Haiku by Ashley Centers

Everybody asks what my future will look like. I have no answer.
LOCAL EVENTS - Please join us!

Nov 2  -  ArtAbility Workshop - Digital Photography
         U of I Center on Disabilities, Noon - 2:00 pm
         Moscow, ID

Nov 5  -  Emergency Preparedness & Disability Workshop
         Kootenai County Fire and Rescue Training Center, 6-7:30 pm
         Post Falls, ID

Nov 5  -  Finding Your Path: TBI and Mental Health
         Spokane Public Library, 5-8pm
         Spokane, WA

Nov 6  -  Brown Bag Community Behavioral Health
         State Hospital North Conference Room, noon-1pm
         Orofino ID

Nov 14 -  UIRA Information Fair
          University Inn Best Western, 10:30am - noon
          Moscow, ID

Nov 26 -  Fibromyalgia Lupus Support Group
          Pullman Regional Hospital Conference Room, 4:30 - 5:30 pm

COLLECTIVE THRIVING
DECEMBER 4TH - 5TH
BOISE, IDAHO

A conference hosted by Idaho Coalition against Sexual & Domestic Violence. Where you will explore ways to repair the harm from our culture of domination extraction, and violence and re-imagine a world rooted in interdependence, resilience, and regeneration.
About a million years ago in April of 1986 a group of people that ran rural independent living programs were invited to meet with each other in the not-so-rural town of Houston, TX to talk about things that might be different for rural centers compared to their more urban counterparts.

During discussions it became clear that these rural centers felt there were significant differences. Rural places got less money: They didn’t have much, if any, public transportation, certainly few taxis and none that were accessible. Housing was in short supply (some things never change!)

Many rural programs were affiliated with larger organizations that helped absorb admin costs. Some had other programs like residential options, group homes, for people that had previously been placed in large state institutions. And community services that people could learn to access simply did not exist. Accessibility was limited even more than in urban areas and attitudes about disability were still embedded in the charity model.

With all these differences, they did what folks often do - championed the power of peer connections and decided to take the next logical step. They formed a national group to best represent their unique issues on the national stage. The national representative group, NCIL, appeared to heavily represent the urban centers. So a companion group unique to them was needed to ensure their voices were not lost. The actual APRIL name came about after much back and forth. People felt the acronym was representative of something new, new growth, things rural, the greenery of rural landscapes and so on.

So it was that members of this fledgling group went to the 1987 NCIL conference to present a workshop and introduce APRIL to the community at large. I was the group “go-fer”. I recall us putting cloverleafs on our name tags to identify us - greenery signifying April. I remember a bit of tension that we may be seen as oppositional. And I remember it was late June and darned hot! I remember this as I was the go-fer and had to walk a half mile to find a place to get copies made - no GPS, or conference center printers!

As it turned out, the presentation was a success and APRIL was well received with many of the urban based centers not nearly as oppositional as we feared.

In 33 years of existence and 25 years of national conferences, APRIL has continued to amplify the rural voices of independent living. In the process, it has developed a youth advocacy program to lead it into the future. Well done!

If you have something for the newsletter email it to dac@dacnw.org
Career Mentoring Days
Breaking Records!

Every year DAC NW coordinators organize Career Mentoring Day for students with disabilities to provide hands-on career exploration and ongoing mentoring relationships. And this year the program grew so much, we had to turn away students! “We hated to do it, but we knew we couldn’t handle the transportation,” said Molly Pollastrini, coordinator in the Lewiston, Idaho area.

Over 60 students will take part in the Lewis Clark Valley and 30 students in the Moscow area. Job placements requested run the gamut from retail, and police to nuclear physics. “We try hard to place students with their first choice,” said Mellowdee Brooks, coordinator in the Moscow, Idaho area. “But some are really hard to find mentors, like nursing.” This is due to Hippa requirements and state vaccination regulations.

