Haiku by Ashley Centers

Why today is good:
Bright clothing, too much coffee,
the laughter of friends.

GUEST EDITOR
Cheat Codes to Life

NW ADA CENTER
Institutionalization after Emergencies

LINC INC
Accessible Rural Events

LIFE INC
ADAPT Members Arrested Again
LOCAL EVENTS - Please join us!

June 1 - Health and Fitness Fair
Lewiston, ID
Lewiston Community Center, 9:00 am - 2:00 pm

June 9 - Lapwai Home Fair
Lapwai, ID
Pi-Nee-Waus Community Center, 10:00 am - 3:00 pm

June 18 - Game Night - Spokane Youth
Spokane, WA
Saranac Building, 5:00 pm - 8:00 pm

June 19 - Hometown Health Connections
Colfax, WA
Whitman Hospital, Lower Level, 10:00 am - 2:00 pm

June 21 - Moscow Artwalk 2019
Moscow, ID
DAC NW Moscow Office, 4:00 pm - 6:00 pm

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

Visually Impaired Support Group
Moscow, ID: Every Wednesday Morning, 10:15-11:15, 1912 Center
By James Pickard

Hello All, it’s been a while since I contributed to the DAC NW Newsletter. I’ve been busy with other avenues, which are related to work, that have been absorbing a lot of my time lately. Don’t worry, I didn’t forget about all of you, even though it may feel like it from time to time. Ha, ha….I know, dry humor! Eh!

Anyhow…I came across a cool article the other day that I thought you guys might appreciate. It’s titled…I want to make sure that i get this right, because when I emailed Mark Manson to ask permission to share his article in DAC’s newsletter, I noticed after I sent the email that i wrote the title of his article wrong. I’m so embarrassed!!

Ohhh wellll…at least he was gracious enough to overlook my mistake. I want to extend my sincere gratification to Mark Manson for letting me share his article. Thank you, Mr. Manson!

Are you ready for the unveiling??? Ok, Ok here it is…”

Life is a Video Game - Here are the Cheat Codes.” Just a heads up I’m only going to paste in some tantalizing delectables to give you a sense of his article. I recommend you visit his website and read the article in its entirety. (link is at the bottom)

Mr. Manson starts off by saying “Welcome, Player One, to a strategy guide for the game known as LIFE.” As you’ve undoubtedly discovered, the game of LIFE is often quite difficult. You will face unexpected challenges and long periods of frustration. You will often struggle with self-doubt, feel overwhelmed by helplessness and loss, and sometimes take a sh*t when you’re out of toilet paper.

Yes, Life is hard, as the saying goes.

BUT FEAR NOT, THIS SHORT GUIDE IS DESIGNED TO HELP YOU COMPLETE YOUR MISSIONS AND COMPLETE THE GAME AT THE HIGHEST POSSIBLE LEVEL.

HOW TO WIN AT LIFE

The goal of LIFE is simple: it is to Level Up as much as possible. Each Level in life presents a particular challenge that you must overcome. Once you overcome that
challenge, you get to move on to the next Level. The goal is to complete as many levels as possible. At the end of the game, the person at the highest level gets to have the best funeral.

There are five levels in life:

-L**evel 1** - Find food, find a bed to sleep in at night.
-L**evel 2** - Know you’re not going to die
-L**evel 3** - Find your people
-L**evel 4** - Do something that’s important and valuable to both yourself and others
-L**evel 5** - Create a legacy.

(just a side note, Mr. Manson does flesh these out in his article)

Life is a big and complex game. It’s the largest open world game known to date. We all begin with different starting stats and we’re placed into a wide range of environments that can either give us advantages or disadvantages.

But because most people have trouble conceptualizing LIFE, they therefore assume that they have no control over LIFE. But nothing could be further from the truth.

LIFE’s game design is actually surprisingly simple. It is guided by a few basic principles that are designed to give the player an experience of a large amount of randomness.

Mr. Manson also fleshes out the five principles to support his thoughts on the decision of life, then he finishes up with the five cheats.

I really enjoyed reading Mr. Manson’s article and I hope you do to! This is where you can find it. [https://markmanson.net/life-cheat-codes](https://markmanson.net/life-cheat-codes)
And while you are on his website check out the other articles he has written.

Email me your thoughts. You can reach me here!

[james@dacnw.org](mailto:james@dacnw.org)

~Peace
Involuntary Institutionalization during and after disasters

A week before the official start of 2019 hurricane/tornado season (and what a season it has been!) the National Council on Disability reported that data from several major storms and disasters found people with disabilities are frequently institutionalized during and after disasters due to conflicting federal guidance; a lack of equal access to emergency services; and a lack of compliance with federal law.

