

# Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



**What we get wrong about Disability** Are we giving people with disabilities the attention they deserve? One in five people in the U.S. has a disability. People with disabilities are the **original life hackers**. There is a good chance that someone with a disability has already been working on a problem that someone without a disability is trying to solve. So why not ask them? People living with disabilities need to be involved in the conversation and the equation in a respectful and humanizing manner. Until the perception of those with disabilities changes for the better, people will continue to get things wrong when it comes to disability.

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## LOCAL EVENTS - Please join us!

- Sept 13 - Alzheimer's Support Group - Moscow**  
 Moscow, ID  
 Trinity Baptist Church, Fireside Room, 1:00 pm - 2:30 pm
- Sept 22 - Latah Recovery Festival**  
 Moscow, ID  
 Latah County Fairgrounds, 4:00 pm - 9:00 pm
- Sept 22 - Out of the Darkness Walk - Spokane**  
 Spokane, WA  
 Riverfront Park, 8:00 am - 11:00 am
- Sept 22 - Break the Silence 5K Walk**  
 Coeur d'Alene, ID  
 Riverstone Park, 8:30 am - 12:00 noon
- Sept 28 - Autism/Aspergers Peer Support Group**  
 Lewiston, ID  
 DAC NW Office, 6:00 pm - 8:00 pm

## APRIL 2018 CONFERENCE

**October 5-8, 2018**

**Denver, CO**

### Let's Rock Radical Advocacy

*Join us in Reno, Nevada for our annual conference from Oct 5-8! Oct 5 is the youth conference, and Oct 6-8 is the regular conference. Our theme this year for the youth conference is, "Flipping the Switch from Pity to Power: Inclusion doesn't work without US!" We will be discussing various areas of inclusion like school, employment, military, relationships. Join us for activities, panels, presentations, and most importantly FUN! Hope you can make it!!!*



## GUEST EDITOR - MIRIAM HERTZ

It was the summer of 2010, and I was wearing my official badge and the special shoulder bag, each displaying the elaborate insignia of the U.S. Census Bureau. My shoulder bag held a clipboard, some record keeping odds and ends, and the heavy and very orange census takers' handbook that was often, I believed, better left back in the car.

Now out of my car, I straightened my badge and shoulder bag, so they sat firm, and I could stand tall. Full of purpose, the coveted U.S. Census insignia upon my breast pocket, I stride toward the front door of a little wooden house set in a patch of western Montana grasses surrounded by pines. Proud of my federally-sanctioned "no monkey business" at this home, I knock firmly on the door - once, twice, thrice. Finally, a man slightly opens and peers out the door. Frowning, toting a shotgun, he spits "Yea?" All my new federally-instilled pride drawing, I begin my introduction, "2010 census....counting people who lived here on April 1st...No census form was received through the mail from this housing unit..." But it doesn't come out of my mouth the same way as from other census takers. Per my usual, I stutter it out, and the man's eyes grow wide. His scowl turns into a puzzled look of confusion. "What's THIS now," he says to himself. He slowly opens the door wide and quizzically looks me up and down, loosening his grip on the shotgun.

"Someone from the government who can't talk right? And a little lady, too?"

"Hmm...Beth, come over here.

This lady out here's from the federal government, but she's not uppity. Maybe you two could talk things over things."

Beth, presumably, arrives at the door. "We don't usually talk to people from the government, but you don't seem prideful like the last one. That must have been the census ten years ago, in 2000. As long as you're here now, I have a couple things to talk to you about." Beth steps aside from the doorway, and I go in the house. This would be the first time, but nowhere near the last, that I shared a cup of tea and information about government social programs before I took a household census. Not to be concerned, since I'm anti-corruption, I always took myself off the time clock until I returned to the Official Business of The Census.

~ Miriam Hertz

*If you have something for the newsletter please email us at [dac@dacnw.org](mailto:dac@dacnw.org).*





# NEWS FROM DAC NW

## Career Mentoring Day - North Central Idaho Non Profit Organization



DAC NW is gearing up for another Career Mentoring Day in each of its office locations this year! Moscow's is set for November 15th, and Lewiston and Spokane will also be hosting their own. CMD hosts career exploration for students and job seekers with disabilities, ages 16-24. This opportunity to "test drive" the career of their choice, not someone else's, is what sets it apart.

CMD strives to help with the education and employment for youth with disabilities. Students have the chance to identify the necessary education and skills needed to work in a particular field. The experience increases their confidence about employment. Beyond that, CMD hopes to dispel fears for businesses about hiring people with disabilities. Employers gain an increased awareness that people with disabilities represent an overlooked talent pool and can result in a more inclusive workforce.

