where everybody belongs and feels accepted, where each individual and their uniqueness is embraced and celebrated. All students are part of a learning community and receive a quality experience with their peers. They work with students of all ability levels in a stimulating, creative and caring environment that has been adapted to be accessible.

All classes are conducted in a person first language. They emphasize a person's accomplishments, talents and skills. The Pivot class offers body awareness, spatial awareness, listening and visual skills, movement recognition, recall and memorization, kinesthetic-neurological connections, social engagement, and verbal & non-verbal modeling.

Yoga is adapted for all skill levels, teaching the benefits of breathing and poses for gaining focus, strength and balance. The use of visual and verbal cues as well as proper alignment build confidence in practice.

The Dance classes are adapted for all ages,

levels and abilities. They build on a foundation of an array of dance styles including ballet, jazz, modern and hip hop. Participants gain similar skills and build connections that are trusting and caring.

Classes are held in 6 week sessions and have a drop-in class option. Private lessons and scholarships are available. The classes are held at the Gem Center for the Arts, which is a fully accessible building inside and out. Go to [www.pivotmovement.com](http://www.pivotmovement.com) for more information.





# NEWS FROM LIFE

## APPLICATION PROCESS FOR MEDICAID FOR WORKERS WITH DISABILITIES

This program is designed to assist individuals who are earning at least 15% of their income and are considered disabled. The process through Dept. of Health & Welfare lets you apply for any Medicaid program with one application.

1. Visit <https://www.livebetteridaho.org/> for information about the various programs that are available through the Dept of Health & Welfare. Your application for benefits will assess your eligibility for any of these programs, and you will be given the most affordable coverage that best fits your needs.
2. Apply for Health Coverage Assistance using one of the following methods:
  - a. Online at [www.Idalink.idaho.gov](http://www.Idalink.idaho.gov)
  - b. Call the MyBenefits line: 1-877-456-1233
  - c. In person at any of our field offices throughout the state
  - d. Paper application: <http://healthandwelfare.idaho.gov/Portals/0/FoodCashAssistance/HealthCoverageAssistanceApp.pdf>
3. If you have not been determined disabled via the Social Security Administration but

feel that you have a disability that would qualify, you may request an assessment done through Disability Determination Services. The Dept. of Health & Welfare can provide the packet of information that is required to be completed.

- a. If you applying over the phone or in person, request a DDA determination be made.
- b. If you applying via a paper application, please write the words “Workers with Disabilities” on the top of the front page so that a DDS packet may be sent to you.



# PERSONAL ASSISTANT SERVICES

## WOUND CARE MANAGEMENT A MUST

Acute and chronic wounds are a health care concern, driven by aging populations and the increasing prevalence of chronic conditions such as diabetes and obesity. More than a third of people who utilize in home care require treatment for wounds.

Accurate measurement enables proper wound diagnosis and treatment, yet the commonly used ruler method for measuring and tracking wounds often yields imprecise results. And that can be hard to do by yourself if the wound is in a hard to reach area. Some of these wounds are complex and at risk of infection. Documenting a wounds healing process is important for relaying information accurately to medical professionals.

Digital tools can now address these challenges. The technology may measure and document wounds more accurately and faster than the standard ruler method and improve your outcome and reduce visits to the doctor's office.

A smartphone app makes capturing wound care information as simple as taking a photo. There are integrated care protocols

in the app alerting you to wounds that need advance care. **imitoMeasure** is a digital wound app, standardized, simple and free of charge. It allows exact wound measurement without scale. You take a photo, use your finger to encircle the area for measurement and record it's location on the body map. You can report it to your doctor via e-mail. You can try it for free by placing the supplied or printed QR code near the area you want to measure. Point the camera parallel to the wound and include the QR code. The shutter button will become active when the code has been detected - then take a photo.



## Services you control!

# LINKS WORTH SHARING

## YouTube Worth Watching – James Pickard



We guarantee Lost Voice Guy will have you laughing as he brings something completely different to the comedy scene. His CP has left him unable to speak but it certainly doesn't hold this comedy genius back as he delivers his hilarious gags in a unique way.