Over 47 million people were impacted by Hurricanes Harvey, Irma and Maria, and based on statistics, nearly 12 million may have been people with disabilities.

The conflicting guidance states that “people should receive services in the most integrated setting appropriate, and only persons who require the level of medical care provided by trained personnel should be placed in more restrictive settings like a nursing home or hospital (DOJ). In contrast HHS CMS repeatedly issues waivers to this rule allowing states to place disaster-impacted people with disabilities in nursing homes and institutional settings.

The report finds that recipients of federal funds do not have training on how to comply with federal requirements to provide equal access to emergency programs and services nor do they have the cultural competence to interact with people with disabilities and adhere to myths and stereotypes that results in institutional placement. As a result people with disabilities often go unaccounted for, families are separated from loved ones, working individuals with disabilities often become unemployed and students with disabilities are often excused from returning to school with their peers.

The recommendations are Congress require Medicaid portability among states during disasters to ensure uninterrupted health care in the least restrictive environment. Congress should set aside funds to provide individual disaster case management focused on transition and permanent housing needs for disaster impacted people with disabilities. Congress should require data collection immediately after the next federal disaster. This can identify individuals moved to an institutional setting. The Department of Education should have a policy to require school systems to include an emergency plan for uninterrupted delivery of a students IEP or 504 plan.

In the meantime, be your own best advocate should you face a disaster.

NWADACENTER.ORG/IDAHO
Dana Gover, MPA, and ACTCP Certification
ADA Training & Technical Assistance
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How Rural Culture and Inclusion Impact People with Disabilities

The typical community event is a time when community members are able to see how they are part of something bigger than their own individual experience. Seeing friends and family participate promote a community identity and sustain connectedness.

Accessibility at these events for those with visible or non-visible disabilities is important. By attending, they are able to engage and connect with family, friends and other community members. This is collaborative, as a way to share skills and knowledge and economic opportunities. For example, if you are self-employed, these events provide an opportunity to market your goods and services. And it allows you to connect with others with similar interests.

But to make some of these events accessible, historical and cultural beliefs can get in the way. “We’ve always done it this way, why would we change?” mentality can create a tug of war that can derail efforts to make it accessible. Clearly more education is needed to the attitudes and behaviors about accessibility and change these cultural beliefs in a new and important way. To ready more about the research that was done go to: http://rtc.ruralinstitute.umt.edu/community-participation-independent-living/project-participation-in-events-measuring-opportunity-in-rural-environments/
As we gear up for another NCIL conference, disability advocates once again make the news. Dozens of activists, including some in wheelchairs, were arrested near Capitol Hill while protesting the need for more access to community-based services.

80 people were arrested Monday May 20th outside the headquarters of U.S. Department of Health and Human Services.

The protesters were with the ADAPT group. They asked for a meeting with the Secretary of Health and Human Services Alex Azar to request support for funding of Medicaid, and to discontinue efforts to block grant the program and instead support a series of other changes to make services for people with disabilities more available in the community.

As CILs across the nation know, it's hard to effectively transition people out of nursing homes and support them in rural communities. To make these programs more effective would require multiple changes in how the services are authorized and provided. Those arrested were charged with crowding, obstructing, or disturbing the peace. They were all released and can pay a fine or request a court date.

They also occupied the offices of 19 members of the House of Representatives to drum up support of the Disability Integration Act, a bill that would ensure that people with disabilities who are eligible for institutional care would also have the right to access those same services in their own homes if they prefer. As a result of their being there, some lawmakers did indicate that they would sign on as co-sponsors of the legislation.

As we know, the only way to make change is to be heard. So let's remember to go out there and advocate!
Key to a person being able to stay in their own home is their ability to keep themselves healthy and safe. Washington State University has been doing research into how a smart home can help with that. The devices are not meant to take the place of a caregiver, but to ease the burden of caregiving.

A robot called Robot Activity Support (RAS) can help with daily activities like taking medication. It is connected with sensors around the home as well as its own sensors. Still in the testing stage, it is helping with a single task or a series of tasks done in a specific order. For instance, reminding the homeowner to walk the dog. This would require a series of steps: pick up umbrella or leash, keys and the dog, as well as open and shut the door. If any of the steps were missed the RAS can remind them, or even bring the item they forgot.

Not the speediest of technology yet, when tested with young people they thought it did not move fast enough. But when tested with older adults, they appreciated the robots current speed.