These experiences can produce life changing results for the mentees, and result in full time employment or internship opportunities. The event can also help dispel fears employers may have of hiring a person with a disability. Only 36 percent of Americans with disabilities have a job. Employers are concerned and unsure of the kinds of accommodations an employee may need. They are concerned about asking questions they’re not supposed to ask, and because of those fears they avoid the issue. CMD offers an opportunity to develop a personal relationship with a potential employee with a disability. CMD will be a full day for transitioning youth on November 12th in Moscow and November 14th in Lewiston.
Shared Mobility FAQs: and the ADA

As more groups in the transit industry are partnering with on-demand, shared mobility services such as ride-hailing companies, there are still accessibility requirements to meet the ADA.

**If a shared mobility project doesn’t use federal funding, does it still have to comply with Americans with Disabilities Act (ADA) requirements?**

Yes. The ADA applies regardless of whether there is federal funding involved. The applicable requirements may depend upon the nature of the project and the service that will result, such as fixed route, general public demand responsive, or ADA paratransit. A transit operator entering an arrangement with a ridesourcing entity to provide fixed-route service using only local funds would be required to ensure that any vehicle used on the system is accessible to and usable by persons with disabilities, including wheelchair users, and ensure that paratransit is provided as a complement to such routes.

**Aren’t private companies like ride-sourcing entities exempt from U.S. Department of Transportation (DOT) ADA requirements?**

No. The DOT ADA regulations cover transportation provided by both public and private entities, whether or not they are primarily engaged in the provision of transportation service. For example, if a hotel provides shuttle service to fixed attractions like the airport, the vehicles may not need to be accessible as long as an equivalent service is provided for persons with disabilities, including wheelchair users.

**Can a transit system use ride-sourcing to provide a portion of its ADA paratransit service?**

Yes. But it’s important to remember that all ADA service criteria apply:
- Origin-to-destination service
- Service area (at least 3/4 mile on either side of a fixed route)
- Response time (next day, with advance reservation and real-time scheduling permitted)
- Fares not more than twice the regular fixed route fare
- No restrictions on trip purpose
- Hours and days of service the same as fixed route
- No capacity constraints

For more information about public transit and accessibility you can visit www.transit.dot.gov.

**NWADACENTER.ORG/IDAHO**

Dana Gover, MPA, and ACTCP Certification

ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
Screening Tool may Identify Root of Autism Behavior Problems

Kids with autism often struggle with behavior issues, but researchers say a simple new questionnaire may be able to determine if an underlying medical condition is actually the cause. The 17-item survey is designed to help spot gastrointestinal problems in those on the spectrum. Individuals with autism are four times more likely than others to have such issues, but may go undiagnosed, researchers say. That’s because many are nonverbal or have sensory difficulties that prevent them from communicating the source of their discomfort.

“Gastrointestinal problems can be painful and disabling and they can have profound effects on a child’s behavior,” said Kara Gross Margolis, a pediatric gastroenterologist and associate professor of pediatrics at Columbia University.

Margolis and her colleagues developed the questionnaire by presenting 131 parents of kids with autism with 35 questions about whether their children gagged during meals, put pressure on their abdomen, arched their back or display other signs that might suggest these issues were at play.

All of the children were then assessed by pediatric gastroenterologists who had no knowledge of the parent responses. Ultimately, the researchers identified 17 questions that were able to distinguish kids with common gastrointestinal problems in 84 percent of cases. This about a third of children who were flagged by the screening tool did not end up having a gastrointestinal disorder, those behind the study indicated that the questionnaire’s ability to spot more than 80 percent of those who did have a problem means that its worthy.

Additional studies are underway.
How to accommodate workers with service animals

Service animals can be trained to assist owners with conditions ranging from visual and hearing impairments to PTSD and diabetes. While these animals undoubtably provide real assistance to their owners, workplace policies aren’t always clearly defined when it comes to accommodating workers with service animals.

Here are some recommendations for employers:

**Check your policies:** If you have a no-animals policy, the request to bring a service animal is a request to modify that policy. Do it on a case-by-case basis, and take consideration of other employees who may have fear or be allergic.

**Request documentation:** You have the right to request documentation or demonstration of the need for the service animal. The employee’s documentation will come from a physician, proof of training likely will not. You can ask what service it provides and that it not be disruptive in the workplace environment. Suggest a trial period.

**Inform other employees:** Because of confidentiality, be careful how you inform employees there will be a service animal in the workplace. Ask the employee how they would like to educate their colleagues. Also, the animal is working, so educate that they are not to pet, play or interfere with the animals work.

