

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



One in five people eligible to vote has a disability. In order to ensure they can vote, the ADA requires that voter registration and the voting process be accessible for people with disabilities and that poll workers assist voters with disabilities if they ask for help. Some polls are still inaccessible requiring people with disabilities to vote curbside without privacy. Ways to increase access to voting is to expand early voting, online voter registration, mail in ballots, and same-day voter registration. These solutions can remove the barriers of waiting in long lines and other issues that hinder people with disabilities from voting.

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LOCAL EVENTS - Please join us!

- Nov 3 - Give Hunger the Bird Turkey Drive - Post Falls**
 Post Falls, ID
 Post Falls Food Bank, 5:00 pm - 9:00 pm
- Nov 15 - Career Mentoring Day - Moscow**
 Moscow, ID
 Fairfield Inn and Suites, 8:30 am - 3:00 pm
- Nov 16 - Temple Grandin at Schuler Performing Arts**
 Coeur d'Alene, ID
 Schuler Performing Arts Center, 6:00 pm
- Nov 16 - Career Mentoring Day - Lewiston**
 Lewiston, ID
 VFW Hall, 8:30 am - 3:30 pm
- Nov 30 - Career Mentoring Day - Spokane**
 Spokane, WA
 Spokane Falls Community College, 8:30 am - 3:30 pm

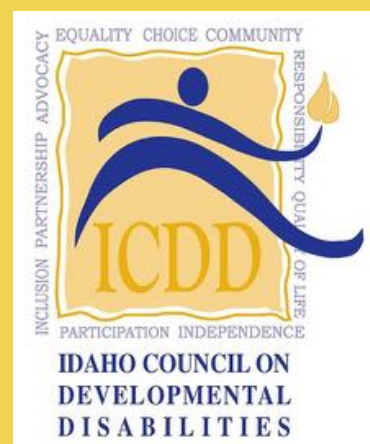
SUPPORTED DECISION MAKING IN ACTION

November 30, 2018

**Idaho Health & Welfare Meeting Rooms
 In Lewiston, Boise, and Pocatello**

Bring your Guardianship Questions

Jonathan Martinis will be explaining about Supported Decision -Making (SDM) a way for people with disabilities to make their own decisions and direct their own lives with the help of friends, family and professionals. He will show how parents can help their children and individuals can get the support and services they need to lead the best possible lives.



FROM THE EDITOR -

As my favorite season winds down, I have a chance to reflect on my love of zombies. DAC was lucky enough to be part of a screening of "Shaun of the Dead" at the Kenworthy Performing Arts Center. Zombie Fest is becoming an annual thing, it's fun to hunt down the different type of zombie film....which lead to our search for an inclusive zombie film where even some of the zombies have disabilities. Trust me. There aren't many.

Which led me to think of how we interact with people with disabilities. That's how we came up with the Don't Be A Zombie! campaign. Some people seem to lose their brains when suddenly interacting with the disabled. Silly, since they are just like other people. But are they?

That led me to read about **Doug Hingsburger**, a wheelchair user who is also a blogger. He has Zombie Powers. No one ever told him about Zombie Powers. But moving around the world in a different way from others seemed to lead to this discovery of Zombie Powers. Sometimes he forgets that he has them, sometimes they seem to go dormant but at other times the powers are full strength.

I see you sneering disbelieving face. He has evidence!

1) His friend was pushing him down a wide hotel hallway. A woman so thin that she's invisible sideways, saw them coming and suddenly throws herself into a doorwell, flat

up against the door. It was like some invisible Zombie force picked her up and threw her against it. Oh she tried to make it like she did it herself by smiling and asking if they had enough room. Like the hallway wasn't wide enough for two wheelchairs to pass without touching.

2) He went shopping in the mall. Several times when he turned down an aisle whole families stopped. Frozen. His Zombie Powers had taken their ability to move away. When he caught their eyes they all looked like they were considering what they should do - should they run, should they stay, should they look away? They acted like they had so many competing impulses they ended up frozen in place. He just had to wheel around the warm bodied statues and continue on his way. He assumes the power of movement comes back to them after he leaves, but he wouldn't know.

He knows other people with disabilities have Zombie Powers too...you can let him in on your Zombie greatness. You can find him at **Of Battered Aspect** on Blogspot.com

~ Vicki Leeper

If you have something for the newsletter please email us at dac@dacnw.org.





NEWS FROM DAC NW



Community Meeting

Do you or a loved one have a disability?

Do you work with someone who has a disability?

We want to hear from you!



Planning for the SPIL

Sometimes we all take the philosophy of independent living that the SILC promotes for granted. The truth is that even those that provide independent living services often need to revisit the philosophy to avoid supporting a system of dependence.

The independent living philosophy says that every person with a disability has the right to make personal choices of acceptable options and take risks just like everyone else, and then accept responsibility for their decisions.