Sensors can also be placed on ovens to make sure they are safely turned off. They can help with visual cues for when doorbells or phones ring. And the technology is self learning, so it will learn activity sequences a person does on a daily basis and will catch a misstep or break in the usual routine.
What if you couldn’t hear classical music? The Sound Shirt is a wearable device that converts sounds into nuanced vibrations in realtime. With it deaf people can experience a classical music concert for the first time. You can watch a video of how it works. Well worth the view! https://sound-shirt.jimdo.com/english-1/

HumanWare is a source of great tech for the blind and visually impaired. From Braille tablets to magnifying screens that allow you to continue hobbies like reading, painting and more. For over 30 years they have been innovating technology to give independence in a sighted world. http://www.humanware.com/en-usa/home

Rethinking mobility in old age help this company develop the Scooter for Life. The developed a design to enhance the experience of our later lives to help people lead fuller, healthier lives as they develop disability. This design helps to remove the stigma of using a walker or scooter. https://www.priestmangoode.com/project/scooter-for-life/

Ever want to go for a ride on a bike with your friend who uses a wheelchair, but what do you do when you get to your destination? OPair or the VeloPlus are bikes that can accommodate the wheelchair. Perfect solution for transportation or just plain fun recreation! https://www.vanraam.com/en-gb/our-bikes/wheelchair-bike

AllGo is working to change the hotel industry with personalized, accessible hotel rooms that remove barriers. From hidden handrails, and built in track hoist for using lifts, these rooms are stylish and accessible. Gone is the clinical look! Get ready to do some traveling. http://www.all-go.co.uk
Grangeville Resident Received New Ramp

A Grangeville resident watched and even brought coffee out to the workers as Disability Action Center NW (DAC NW) installed a new ramp leading from the front door to the driveway. This ramp was paid for by Medicaid. The previous wooden ramp was becoming old and unsafe. The surface allowed ice to build up this past winter, making it risky to come or go from the house.

But getting a new ramp can take time in rural areas. It can be difficult to find someone to build a ramp, and the wait can be months. Medicaid will pay for a new ramp, but it must be through an approved Medicaid provider. “It can be difficult to find the provider in these rural areas,” said Mark Leeper, Executive Director of Disability Action Center NW. “We felt the need was strong enough to go through the process of becoming a provider for the 10 counties in Northern Idaho.”

Once the ramp is approved by Medicaid, measurements are taken and the modular ramp is built virtually on a computer, the parts ordered, and about 8 business days later the parts arrive ready for installation. “It took about 4 hours to remove the old one and install the new ramp,” said Steve Corr, an employee of DAC NW. “And there is little to no modification made to the housing structure. We are getting ready to do another one in Kooskia.”

DAC NW researched the ramps to use and decided on Q-Ramp. This system is easy to design, and requires no permits or holes to dig for posts. The coating is durable and no painting or staining is needed to maintain it. It has a non-slip flow through surface that keeps snow and ice from building up. Extra tall curbs keep wheelchairs from slipping off and it even has glow in the dark guides. The neutral color stays cool to the touch and compliments any home.

“This is a natural extension of our other Ramp Project,” Leeper said. “We use donations to purchase modular ramp pieces to build temporary ramps at no cost for people who can’t afford them so they can stay out of nursing homes.”

DAC NW partners with organizations like Palouse Habitat for Humanity, Interlink, Habitat for Humanity of North Idaho, and Lions Club to store and assemble the ramps when needed. A consumer uses the ramp until another one can be purchased or built, with the hope that when it is no longer used, the parts can be returned to the program to be used again. DAC currently has over a dozen ramps installed right now. The program was started in 2016 with a $17,000 grant from the Christopher and Dana Reeve Foundation. DAC has continued to search for donations and received funding from Moscow Giving Circle as well.

As more funding is secured and parts purchased, DAC wants to expand the program to other communities. This takes community partners to train volunteers, to store parts, and then to install the ramps. Churches and service groups make great partners.
What would you do?

You have been living and working in a town for more than 5 years and most days things seem to be going well. But sometimes you feel like you are only doing enough to just get by.

You’ve tried reaching out to your support network, but everyone is too busy. What would you do to pick yourself up?

**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
Having control over your senses is the key to independence and living your life to the fullest. This non-invasive sensor is attached to your body and uses safe ultrasound technology to monitor your body in real time around the clock. You can receive a notification on your phone or tablet letting you know that you need to go to the bathroom. You control the notification threshold to determine when you are notified. It takes away the stressful burden for both the caretaker and the care receiver. $500.00

www.dfreeus.biz

This high quality floor mat and alarm lets you know when someone is getting out of bed or leaving a room or building. It is non-slip with beveled edges, and weighted for safety. When the floor mat is stepped upon, the alarm will sound to let you know someone may need assistance. Alarm features volume control and low battery indicator. Easy to reset the alarm by pushing a button.

Smart Caregiver - $80.00
www.amazon.com