**Accommodate animal care:** The employee is responsible for care, but may need an area for the animal to relieve itself. Set expectations for the number of breaks, and the disposal of the animal’s waste.

**Consider other employees:** There may be the occasional issue with allergies or phobia. You may need to move employees further apart, provide an enclosed workspace, install air purifiers and regularly clean carpets.

A great resource on this topic can be found at the Department of Labor’s Office of Disability Employment Policy.

https://www.dol.gov/odep/index.htm
Thanksgiving Fun FAQs: by James Pickard

Thanksgiving is a national holiday, the giving of “thanks” for the blessing of the harvest. The origins of Thanksgiving date back to October 1621, when the English Pilgrims and the Wampanog Indians shared a feast to celebrate a plentiful harvest.

Today in America, Thanksgiving is celebrated with a turkey in the oven, all the fixings, and families and friends gathered around to watch the famous Macy’s Thanksgiving Day Parade, munch on snacks and watch American football.

History.com says the first Thanksgiving dinner was most likely lobster, seal, deer, and swan; which was prepared with Native American spices, and with Native American cooking methods, as the Pilgrims had no ovens yet. And the Mayflower’s sugar supply had dwindled by the fall of 1621, so the meal did not have pies, cakes or other desserts.

A look back shows that Ben Franklin wanted the turkey to be the US official bird. He wrote to his daughter in a letter that he thought the turkey would have been a more respectable representation of their country. Even though the bald eagle is a beautiful bird, it is a predator and scavenger.

The forefathers set aside a time for Thanksgiving in 1623, when William Bradford declared a day of thanks after a 14-day rain. The rain ended their drought and saved the harvest.

Thomas Jefferson’s felt his Thanksgiving in 1801, according to history.com, went against his beliefs, an aversion to mixing the church and state, and he felt it would violate the first amendment. By the year 1854 more than 30 states and US territories had a day dedicated to Thanksgiving. But it was not until Lincoln declared it a national holiday after the civil war in 1863.

The first Thanksgiving Parade has been around since 1924. The parade looked a lot different then. In 1925 the parade was bigger with 5 bands, a 100ft caterpillar snaking through the streets and cages of animals and elephants from the Central Park Zoo draped with signs that read “Macy's Christmas Parade”.

There are those who believe football has clouded the true meaning for Thanksgiving. According to Time Magazine the first Thanksgiving Day football game place in the mid 1870’s in Hoboken, New Jersey when Princeton played Yale. The first NFL game was in 1934 between the Detroit Lions and the Chicago Bears. Football has been played on Thanksgiving Day ever since. “Except during World War II, when the team was required to serve,” says Pro Football Hall of Fame.

Ever heard of “Franksgiving”? In 1939 Franklin Roosevelt decided to change Thanksgiving Day to the second to last Thursday in November, according to the National Archives. Franklin worried about it being too close to Christmas shopping, that it would shorten the holiday spirit and dampen the economic recovery. The change cause a great deal of confusion. In Texas, Mississippi and Colorado, they celebrated both dates. Since the holiday is embedded in tradition, people started calling the change Franksgiving. Two years later, congress ditched the new policy and reverted back to the original date which is the legal holiday today.

In 1953 an employee at Swanson’s mis-calculated a shipment of turkeys and ordered 260 tons. A man named Gerry Thomas came up with a great plan, to fill 51,000 aluminum trays with turkey and other fixings. It proved to be a huge success, especially with the airlines. 10 million turkey dinners were sold at 98 cents each.

The USDA in Minnesota produces more turkeys than any other state in the USA. In 2016 they produced 44.5 million turkeys.

In the year 2017, Roto Rooter reported Black Friday was the busiest time for the plumbers. Thanksgiving day clogged the kitchen sinks, garbage disposals and toilets. After that, they started calling it Brown Friday.

In the spirit of the thankful Pilgrims who survived their first brutal winter and celebrated with the Native Americans, we hope you have a Thankful season!
SPREADING KINDNESS

Winter is here and with that comes some difficult days. Often when we live in a small community, we get in a routine. We see our own life and our day to day activities, struggles and needs, but forget that we have neighbors. We will often forget that there are others out there just like us, experiencing similar feelings and needs.

