

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Haiku by Ashley Centers

Broken wheels don't hurt
so much when surrounded by
friends, sun and music.

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LIFE INC

New Staff at LINC

LOCAL EVENTS - Please join us!

- Mar 1 - Day of Mourning 2019**
 Moscow, ID
 Friendship Square, 12:00 pm - 1:00 pm
- Mar 4 - Making Welcome Business Workshop**
 Spokane, WA
 St. Lukes Rehabilitation Institute, 8:00 am - 12:00 pm
- Mar 11 - Parkinson's Disease Support Group**
 Lewiston, ID
 St. Joseph Idaho Street Building, 1:30 pm
- Mar 20 - Game On - Accessible Gaming Workshop**
 Moscow, ID
 Disability Action Center Office, 4:00 pm - 5:00 pm
- Mar 22 - Spring Fling Inclusive Dance**
 Lewiston, ID
 Lewiston Community Center , 6:00 pm - 8:00 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

From the Editor

Traveling is the best way to get out of your comfort zone and invites you to experience life in different ways. It's more than seeing the sights, there is a change that goes on, deep and permanent, that affects your ideas of living.

It's that time of year when I start planning next years big trip. I have taken each of my children abroad for a trip before they are done with high school. Besides it being a last chance for a "family vacation" trip before they go off and begin their lives, it's an opportunity to see how others (not Americans) live and broadens their perspective.

My Top 4 Reasons to Travel:

1. Get out of your comfort zone. Traveling abroad, especially if they don't speak the same language, can be scary and uncomfortable. But that is when you learn the most. It teaches you to connect despite differences, navigate foreign environments. Which leads to:

2. Traveling Builds Confidence. As you conquer obstacles, whether public transit or simply going to the grocery store, this builds confidence than can lead to moving across the state or the country where you have no family, friends, or connections. You realize you CAN do things, and what was once an obstacle is now a challenge.

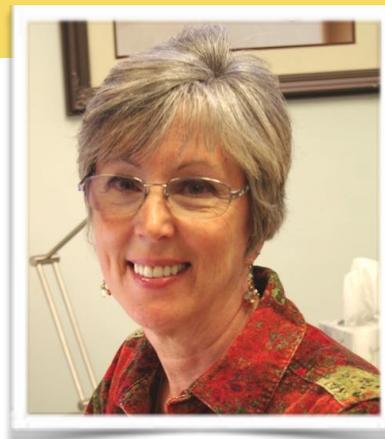
3. Develop Cultural Sensitivity. This is key in our globalized world. It helps you look for underlying values that can explain a culture.

It helps us understand national issues and conflicts better, and can help with communication on both a personal or business level.

4. Offers ways to build your network. Once you have travelled abroad you realize people are generally very friendly and love to talk about their home and culture. This may not always be the case, but more often than not it is. Every place I have been resulted in a long distance friendship. And these are easier to maintain now with social media. Friendships can make a big world seem a little smaller and help you feel connected wherever you go.

Even those with disabilities can travel, it just takes a bit more work. Sites like B list accessible places all over the world. And groups like Trips R Us handle details and offer safety for people with intellectual and developmental challenges. Travel is for everybody!

~ Vicki Leeper





NEWS FROM DAC NW

CALLING ALL GAMERS!

DAC is hosting an assistive technology and accessible gaming workshop on March 20th. For some, the ability to compete with friends in today's online video game world needs subtle but significant change in how the controllers work.

Instead of a joystick, four buttons on the left control the direction a player moves on screen. Players with disabilities have embraced the change because of the milliseconds it can potentially save, and that can mean the difference between a win or a loss in the world of e-sports.

Video game manufacturers are starting to design controllers with a number of disabilities in mind. Some controllers can be operated with one hand, or through head movements, and with the feet. Features are being added to the games themselves that allow for audio cues or vibration patterns that help people who are blind to play the game. Color palettes can be adjusted for those who are color blind.

Commercials are even starting to feature kids with disabilities playing games. Every kid wants to go to school and be able to talk about Fortnite or have common ground about other games with their peers. Kids, especially, want to feel a part of the bigger community and belonging is important for mental health.

“It has been a growing awareness over time, said Karen Stevens of EA Sports, a division of Electronic Arts in Maitland. “People have realized that disabilities are very common.” Stevens, who is deaf, initially started at Electronic Arts as a programmer but soon became the company’s lead executive on accessibility issues. “Everyone should be included,” she said. “I know what it’s like to be left out and I know how bad it feels to be left out. Every chance I have to make something more inclusive, I try.”

At the workshop, information on how gaming and assistive technology go hand in hand will be presented. People can talk about the various accommodations that may be needed with video game consoles, mobile devices, and accessories.

Join us March 20th, 4-5 pm at the Disability Action Center Moscow office, 505 N Main Street.



Helping YOU take action!

NEWS FROM



Voting Machines Must be Accessible for Voters with Disabilities



The Justice Department reached an agreement with the City of Concord, New Hampshire, to resolve a complaint alleging that the city violated Title II of the ADA by failing to provide an accessible ballot to a voter who is blind.

Under the Department of Justice's ADA Voting Initiative, all elections must provide voting machines that are accessible to voters who are blind or visually impaired and available in all the polling places. In addition, cities must train poll workers on how to use the accessible voting machines. A hallmark of this Voting Initiative is its collaboration with jurisdictions to ensure accessibility to both polling places and the ballot.