In past years CMD has worked with around 60 students a year between Moscow and Lewiston locations. Adding Spokane to the mix will increase that reach.

It started as Disability Mentoring Day in 1999 with fewer than three-dozen student participants as part of a White House effort to increase the profile of National Disability Employment Awareness Month (NDEAM), celebrated every October. In 2005, 9,000 youth with disabilities participated nationally and in 20 international locations. They were mentored by more than 2,000 private, non-profit, governmental, and educational organizations.

This year's events include an orientation breakfast with some resume building help. After that the students go to their mentors for several hours of job shadowing with their mentors and they return for a luncheon and speakers, and help with interview etiquette skills. Information about accessibility accommodation needs and assist technology can help bridge the gap on meeting the needs of an employer. The results of this day can be as simple as ruling out a career choice after experiencing it; or a life changing experience that sets them on the road for achieving their dream.

**Helping YOU take action!**



# NEWS FROM



## ACCESSIBLE AIRLINE RESTROOMS

Last year, Congress directed U.S. Department of Transportation (DOT) to move forward in issuing a rule concerning access to restrooms on single-aisle aircraft. Despite the 2016 agreement of members of a DOT rule making committee to make the restrooms accessible, the DOT secretary ignored the Congressional mandate.

This has left travelers with disabilities subject to severe discomfort and the continued denial of restroom access. The lack of a requirement for accessible lavatories on single-aisle aircraft means that passengers with disabilities are often forced to take extreme measures, including intentionally dehydrating, before long flights.

“Accessing a restroom on an airplane is something that most Americans take for granted. Access to a restroom is a basic human right” said Paralyzed Veterans of America (PVA) president David Zurfluh. “We have waited long enough.”

The Air Carrier Access Act prohibits airlines from discriminating against travelers on the basis of disability. In July 2016, Congress gave DOT a one-year deadline to put into effect new rules addressing wheelchair accessibility for airplane restrooms.

This August the PVA has filed suit against

the DOT for Unlawful Delay of Rule intended to make airline restrooms accessible for travelers with disabilities. They cited Sec. Chao failed to follow Congress’s directive and has provided no justification for this failure. Furthermore Sec. Chao removed the rule from the priority agenda this past spring, suggesting that DOT has halted work on this crucial priority for disability rights advocates.

“The lack of wheelchair accessible lavatories on airplanes is part of the Administration’s continued lack of concern for the indignities faced by air travelers with disabilities,” said Democracy Forward ED Anne Harkavy.

This case follows the ongoing lawsuit against the Administration’s unlawful rollback of a rule requiring domestic airlines to track and report data on lost and damaged wheelchairs and scooters.



## MEDICAID FOR WORKERS – SHARE OF COST



A stakeholder group has been working on the Medicaid for Workers (MFW) program enabling people with disabilities to work and receive Medicaid. Over the last several months there have been questions about eligibility for individuals on the Home and Community Based Services A & D Waiver and DD Waiver who require personal assistance services to live in their home.

This group was making sure that Idaho has in place the regulatory structure that supports the original vision of the MFW program. This means Health and Welfare doesn't have to submit waiver amendments. For instance: the waiver amendment step can be skipped and you can move to identify how to implement MFW operationally.

The Center for Medicaid Services has requested the department review their records for the last 5 years to identify the number of participants who may have been impacted by the mis-interpretation of MFW rules.

According to Self-Reliance, it does not appear that many participants are impacted, but the department of Health and Welfare doesn't keep information on who was denied services due to excessive income and resources.

If you are interested in working or have applied for Medicaid through the MFW and were turned down based on financial eligibility please contact us.

Or if you did receive services but paid a share of cost, please contact us. The five year look back could mean you would be receiving a refund.

Medicaid for Workers with Disabilities is open to people who have a disability, are between 16-64 years old, have a job or are self-employed, are a resident in Idaho and meet certain income and resource limits. For information about eligibility see their website.

<https://healthandwelfare.idaho.gov/Medical/Medicaid/MedicaidforWorkerswithDisabilities/tabid/1917/Default.aspx>

[NWADACENTER.ORG/IDAHO](http://NWADACENTER.ORG/IDAHO)

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# NEWS FROM LIFE, INC.

## TALKING CAMERA APP IS FREE!

About a year ago there was a new iPhone app, free, called **Seeing AI**. The brainchild of Saqib Shaikh, a Microsoft developer who is himself blind, this app is something of a blind person's dream come true. It can read your mail, tell you whether that box in your hand is balsamic flavored crackers or the garlic/rosemary ones, and it can even tell you who is in the room!