I have come to a point in my life where it has become very difficult not to see the struggles of others. This isn’t to say that I do not feel alone at times or that I do not get caught up in my own daily struggles and needs, I definitely am guilty of that. What I have been able to do though, is see where I can help another, where I can maybe make a difference in someone else’s life. Even more, I have been able to see where I fit in my community and how I can be heard.

My job here at Disability Action Center NW often gives me those opportunities but it also has shown me how to really take my life and fill it up with experiences, friends, and life. How can you impact another today? It may be opening a door for a shopper. It may be starting a support group or peer meeting. It may be going to the city council meeting and voicing your concerns and opinions to help your neighborhood. Maybe it will be as simple as asking for help with something you would never have before. Maybe find out what fun activities there are this weekend and make an appearance, make a new friend. We may all have some type of disability, but we all have amazing ABILITIES. Where will today take you?
Ways to add Accessibility to any Bathroom

Contractors profit from this hot trend. Accessibility is important in both new construction and remodels. Driven by an aging population and desire to create spaces that change as our needs change, adding accessibility features increases the value. Fortunately there are some easy additions and design tweaks that can capture this value.

When evaluating for a remodel, envision the space needed for three “objects” — the user, gadgets like wheelchair, walker, bath bench, and an aide or caregiver. **Barrier free showers**: one of the most dangerous actions is to step over the tub or other obstacle. An designing you shower to be barrier free also adds a luxurious look. A 6’ Water Stopper kit provides a roll over seal is around $150 and comes with everything you need for installation. It protects your floor from a zero threshold shower floor.

**5 feet of clearance**: For a person in a wheelchair, the need for space to move around is important. 5 feet between fixtures gives enough room. Consider stealing space from an adjoining closet.

**36 in wide shower door**: This makes it much easier for people of all abilities to access a shower and provides an illusion of extra space. Be sure to consider where a shower door swings out to.

**Hand held shower heads**: is vital for people with limited movement. It’s a low cost way to add convenience...plus it makes it easier to clean the shower or other items.

**Grab bars**: No matter what your age, grab bars can prevent slips and falls. It’s easy now to find a style that suits any decor and they can double as towel holders. Make sure there is adequate blocking behind the drywall to support the bar.

**Shower seat**: Useful for all ages, it can be for more than sitting - you can prop your foot on it while shaving. Many fold away when not in use.

**Easy to reach accessories**: injuries can occur when stretching for the soap or shampoo. Place shelves or a niche “mid-level” so they can be reached when sitting or standing.

By making a few changes you can set yourself up to “age in place” and handle anything that comes your way. Check out BestBath for other products for your bath.
This upright mobility device is designed to allow children with motor impairments to stand and move with the help of an adult. Suitable for children 1-8 with a maximum weight of 55lbs. The Firefly Upsee provides opportunities for developing mobility and participation skills. [https://www.leckey.com/products/firefly-upsee](https://www.leckey.com/products/firefly-upsee)

The Virtual-Mouse is an application which can replace your computer mouse with normal keystrokes on your keyboard! It allows you to assign any key or combination of keys to move around and execute various tasks like double clicking etc. It can eliminate arm and wrist pain. [https://virtual-mouse.apponic.com](https://virtual-mouse.apponic.com)

Imagine experiencing color through sound! It sounds like something straight out of a science-fiction movie. “Eyeborg” translates wavelengths of different colors into audible tones. Makes sense when you consider sound and light are both made up of waves! [https://mashable.com/2013/06/01/eyeborg/](https://mashable.com/2013/06/01/eyeborg/)

Humans have been building prosthetics for millennia. Some modern ones are body-powered, others electronic. The Deka Arm System is battery powered controlled by myoelectricity, which it detects from electrodes and can even transmit sensation back to the user. [https://www.extremetech.com/extreme/182202-fda-approves-the-](https://www.extremetech.com/extreme/182202-fda-approves-the-)

The universal toilet designed by Chanduk and Young is usable by both disabled and non-disabled. No need to twist or turn, simply slide forward off the wheelchair directly onto the toilet. It has handles for stability. Others just use it facing the other way. [http://www.tuvie.com/universal-toilet-for-both-individuals-with-disabilities/](http://www.tuvie.com/universal-toilet-for-both-individuals-with-disabilities/)
With winter conditions quickly approaching, it’s a good time to think about being prepared for an emergency.

