Haiku by Ashley Centers

Music notes drift and
memories flood from lyrics
of another life.

DAC NW
Blind Kayaking Film Presentation

NW ADA CENTER
Most Accessible City in Europe

LINC INC
Making the Rugged Outdoors Accessible

LIFE INC
Deaf Video Game Launched
LOCAL EVENTS - Please join us!

Oct 8  -  Making Welcome - Disability Awareness Training  
        St. Lukes Rehabilitation Institute Room #200  
        Spokane, WA

Oct 13 -  The Weight of Water Film Presentation  
        Kenworthy Performing Arts Centre  
        Moscow, ID

Oct 15 -  Game Night  
        DAC Office, Saranac Building, Spokane 5:00 pm - 8:00 pm  
        Spokane, WA

Oct 16 -  Coffee & Snacks  
        Jawbone Flats Cafe  
        Clarkston, WA

Oct 22 -  Alzheimers Support Group - Memory Cafe  
        Pullman, WA  
        Bill Chipman Trail, 10:00 am

Oct 28 -  TBI Support Group  
        Pullman Regional Hospital Conference Room  
        Pullman, WA

CAREER MENTORING DAYS

Several days have been set aside for career exploration for students with disabilities. This gives them an opportunity to test drive the career of their choice and helps dispel fears about hiring people with disabilities.

November 12th  
Moscow, Idaho

November 14th  
Lewiston Idaho
I witnessed some amazing advocacy at the recent IL Conference at the Coeur d’Alene Casino. A dear friend of mine agreed to be our keynote speaker to talk about what she has been doing for people with traumatic brain injury in Washington state. But I didn’t really know any of the details until she started speaking.

Daniella Clark gave her powerful testimony at the hearings for the bills she worked on and it had a profound effect on our lawmakers. But that is only part of the story. By persevering she got two bills about TBI supports passed in 2019.

She broke the process down for us:

First of all find out who your local legislators are. Reach out to them. It may take more than one try to actually reach them and tell them your story. And that’s the powerful part - keep it personal.

If that doesn’t get results, go to the other representatives in your state. You may find the one whose own personal story matches yours, and then you have the support you need.

Second, back it up with research. Take your time to find out all the statistics you may need. The internet is full of information, dig through it to find what is pertinent. Remember our representatives are busy, do the homework for them.

Third, remember your appearance. You need to pay attention to grooming, personal hygiene, appropriate clothing. You don’t have to be rich, but clean and neat go a long way to help get your message across.

Four, keep at it. Nothing with lawmakers happens overnight. Be prepared for setbacks, and remember to keep moving forward. My favorite part was how she summed it up: “I did what I could, and it was enough.”

If you have something for the newsletter email it to dac@dacnw.org
DAC Partners to Present The Weight of Water Film

Disability Action Center NW will be presenting the film The Weight of Water by Michael Brown at the Kenworthy Performing Arts Center October 13th. The Weight of Water is a story of a blind man balancing fear of drowning in the chaos of whitewater rapids with the powerful desire to be free. He embarks, alone in his own kayak, into the home of the most iconic whitewater in the world: the Colorado River as it courses through the Grand Canyon. Erik has already overcome some stunning challenges for both sighted and blind people, including climbing Mount Everest, but whitewater kayaking is different. The water moves unpredictably, the rocks are absolutely unforgiving, the roar cuts him off from his guide’s voice, and his friends are also in equal jeopardy and fighting for their own survival. He soon discovers that all of the preparation and practice might not be enough. As the Grand Canyon’s crowning rapid, Lava Falls draws closer, Erik’s fear grows till it nearly paralyzes him.

Buddy Levy will be presenting the film with a Q&A session to follow. Levy is the author of Geronimo, River of Darkness, Conquistador, and American Legend. He also co-hosted Brad Meltzer’s Decoded on History2. He currently is a clinical professor in creative writing at Washington State University. Admission is $10 and proceeds benefit DAC NW. Doors open at 6:30 pm and the film starts at 7pm. The film is sponsored by Northwest River Supplies. Be sure to join us!
How Chester became the most accessible city in Europe

For disabled people, the difference between being able to visit a place or not often comes down to small details. A step up to a restaurant and no ramp in sight. A pub with the function room upstairs, make attending a birthday party impossible. A curb that hasn’t been flattened, essentially imprisoning you in the road. Some cities can feel like no-go areas.

It’s the same the world over. Disabled tourists must often pay more for accommodation because they need large, accessible rooms. Paris’s enormous curbs are a menace. Eight out of 10 disabled people say they struggle when holidaying in the UK, with access to hotel rooms, bars, restaurants and sightseeing spots topping the list.

So when Chester was crowned the most accessible city in Europe it came as something of a shock. This is an ancient city, famed for its Roman walls and Tudor half-timber shopping quarters.

But becoming accessible was a commitment they made over many years. It’s this long term approach that caught the eyes of the judges rather than new big developments. And it’s clear accessibility is a prudent investment as disabled tourism nets 3 billion a year.