Of course, we all depend on each other to some degree. What's important is that we are able to freely choose those we share parts of our lives with and we determine our mutual levels of dependence. It's mutual sharing that every relationship involves.

The Idaho State Independent Living Council (SILC) is partnering with DAC-NW and other CILs to gather information to develop the next three-year (2020-2023) State Independent Living Plan (SPIL).

The purpose of the meetings is to introduce the public to the SILC and their local CIL and explain what it is we do. And to help us understand the needs of Idahoans with disabilities regarding housing, job training, transportation, employment, healthcare, recreation, education, and community access. The information gathered will provide an overview of services that work and those that are still needed, especially in rural areas. The current SPIL three-year plan can be viewed at https://silc.idaho.gov/wp-content/uploads/sites/5/2016/09/SPIL-2017_19-APPROVED_rsa-1.pdf



Helping YOU take action!

NEWS FROM



PARALYZED VETERANS OF AMERICA APPLAUD PASSAGE OF BILL MAKING AIR TRAVEL MORE ACCESSIBLE.

According to Paralyzed Veterans of America, the number one complaint that they receive from members is related to problems with air travel. Shaun Castle, who serves as the deputy executive director of PVofA, has had his wheelchair bent, cracked, and even lost in separate incidents.

“These are more than minor inconveniences,” Castle said. “If my wheelchair is damaged, it may mean I am stranded until I can get it repaired.”

H.R. 302 passed through the Senate on October 4th by a vote of 93 to 6. This legislation includes a ‘bill of rights’ and an advisory panel for passengers with disabilities as well as revised training and procedures for TSA screenings of people with disabilities. Some of the provisions include increased civil penalties for wheelchair damage or bodily harm, and a study of feasibility of in-cabin wheelchair restraint systems.

Senator Baldwin was a sponsor of the bill, “In order to keep America’s promises of full equality for all, we must break down the barriers that individuals with disabilities and our veterans face when they travel,” said Baldwin.

“We applaud the bipartisan passage of this bill,” said David Zurfluh, national president of PVofA. “This is truly a move in the right direction and we will continue to support efforts to prohibit discrimination based on disability in air travel.”

Passengers with disabilities deserve equal access to the skies, said Congressman Langevin, a quad who co-chairs the Bipartisan Disabilities Caucus. “As I have seen in my own flying, however, our safety and security is often not prioritized. That’s why I’m proud to work with Senator Baldwin to reduce barriers to travel. While there is still considerable progress to be made, I am pleased with our achievements in this legislation.”





NEWS FROM LINC, INC.

A Few Words About People First Language by Kathie Snow disabilityisnatural.com

People with disabilities constitute our nation's largest minority group. It's also the most inclusive: all ages, genders, religions, ethnicities, sexual orientations, and socioeconomic levels are represented.

Yet the only thing people with disabilities have in common is being on the receiving end of societal misunderstanding, prejudice, and discrimination. And this minority group is the only one that *anyone can join, at any time*: at birth, in the split second of an accident, through illness, or during the aging process. If and when it happens to you, how will you want to be described?

Words matter! Old and inaccurate descriptors perpetuate negative stereotypes and reinforce a powerful attitudinal barrier. A disability is a medical diagnosis, and when we define people by their diagnoses, we devalue and disrespect them. Do you want to be known primarily by your psoriasis, gynecological history, or the warts on your behind? Using medical diagnoses incorrectly - as a measure of a person's abilities - can ruin peoples lives.

Embrace a new paradigm: Disability is a natural part of the human experience. Yes, disability is natural, and it can be redefined as "a body part that works differently." A person with spina-bifida has legs that work differently. A person with Down syndrome learns different, and so forth. People should no more be defined by the medical diagnoses than by gender,

ethnicity, religion, or other traits!

A diagnosis may become a sociopolitical passport for services, entitlements, or legal protections. Thus, the only places where the use of a diagnosis is relevant are medical, educational, legal, or similar settings.

People First Language puts the person *before* the disability, and describes what a person *has*, not what a person *is*. Are you "cancerous" or do you have cancer? Is a person "handicapped/disabled" or does she "have a disability"? Using a diagnosis as a defining characteristic reflects prejudice, and also robs the person of the opportunity to define himself.

Let's reframe "problems" into "needs." Instead of "He has behavior problems," we can say "He needs behavior supports." Instead of "confined to a wheelchair" let's say "uses a wheelchair." And let's eliminate the "special needs" descriptor. It generates pity and low expectations.

A person's self image is tied to the words used about him. People First Language reflects good manners, nor "political correctness."





NEWS FROM LIFE, INC.

EMPLOYERS WHO HIRE PEOPLE WITH DISABILITIES AWARDED

The Washington State Governor's Committee on Disability Issues and Employment honored six public and private employers for their exemplary work recruiting, hiring, retaining and promoting people with disabilities.