When you open the app, you are presented with five “channels.” Each has a clear video tutorial. They are:

**A. Short Text.** This channel is perfect if you have a business card, an envelope, a receipt — any small piece of paper with print on it— it will read it to you. A series of beeps sound off when the print is in focus and it can even tell you if only the left top edges are visible.

**B. Document.** This channel translates longer documents, such as a full page of a book or magazine, credit card statement, users manual for a new toaster, etc. It snaps a picture to convert to spoken text, so waits for you to move a finger down the screen to hear as much text as desired.

**C. Product.** This channel is a bar code reader. The hardest part is locating the physical barcode on the package to take a picture of it. Usually these are found near the bottoms of bottles and boxes, so you can slowly begin

rotating the product a foot or so away from the phone camera until beeping begins (like a Geiger counter) If there is more info available it might tell you the best pairings for a wine, or a recipe for a box of pasta.

**D. Person.** This channel is the most innovative. If you point the camera at a person it will announce “One face, four feet away, lower left” or “Zero faces”, etc. You can align the camera with the person to take a picture. Then it will give you gender, estimated age, hair color and expression. Accuracy is variable! There is a recognition option, when you take 3 pictures of a person with the name in the text box - presto! It will identify that person by name in the future.

**E. Scene.** This channel lets you rotate slowly to take in the environment and will summarize what it sees. “Sofa, chair, table with lamp” for example. Not always correct but certainly innovative!



Living Independently for Everyone



# TECHNOLOGY FOR INDEPENDENT LIVING

## Ultimate Foot Circulator



If you suffer from neuropathy and foot pain or have trouble exercising this may help. The Carex device uses TENS Therapy to deliver relief by relaxing stiff muscles, reduce swelling in feet and ankles and increase blood circulation in healthy muscles. All of these are common contributors to in-home falls. This product, paired with a healthy exercise routine, can help increase mobility and in turn, reduce falls. It features an easy to use remote control with preset programs. Users say it helps with any foot pain, restless legs, plantar fasciitis and other foot pain. Walmart has one for under \$130.00.

[www.carex.org](http://www.carex.org)

## Non-Slip Hydro Rug



This bath mat feels sooooo good on your feet. Provides comfort and important safety to your bath and shower. Suction cups keep the mat in place directly over the drain - water drains right through it! Textured surface is slip resistant and works as a loofa, adding a spa like experience. Fast drying, anti-microbial, mildew and stain resistant material means it stays clean and never wears out. About \$16.00.

[www.maxiaids.com](http://www.maxiaids.com)



# LINKS WORTH SHARING

## Wildfire Safety Tips—by James Pickard



A Bug-Out-Bag list is not one size fits all. But a great Bug-Out-Bag starts with a great list! This site has a list of 75 essentials to choose from. It should be a fun and enjoyable experience building it and knowing what you are planning for in advance makes it easier.

<https://bugoutbagacademy.com/free-bug-out-bag-list/>



Every year wildfires burn across the U.S., and more and more people are living where there is real risk. Nearly 45 million homes are now at risk. By working together residents can make their own property and their neighborhood safer from wildfire.

<https://www.nfpa.org/Public-Education/By-topic/Wildfire/Wildfire-safety-tips>



Many people underestimate the potential for wildfires in their region. This guide helps you learn more about wildfires and how to survive if you get caught near one on foot, in the car, or in your home. Valuable information about dealing with smoke pollution and explanations of the phenomenon of firenadoes.

<https://prepforthat.com/survive-wildfire/>



People with limited mobility have specific needs to be able to handle disaster situations. Your evacuation plans might differ from those without disabilities. Prepare ahead of time and prevent panic in these examples. This list of 7 things to consider can help you be prepared.

<http://www.survivopedia.com/disabled-how-to-escape-from-fire/>



Not near a wildfire but still dealing with the smoke? The CDC has tips on how you can be more comfortable when the smoke index starts to rise. Learn what the different numbers mean. Smokey air is a great reason not to vacuum!

<https://www.cdc.gov/features/wildfires/index.html>

## CRITICAL THINKING ABOUT BUG OUT BAGS – by James Pickard

Hello all, it is James again, coming to you from Disability Action Center in Moscow, the gateway to the beautiful panhandle of Idaho. This month I would like to speak to you about **Bug-out-bags**. The reason why is because “we” as a state are in the midst of wildfire season! As of now we have 13 wildfires ablaze. In light of that I felt it would be nice for all of you to be prepared with a bug-out-bag - a “just in case” scenario if you will!