<https://www.youtube.com/watch?v=xsqInns6LXQ>



The ability to make fun of yourself is so powerful. Samuel J. Comroe has Tourette Syndrome and impressed the judges with his comedy on America's Got Talent. He has taken his syndrome and turned it into heartwarming comedy.

<https://www.youtube.com/watch?v=wnQoxT2iMkQ>



Despite fearing he was being thrown to the lions, teenage comedian Jack Carroll had the audience rolling in the aisles from the moment he stepped on the stage. Check out why he was pronounced a "comedy genius" for his bold, brand of self-deprecating humor.

<https://www.youtube.com/watch?v=taTSxDVEHRM>



This Australian preacher and motivational speaker was born with Tetra-amelia syndrome, the absence of all four limbs. As a child he struggled but eventually came to terms with his disability and at the age of 17 started his own non-profit. He speaks worldwide on life with disability, finding hope and meaning in life.

<https://www.youtube.com/watch?v=8jhcXOhlMAQ>



This disabled vet was told he would never be able to walk on his own again. So he tried DDP Yoga, since he couldn't do traditional exercise. He fell many times, but kept going. He lost 100 pounds in 6 months and now can walk and run and learned to take control of his life.

<https://www.youtube.com/watch?v=qX9FSZJu448>

## Facts about Idaho Everyone Should Know

— by Guest Blogger James Pickard

Hello All! This month I thought it would be fun to explore some interesting facts about Idaho you may have not heard. In fact, there are a few facts I hadn't heard before either! Without further ado we'll start off with one everyone knows...

Idaho's official nickname is the Gem State. But, did you know some 72 different precious and semi-precious gemstones have been found in Idaho? One of the is the star garnet. It's only found in abundance in two places in the world: Idaho and India.

The Gem State is bigger than all of New England combined! Of course, the New England states consist of Maine, Vermont, New Hampshire, Massachusetts, Connecticut, and Rhode Island. That's a lot of territory!

Most people know that Idaho's state horse is the Appaloosa. Did you know that it was brought over by the Spaniards in the 1700s and embraced by the Nez Perce tribe? If you did, how about this nugget of information? Settlers who moved into the area called these spotted equines "Palouse horses" after the Palouse River.

Here's a little something about the famous "Idaho Potato". In 1836 Henry Harmon Spalding brought the potato to Lapwai, Idaho and taught the Nez Perce tribe how to grow them. Something you may not know is that the Nez Perce tribe were the first to cultivate and sell the spuds in the area.

If you're rich enough to own or even rent a sail boat you can sail from the Pacific Ocean to Idaho (or vice-versa) via the Snake and Columbia Rivers. You'll finish or start in Lewiston, the farthest inland port on the west coast.

Everyone thinks the Grand Canyon is the deepest river gorge in North America. Even I thought this fact was true but found out that Hells Canyon is 7993 feet deep, whereas the Grand Canyon is only 6000 feet deep. That's almost 2000 feet deeper!

Which brings me to the next fact. On September 8, 1974, Evel Knievel

rolled into Twin Falls with the intent to jump the Snake River Canyon. This daredevil mounts a rocket-powered motorcycle and was launched high in the sky to cross the 500 ft tall, quarter mile wide gorge.



Unfortunately, Knievel's safety chute deployed prematurely, spiraling him and his rocket powered motorcycle out of control. His luck held true, because he landed on the edge of the river compared to what could have been a watery grave, and he escaped with just a broken nose. Did you know two miles west of the jump site, his legacy lives on at a gravestone-like monument where Evel's fans come to pay homage.

Another fact I didn't know is that Idaho is NOT tornado free. Most people believe that that mountainous terrain keeps us safe from these swirling vortexes, but that isn't the case. Every year, a dozen or so funnels touch the ground but don't cause enough damage to attract attention.

Next on our fun fact list is the Idaho State Capitol building - the only one in the US heated by geothermal energy. The heat comes from hot springs located 3000 feet underground. AMAZING!