This year, Washingtonians nominated 22 employers and 8 individuals for these esteemed awards," said Conrad Reynoldson, chairman of the GCDE awards subcommittee. "The success of our ceremony highlights that inclusion is not just the right thing to do; it also makes good business sense!"

Winners of the 2018 Governor's Employer Awards Program are:

- Cascade Public Media
- Fred Meyer Store 122
- Kulshan Brewing Company
- Gigglechops Dog Wash
- Educational Service District 123
- City of Bellevue

Washington businesses, agencies, organizations and individuals submitted the nominations. A panel of GCDE members, business representatives and previous award recipients selected this year's honorees.

In addition to recognizing the employers listed above at a ceremony at the Microsoft

Conference Center in Redmond, Don Kay was also nominated for his commitment to people with disabilities. Kay, who works at the Division of Vocational Rehabilitation, received the Governor's Trophy in memory of Carolyn Blair Brown. This award is the highest honor given to someone with a disability who has significantly empowered people with disabilities.

Gigglechops Dog Wash is a self-service dog wash in Seattle whose mission is to provide employment opportunities to people with disabilities. 20% of their annual net revenue is donated to Brigadoon Service Dogs, a non-profit in Bellingham that provides service dogs for veterans, adults and children with disabilities so they can be more independent.



Living Independently for Everyone

TECHNOLOGY FOR INDEPENDENT LIVING

Deluxe Prism Glasses



Have you ever wanted to read lying down? These Prism Glasses fit over your existing prescription lenses and are the perfect solution for those who like to read in bed or watch TV without getting a neck cramp or eyestrain. Lie on your back with your head upon the pillow as normal, and you'll be able to read a book or watch TV while the prism turns your angle of view 90 degrees. It has been approved by optometrists and ophthalmologists. Comes with a carrying case and is MRI safe. About \$100.00

www.AliMed.com

Clear View Typing Aid



This product fits securely and offers an unobstructed view of the keyboard. It is worn on the ulnar side of the hand - padding protects the dorsal hand surface. Can be used by people who have finger contractures that interfere with devices worn on the palm surface of the hand. Adjusts easily to fit. About \$20.00.

www.AliMed.com

LINKS WORTH SHARING

Fun Festivals – by James Pickard



The PA BaconFest is a family friendly event has attracted pig-loving attendees from all over and features bacon chef battles, culinary demos, pig racing, hog calling competitions, bacon eating battles, live music, kids' events and of course fabulous food. And did we mention bacon?!
<https://pabaconfest.com>



Perhaps no other Caribbean nation celebrates its pirate legends and heritage quite like the Cayman Islands, which erupts into a festival of spectacle and pageantry during their annual Pirates Week in November. Parades, fireworks, street dances and costume contests with mock Pirate Invasions stretch across all three islands.
<https://www.piratesweekfestival.com>



For one spectacular weekend, the SF International Hip Hop DanceFest happens! Groundbreaking hip hop performances by professional dance companies from around the globe. This is their 20th year and will have inspiring, electrifying, and thought provoking works. All ages are welcome!
<https://www.sfhiphopdancefest.com>



Feast on visual arts at the Eastside Culture Crawl on November 15-18 in Vancouver, B.C. This four day festival features 452 artists in 67 locations. From glass blowers to weavers; from emerging artists to those that are internationally established, this event features workshops and exhibits.
<http://culturecrawl.ca>



The Montreal Bach Festival is North America's premier destination for the timeless musical genius of Johann Sebastian Bach. Concerts and educational programs bring world class performers to Quebec. First launched in 2005, this festival celebrates this cultural legacy.
<http://www.festivalbachmontreal.com>

CRITICAL THINKING ABOUT BUG OUT BAGS CONTINUED- by James

Now, where were we? Oh yea....I left you with some homework. Did you think about the questions from last newsletter? Let's see if you came up with similar items to mine.

First, start by learning about the environment you live in. What good does that do? There are a couple of reasons: weather and terrain. You don't want to pack long johns if you live where it's tropical and you don't want street shoes to trek through the wilderness. Of course, I'm not saying that every disaster will be apocalyptic, it's just a good idea to be prepared for whatever may come.

Next you must determine how much water you will need. It is said the average person needs a gallon of water per day. So for 72 hours or 3 days that's 3 gallons of water per person. Food would be the next item on the agenda. The basic guideline is, on average, a woman needs roughly 2000 calories a day and a man needs roughly 2500 calories a day to survive. Of course, there are many factors involved in an individual's food, especially if you happen to have any kind of medical issues. It's very important to understand your dietary needs and pack



Depending on whether you are sheltering in place (ability to stay in your home) or not, it is a good idea to have a tarp in your bug out bag. The tarp can provide you with temporary shelter from sun or rain, or can act as a wind break on those gusty days. To go along with the tarp of course is rope! Rope has multiple uses. For instance, you could tie down your tarp for shelter, tie up a bundle of wood for a fire, or depending on the thickness of the rope, could be used for replacement shoe laces, just to give you a few ideas.