Why prepare for a disaster or other emergency? By anticipating problems, you’ll be better equipped to face challenges. When you’re prepared for any situation, it’s easier to speak up for yourself and your needs.

**People with disabilities already face barriers to accessing the community.** Disasters make it even harder. You’ll sleep better at night knowing that you’re prepared.

It’s important to remember during a local or large scale emergency, many if not all the systems you rely on won’t work, at least not immediately. Public transportation or road access may be closed. Pharmacies may not be open, or you may not be able to get there. Communication systems may not be working or reliable, including cell towers, phone lines, and internet access. There are four steps to being prepared:

**Personal Assessment:** The first thing to do is to think about what you’ll need if you have to evacuate, or if you’re at home for several days and can’t leave.

**Assistance Technology:** What (and how much) assistive technology, durable medical equipment, or medical supplies will you need?

**Service Animals:** If you have one, do you have extra food and water? If you evacuate to a shelter, remember that all you need to tell anyone is that this is your service animal and that you have a disability, no need to say what it is. Be prepared to say how your animal helps you, what tasks it performs: guide, medication reminder, seizure alert, doorbell and phone notification, etc.

**Evacuation:** How do you access the community and will it be available in an emergency? If not, how will you get out? Do you have neighbors, friends, family or service providers to help you leave? Have you made arrangements with them?

**Independent Living:** Do you need help in the home or when you travel? Often we can be quite independent in our own home, but how well can you manage out of your environment? Think about things like using the bathroom, transferring to and from bed, communicating with strangers. Can you do these things without help for a day, a week, two weeks or a month?

**Emergency Plan:** Hazards: A plan helps you identify the type of disaster that may occur near you; storms, flooding or fires. How will this emergency impact you and what do you need to be prepared?

**Home Map:** Create a map of your home that shows the location of your emergency supplies, evacuation plan and routes. It seems simple, but in an emergency we may not think quickly or clearly.

**Communication Plan:** This includes a list of emergency contacts and important information about you (medications, allergies, food preferences, etc) This should be written down, and not just on your phone or computer. Remember if the power is out, your phone might not be helpful.

**Make a Kit:** A go kit is unique to each individual and includes supplies that will help keep you safe for about 2 weeks. For more information go to the website below.

**Be Informed:** Knowing when a disaster is going to strike is an important part of being prepared. Sign up for alerts, follow social media pages, and join a local emergency preparedness group. Contact your County Emergency Management website for alerts and information.

**Info and Training:** For more info go to [www.silc.idaho.gov/emergency-preparedness/](http://www.silc.idaho.gov/emergency-preparedness/). Or to schedule a workshop contact Idaho SIILC at 208-334-3800.
Transition from high school to college is a process that can be a source of pressure for students, especially those with mobility disabilities. BestColleges.com works to provide students with the knowledge and resources they need to succeed. A free resource breaks down information about accommodations, scholarships, and more that physically impaired students should be prepared with. Check this resource out. https://www.bestcolleges.com/resources/college-planning-with-physical-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!

“It is the greatest of all mistakes to do nothing because you can do only a little. Do what you can.”
~ Sydney Smith
This product is easy to use, sticks to almost anything and cures in 24 hours. You can add rubber bumpers for your wheelchair to protect woodwork, add grips to door handles, cable protection for your medical equipment, modify and customize your game controller or wheelchair joystick for better grip and ease of use, and a hundred other life hacks! These little improvements here and there can make a massive difference. It comes in a variety of colors and costs around $8.

www.sugru.com

This lightweight, easy to use device does not require gripping in order to turn pages. Anyone with a weak grip will find this tool is effective in flipping even heavy weight pages. The aluminum clip fits comfortably around the hand and can be used on the left or right hand. The bright orange rubber tip pushes pages easily.

Around $25

www.wrightstuff.biz