There are tour guides, city centre access guides, signs and online help with navigating the city. There are two-tier shopping areas from the 13th century that are 100% suitable for wheelchairs. And street level entrances from 100 years ago have had ramps added. Elevators have been added to department stores. Hotels have rooms with ceiling track hoists - a first! Even the theater has access backstage for disabled performers.

But transportation and toilets give Chester the edge over other cities. All of the public buses are fully accessible. Licensed taxies have to be as well and include color contrasted grab bars. There are seven restrooms that include hoists and changing benches for people who can’t use standard accessible toilets. Other cities are taking note and visiting to see what they can do in their communities.

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Making the Rugged Outdoors more Accessible!

Roger Howard was inspecting an Idaho campground when a nearby camper said he hoped Howard didn’t “ruin the outdoors.” He was assessing the campsite for compliance with the ADA looking for features like accessible restrooms and parking spaces that would help more people use the site. It’s part of the role of Executive Director of a Center for Independent Living, organizations that help people with disabilities lead more independent lives.

The same sentiment came up in Pullman, Washington, when a citizen objected to paving an accessible trail into a city park saying “It would ruin it.” And this was a city bond that passed with an overwhelming percentage. But people still voice the sentiment about accessibility “ruining the outdoors”.

Howard said he took a moment to talk with camper, who worried “accessibility” meant more pavement and fewer trees and trails - essentially turning the outdoors into more of a city park. But by the end of the conversation, the camper had not only changed his tune, but began to offer suggestions for even more improvements.

It is possible to update equipment and facilities to accommodate different needs while still maintaining the ruggedness of the outdoors.

Idaho has been working with civil engineers to utilize universal design to make buildings, products, and programs more usable by all people. That’s not to say that accessibility means removing the primitive element. They try to strike a balance between the natural, primitive environment without creating barriers. The ADA offers guidelines on trails which include trail materials, trail width, signage and more. Howard said many people with disabilities don’t want to see the outdoors changed drastically.

Not only is demand for access growing, attitudes about disability access have shifted too. The aging of America is exposing more people to the need for access. So let’s keep the momentum going forward so there is less comments like “you are going to ruin the outdoors”.
Deaf Teen Video Game Launched in September

An innovative online choose-your-own-adventure (CYOA) called Deafverse World One: Duel of the Bots launched September 10th. Designed just for deaf teens, it helps build confident and vital self-determination skills. Players involved use sign language and it is also closed captioned.

It’s a pretty cool concept. It’s a dark and stormy night and a mysterious mechanical creature suddenly appears. You team up with a robot sidekick, and help to capture another bot that is wreaking havoc in your small town. Can you speak up for yourself, stop the menace and save the day?

Deafverse was created just for teenagers and was designed, written and engineered by deaf creators, software engineers, artists, and researchers at the National Deaf Center on Postsecondary Outcomes, a national research center committed to helping deaf Americans succeed after high school. It’s based on the theory that deaf people can tell great stories through video games. Deafverse captures common scenarios experienced by deaf individuals in life.

It utilizes Jason, a deaf storyteller who brings his energy and motivation with his showcase of beautiful ASL and Visual Vernacular. His tip? Don’t ever be afraid to ask for help! The deaf actresses, Violet and Enza, share the mysterious ride with players. Their pro-tip: Think carefully about the situations you face everyday. Always be confident. And be friendly, you will be treated the way you treat others. Download the strategy guide to get started today!

https://www.nationaldeafcenter.org/deafverse/resources.html
SELF-DIRECTED PERSONAL ASSISTANT SERVICES

Caregiver Prep Guide

Getting ready for hiring a Personal Assistant? These 6 questions can help you prepare.
1. **How long will you remain in your home?** 9 out of 10 adults wish to remain at home. You can adapt a house to fit evolving needs. Look for an aging-in-place specialist who knows how to modify your home. Using some of your savings on these changes is really a gift to you.

2. **What’s your health insurance situation?** Find out what your insurance covers. Medicaid is set up to provide PAS based on need. But many private pay insurances may not. Read the fine print or call to ask specific coverage questions.

3. **Where are your important papers?** Know the location of the big 3: a living will, a last will and testament, and power of attorney. Make sure they are updated and signed. Send a copy to your attorney and store the other at home. Keep copies of your social security number, deeds, and titles with this. Keep copies of gas, electric, and other bills too.

4. **What about your online presence?** Find a safe location for all your online passwords, and what accounts you have, including Facebook, and other social media.

5. **Who are your doctors and what meds are you taking?** Create a document that lists medications, dosages, and the providers name and phone numbers. Store it in Dropbox or Evernote so you can add to it or make changes. The app CareZone.com is free anklets you import photos or Rx bottles into a master list. This way, in an emergency your caregiver can access important information.

6. **What is your emergency plan?** This can include your support system, what to do in a fire or flood, and having a bug out kit prepared ahead of time with important documents, medication, and even food for your service animal. The point is this information should be easy to get to for your caregiver in case of an emergency.