A few of the other types of tools you may want to pack are a multipurpose tool like a Leatherman, that has a built in knife, screw drivers, can opener and pliers. A weather alert radio with dynamo crank and flashlight and cell phone charger is a good idea. This tool does away with packing extra batteries. I bet that if you put on your thinking caps you can find other multipurpose tools to add to your bug out bag. Oh...and don't forget the first aid kit! A must have in every bug out bag.

Final thoughts. The whole purpose of a bug out bag is for the individual. So personalize it for your needs. If you wear hearing aids, pack extra batteries, if you take a daily prescription, pack a weeks worth, if you wear glasses, pack an extra pair, or if you have asthma, pack an extra inhaler. You can see where I'm going with this. It's all about YOU being able to survive a bad stretch on the road of your life's journey.

~Peace be with you and yours~

Highschoolers Create a Disability History Museum



A group of students from Waltham, Massachusetts collected artifacts and documents to create a museum exhibit on the history of disability in America. Displays include one of the first hearing aids which looks like a standard set of headphones and a section dedicated to Society's Attempt at Erasing Disability. The students looked into the nearby Fernald School, once known as a leading home for children with disabilities - until researchers experimented on young boys by feeding the radioactive Quaker Oats. "Not for any reason other than to track where the oats were going through their body, to prove that Quaker Oats were good for you." The 35 design and history students make the case that history victimized people with disabilities a lot.

TIDBITS!

Categorically left over but no less important

Quotes to make you think!

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." - Francis of Assisi



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

Be Winter Ready in your Neighborhood

A change in seasons means taking down, putting away, and checking for supplies we might need during a severe weather emergency. It also means checking our neighbors and our neighborhood.

For your home and family:

- Replace emergency food and water you may have used during the summer or that needs rotating. Especially water in plastic jugs.
- Put your winter clothes in a handy place
- Have an ample supply of batteries for ALL devices requiring them, including motorized wheelchairs or other medical assistive technology. Keep rechargeable ones charged
- Make sure you have working smoke and CO2 detectors
- Put away garden hoses and replace with faucet covers
- Have snow removal equipment like blowers and shovels handy near the door
- Stock up on ice melt
- Make sure to have a supply of food and other things your service dog may need
- Call your out-of-area contact to check on how they are doing and to test out your emergency plan.

For your automobiles:

- Include a stash of warm clothing, blankets, extra food and water in case you get stranded
- Have a cell-phone charging cord in your car
- Keep your gas tank at least half full at all times

In your neighborhood:

- Keep street drains clear of leaves and debris
- Find out which neighbors will be away for a

time and ask how you can reach them in an emergency

- Ask your more vulnerable neighbors if they need help getting their homes ready. Offer to help them.
- Encourage neighbors to sign up for their local ALERT to receive emergency texts.
- When a storm passes and it is safe, check on your neighbors
- Sign up to receive severe weather alerts at <http://www.weather.gov/ilm/mobile>

Other ways to help:

- Sign up for emergency trainings held in your area. Attend emergency preparedness fairs
- Learn the basics of using radio communications in a disaster by joining your local Ham Radio club
- Learn first aid skills and CPR to help out an injured person for a few hours or days
- Find out where your local emergency shelters will be



CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING



640 Pershing Ave Ste 7
Pocatello, ID 83204
208-232-2747 VOICE-TDD
208-232-2754 FAX
800-631-2747

570 W Pacific
Blackfoot, ID 83221
208-785-9648 VOICE
208-785-2398

250 S Skyline
Idaho Falls, ID 83402
208-529-8610 VOICE
208-529-8610 TDD
208-529-6804 FAX

2311 Park Ave Ste 7
Burley, ID 83318
208-678-7705 VOICE
208-678-7771 FAX

www.idlife.org



3726 E Mullan Ave
Post Falls, ID 83854
208-664-9896 VOICE-TDD
208-666-1362 FAX
800-854-9500

330 5th Street
Lewiston, ID 83501
208-746-9033 VOICE -TDD
208-746-1004 FAX

505 N Main St
Moscow, ID 83843
208-883-0523 VOICE-TDD
208-883-0524
800-475-0070

www.dacnw.org



1182 Eastland Dr. N. Suite C
Twin Falls, ID 83301
208-733-1712 VOICE
208-733-7711 TDD

1878 West Overland Rd
Boise, ID 83705
208-336-3335 VOICE
208-336-3335 TDD

4110 Eaton Ave
Caldwell, ID 83605
208-454-5511 VOICE
208-454-5511 TDD
208-454-5515 FAX

www.lincidaho.org