Ok then, let’s get to it! In my opinion, the first question I would ask myself is what is a Bug-out-bag and what’s its purpose? A bug-out-bag is a portable kit that contains the items one would require to survive for 72 hours when evacuating a disaster. Yep...that pretty much sums it up in a nutshell. The next question is just as important as the first.

The second question is, how much should it weigh? Are there any takers to surmise the weight?...I’m waiting...No?...Ok I’ll tell you. There is in fact a formula to use to figure out the weight of YOUR PERSONAL bug-out-bag. Did you notice the part in capital letters? I just want you to understand that it will be YOU carrying this bag so it will have to be a weight you can carry if need be. The formula for

your ideal bug-out-bag weight is 10% of your body weight. An example is if you weigh 200 lbs then 10% is 20 lbs.



I know what you are saying to yourself... the weight of the bug-out-bag should not be the second question, that should be what do I put into it. Well, that’s a valid point, however, the problem with that logic is that some would try to put everything they could into it. Thus, not being able to pick it up, let alone carrying it. We want this to be a survival tool, not a house on your back. Now that we know the target weight of said bag we can delve into what kind of things to fill it up. Oh boy, now for the fun part! Deciphering the items needed to survive! What items do you need for 3 days? How would you decide what you really need and determine the amount of said item. And what will put the items in?

Tune in next month to find the answers to these questions. Until next time remember: *“Life is a series of natural and spontaneous changes. Don’t resist them, that only creates sorrow. Let reality be reality. Let things flow naturally in whatever way they like.”* ~ Lao Tzu

If you don’t want to wait until next month, check out these links for your bug-out-bag contents.  
<https://bugoutbagacademy.com/free-bug-out-bag-list/>

<https://prepforshtf.com/bugging-know-means/>

<https://thesurvivalmom.com/15-non-traditional-containers-for-your-bug-out->



## Tech to Help Avoid the Noise



With loud music, high ceilings, and hard surfaces that don't absorb sound, restaurants now find noise to be the top complaint.

It can be hard to follow a conversation in this environment. Now there are apps to take decibel readings, before choosing a place for gathering and eating.

SoundPrint, iHEARu and others are working to compile decibel readings at public venues that go beyond Yelp's customer ratings of background noise such as "average". You can measure for yourself using Decibel X, Sound Meter, and NIOSH Sound Level, available for free. Normal conversation is about 60 decibels. If a restaurant's noise is 70 - 80 decibels, you will need to speak up. New York City restaurants average 77 decibels, bars 81 decibels.

# TIDBITS!

Categorically left over but no less important

## Quotes to make you think!

*"Living with MS, it's just the same as living, only a little bit harder. Don't be scared and go on with your life." ~ Teri Garr, 2004 Chair of National Multiple Sclerosis Society*



### 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





## Regional Independent Living Conference

This year's conference will be held September 6-7 at the Linen Building in Boise, Idaho. For two days attendees will have networking, workshops, field events and guest speakers.

Featured guest speaker is filmmaker Joe Stone. Against all odds, Joe set his sights on becoming the first wheelchair using quadriplegic to complete an IRONMAN triathlon. The film "It's Raining, So What" documents his incredible life changing journey and will change the way we perceive challenges in our own lives. His presentation offers critical insights on the importance of goal setting, persistence, inclusion, teamwork, and how to handle perceived failure. Joe connects deeply with all audiences.

Workshops include a history on the Independent Living Movement on a local and national level. This reflection will give context for how far we have come and motivate us to keep moving forward. Another presentation features Peter Wesley Nye, Esquire on how to maximize the independence, well-being, and health of older adults, people with disabilities across their lifespan.

The BluePath Intro teaches you how to map accessible businesses into an online directory. An app for iPhone and Android will be available in October. For lunch, attendees will embark on a mission to map businesses in the Boise area. Each group will be assigned a restaurant and after eating will map the location for the BluePath directory.

The next day will start with a goal setting workshop. And attendees can give their feedback for the State Plan for Independent Living. Mel Leviton, Executive Director, needs to hear from citizens about what is important in making our communities inclusive and accessible.

Other workshops feature Emergency Preparedness and Adaptive Programming for Recreation. Boise is a leader in adaptive programs, and these ideas are great springboards to take that vision back to other communities.

The Conference will end with an art appreciation break out session. Attendees can choose a selection for art opportunities out in the Boise community. Some of the offerings will be a trip to stroll around Art in the Park, Visit the James Castle House, or even the Boise Art Museum!

Join us for Empowering Independence this year!





# CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



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