And finally on our fun fact list...drum roll please....Idaho has the most neutral dialect of any state in the country, with no discernible accent or state specific language quirks. On top of that, Idaho is the testing ground for nearly every survey and language product on the market, as well as telemarketers central.

I hope you enjoyed our adventure through Idaho as much as I have. If you know a unique fact about Idaho drop me a line at [james@dacnw.org](mailto:james@dacnw.org). Until then...be safe!

## America Saves Week for people with disabilities



Looking for a way to jumpstart your financial security? Follow America Saves Week from February 25-March 2 to receive daily tips, goals, and toolkits. They have partnered with the National Disability Institute to advance and expand the economic opportunities of people with disabilities. Each day of that week will highlight a unique theme and offer fresh ways to work on personal savings! Knowledge is power. Sign up at the link below:

<https://americasavesweek.org/people-with-disabilities/>

# TIDBITS!

Categorically left over but no less important

## What would you do?

Let's say you have CP and you want to get your drivers license, but you use hand controls. You go to the DMV to see if there are any special requirements regarding a person with a disability trying to drive. They say there are no special requirements, your vehicle just has to pass state law. The next thing you try is to go to Voc Rehab and get signed up for drivers training services - but there is nothing available in your state because all driving instructors are privatized. Then you search the drivers ed instructors and they say they will train but they don't have hand controls in their vehicle. They can't do the training in your car with the hand controls because it is a liability (no brake on instructors side). So now you try the hospital or rehab centers to find a course but they don't provide that service. You could move to the nearby state that has these resources, but then you would be 18 miles away from your work.

——What would you do?



### 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

## A Call to Embrace Tele-psychiatry in Whitman and Latah County

By Shelley Calissendorff

If we're too rural to have enough psychiatrists to serve our communities, then I believe it's time for us to embrace tele-psychiatry! Whitman and Latah counties are considered rural according to a variety of definitions that are used as eligibility for federal programs. This means that we qualify to use telemedicine and have those sessions covered if Medicaid is our health provider.

Where the two counties differ is with regard to each state's telemedicine parity laws. Washington's telemedicine parity law was enacted last year, and as of January 1, 2017 it has expanded to cover more telemedicine services to Washington residents. However, there is no private payer parity law in place in Idaho. Washington state mandates telemedicine coverage be equal to the reimbursement rate for in-person care under private insurance, state employee health plans and Medicaid. In Idaho, no such law exists, so telemedicine might be covered by an insurance plan or it might not.

We cannot make psychiatrists or psychiatric nurse practitioners relocate their practices in our area. However, we CAN dramatically increase the level of access to these types of specialist through telemedicine. Tele-psychiatry is the term to describe going to a clinic and sitting at a computer monitor and talking with a psychiatric specialist via webcam. Tele-psychiatrists even have the ability to prescribe medication!

Telemedicine is being use in a limited capacity on the Palouse with LOTS of room for us to expand. Latah and Whitman county residents need to let hospital administrators know that we want and need more tele-psychiatry made available.

Not only could we use it for psychiatric

evaluations or ongoing management, but it's another option for hospitals for provider-to-provider consultations. If someone experiences a mental health crisis and goes to an emergency room, the hospital is unlikely to have a psychiatrist on call. However, with tele-psychiatry the attending physician can confer with a qualified mental health provider on an as needed basis. It is my intention to meet with the leadership from all three local hospitals to determine if they have access to telemedicine.

In July, Palouse Advocacy League conducted research into what mental health professionals we have. We found there are at least 50 master level therapists and 18 psychologists. But none of these can prescribe medications. It's possible to get a prescription from your primary care provider if they are willing to do so. The same research shows there are 3 psychiatrists who can see non-WSU or non-Uofl students. So if you are a member of the general public your chances of getting in is slim.

It is no mystery that rural areas like ours tend to lack psychiatric help. Say 'YES' to tele-psychiatry! It's not just our best option, it's our only option.



To view the list of mental health providers visit <https://www.facebook.com/PalouseAdvocacyLeague>

# CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



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2311 Park Ave Ste 7  
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[www.idlife.org](http://www.idlife.org)



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