Services you control!
Each October is National Disability Employment Awareness Month, and a national campaign to raise awareness about disability employment issues and celebrates the many and varied contributions people with disabilities make to the work force. The roots go back to a 1945 law. [https://www.dol.gov/odep/topics/ndeam/index-2019.htm](https://www.dol.gov/odep/topics/ndeam/index-2019.htm)

Disability Mentoring Day, which we celebrate as Career Mentoring Day, is a large scale effort to promote career development for job-seekers with disabilities. Through hands-on career exploration, it seeks to influence both mentors and mentees alike with confidence and motivation. [https://choosework.ssa.gov/blog/2017-10-14-disability-mentoring-](https://choosework.ssa.gov/blog/2017-10-14-disability-mentoring-)

Wouldn’t it be great if there was a job website with employers specifically seeking employees with disabilities? Well there is! Check out [AbilityJobs.com](https://abilityjobs.com) and see job openings at Bank of America, Aetna, Google and others. [https://abilityjobs.com](https://abilityjobs.com)

Disability inclusion in the work force creates sustainable, long-term performance value. Companies have an opportunity to advance their journey of inclusion. Workers with disabilities bring a range of strengths and assets to the job. Learn about the Disability Equality Index. [https://disabilityin.org/what-we-do/disability-equality-index/](https://disabilityin.org/what-we-do/disability-equality-index/)

Have a disability and you’re looking for work? USAGov is a great place to start. Check out Ticket to Work which trains Social Security recipients ages 18-64 who want to work - it’s free! Plus its a resource for what government jobs are open as well. You can prep for interviews, develop skills, find training centers and more. [https://www.usa.gov/disability-jobs-education](https://www.usa.gov/disability-jobs-education)
Today there is controversy between modern man and the legends, myths, fables, folklore, traditions, and ancient writings and teachings passed down through the ages. Ancient wisdom and knowledge is usually regarded as unauthenticated by many today.

Even history is not a mere record of facts, it also involves the interpretation of the fallible. History is usually rewritten to keep in tune with modern man. Very few really care and express what happened millennia ago on earth.

Samhain is ancient history, and Halloween originates from the dark side of things and seems to come alive when harvest is completed in preparation for the long, dark, winter months ahead.

**Beware of False Masks**

Masks are worn over the face to conceal a person’s identity, and lies are a part of the fabric of everyday life. Masks can hide the weakness of men, or expose our skills in society. For instance: women wear makeup to camouflage their self, as a form of seduction, or to be more confident, sociable and assertive. The cosmetology industry makes millions of dollars in illusions.

**Halloween**

Halloween is based on an ancient Celtic holiday. People go nuts and wear masks to delight in their illusions. But originally people wore masks to protect themselves from the bad roaming spirits that walk the earth during Samhain. Does wearing a mask make one an imposter? Are we afraid that the world might find out who we really are? What would you do if someone pulls off your mask and says: “Oh, it’s YOU!”

The Halloween mask is very popular, it not only completes the costume, it allows you to transform yourself into another illusion or fantasy. People just love these illusions and many do not recognize the TRUE meaning of Halloween and what is behind the mask.

In the Italian Renaissance, masks were very popular, allowing the upper crust to partake in activities that civil societies frowned upon. Instead of being ghoulish like the Celtic predecessors, they were extravagantly beautiful and contained jewels and gold.

In modern times, children wear them as they prowl through neighborhoods anonymously begging for candy. The origin of tricks or treats is darker and deeper than many people realize.

**Samhain**

This festival transitions from fall to winter when the veil between the world of the dead and us is thin. Ghosts not at rest roam the earth, and that’s why people wore masks, so they wouldn’t be recognized by these spirits. It was designed to keep these wicked, evil happenings under wraps, but isn’t it fun to scare yourself silly during Halloween? Besides, think of the corporate world making lots of money with your illusions. Trick or Treat.....!
Becoming a Service Dog

Most service dogs don’t officially start working until they are around two years old because they need the time to mature physically and emotionally. Pixie is not 15 months old. In the last few months she has made huge strides and noticeable improvement. She is less distracted, checks in more, and is calmer and more relaxed in busy environments. She recently learned how to open AND close cabinets on command. Pixie is being trained by GrowingUpGuidepup.com. Check out their website and learn more about what they do.

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

“When I give food to the poor, they call me a saint. When I ask why the poor have no food, they call me a communist.”
~ Dom Helder Camara

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
These portable hand controls give you the freedom and independence you desire. They are the easiest to attach on the market, no installation is required, simply clamp on and go in seconds. And they come in three stylish colors: black, ruby red and sapphire blue. The spring loaded jaws clamp securely to the brake and accelerator pedals on automatic transmission vehicles. All while seated in the driver’s seat. At 26” it’s even with the steering wheel. You simply adjust the drivers seat.

Around $250 indemedical.com

We’ve all had trouble having the pot spin when you stir it. This easy to use, lightweight aluminum stabilizer will hold the pot handle still while you stir with one hand. Rubber suction cups adhere securely to your counter or even the stove top. Folds up to store easily in a drawer when not in use. Around $25

www.maxiaids.com
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