Ballots and polling places must be accessible to all voters. If you or someone you know has difficulty seeing or marking a ballot there are several ways to vote. Voters can be assisted at the polls by a person of their choice. A ballot marking machine with an audio ballot and enlarged print is also available during early voting and at polling places for State and Federal elections. You may also vote from home with a mail-in absentee ballot. Contact your County Clerk before Election Day if you would like assistance to vote.

If you are unsure how the accessible voting machines work, you can request to check it out ahead of time. Contact your local CIL to get a demonstration.

Idaho has close to 1,000 polling places. In Kootenai County alone there are 71.

Everyone has a constitutional right to vote and vote in a private way. If you would like to file a complain of inaccessible voting go to: <http://www.ada.gov/complaint/>

For more info visit NWADACENTER.ORG/IDAHO
 Dana Gover, MPA, and ACTCP
 Certification
 ADA Training & Technical Assistance
 Email: dananwadacenteridaho@gmail.com
 Phone: Voice & TTD 208-841-9422





NEWS FROM LINC, INC.

SERVICE DOG LEGISLATION INTRODUCED AT THE IDAHO

Senate Bill 1075, known as the Service Dog Legislation, was sent to the Senate floor with a “Do-Pass” recommendation by a unanimous vote in the Idaho Senate Health and Welfare Committee on Tuesday, February 19th.

The bill seeks to correct ambiguous language in the current Idaho law regarding service dogs, expands the definition of disability to include anyone with a disability, and brings Idaho law into compliance with the federal Americans with Disabilities Act (ADA). It provides protections for service dog handlers and trainers, and for businesses (public accommodations) as well.

Testimony before the committee pointed out the many roles that service dogs can play, such as detecting blood insulin levels and seizures, assisting with balance and mobility, and helping veterans and others with post-traumatic stress disorder to manage their symptoms. The Idaho Retailers Association and the Idaho Hospitality Association supported the bill and explained that the bill clarifies what questions may be legally asked by business

owners, and when a dog may be excluded from the business for misbehavior.

If the bill passes in the Senate, it will go to the House Health & Welfare Committee for a hearing to be sent the full House for a vote. Anyone who wishes to support the legislation is invited to contact their Senator and Representatives by visiting <https://legislature.idaho.gov/>. You can find the contact information for your legislators by entering your street address and zip code in the box labeled “Who is my Legislator” in the blue box at the bottom of the home page.





NEWS FROM LIFE

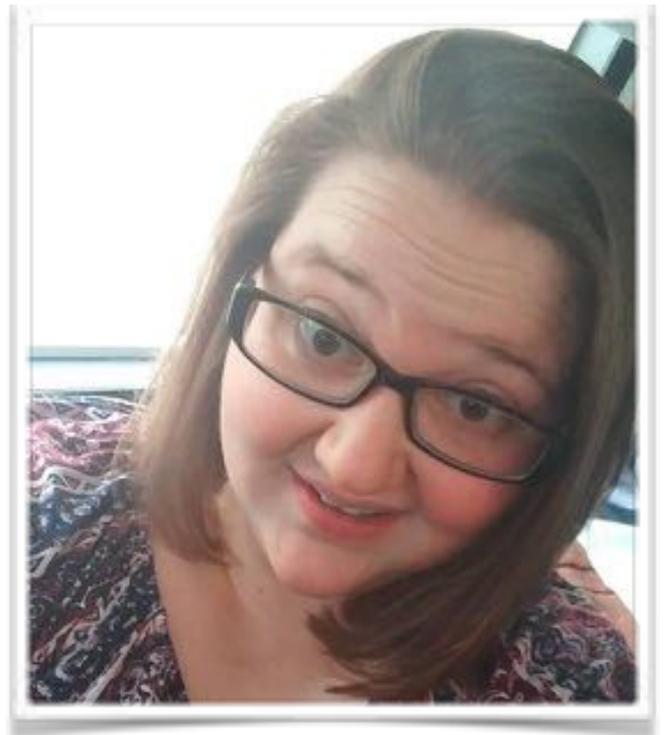


Mandy is passionate about helping the citizens of Idaho live their best life. Dan, Mandy and their pup Duke love Idaho and all it has to offer.

Meet MaKayla Cornwall. She is the Finance and Medical Billing Specialist at Living Independently for Everyone, Inc. She Processes Payroll and Submits the medical billing for the company. MaKayla is a kind and loving person, and very hardworking. She loves spending time with her family. MaKayla enjoys doing things outdoors. She fishes and hunts with her family and boyfriend. Makayla loves to go camping. MaKayla is very family oriented.

MEET THE STAFF AT LIFE INC.

Mandy Greaser is the new Executive Director at LIFE Inc. She joined the team in July 2018. Mandy was born and raised in the US Air Force and then joined herself in September 2003. After she completed her service she returned to California where she started school for her Bachelors in business administration. She moved to Wisconsin where she started working for the VA. She then transferred to Seattle where she was a business manager for the VA before coming to work at LIFE Inc. Dan and Mandy moved to Pocatello in August 2017 when Dan resigned his commission in the Army and took on a job at ON Semiconductor.



Living Independently for Everyone

PERSONAL ASSISTANT SERVICES

Moving from Nursing Home to Community

Transitioning from a nursing home, back into the community, can be challenging enough. But it can be especially hard for those who don't have the money to do it. Idaho Home Choice is a program that can help with that.

At 58 years old, Darrell Billings of Middleton, decided to make a change. "I wanted to enrich my life, I wanted to become more independent. Try to resume as much of my independence that I could," Billings said.

Resuming that independence meant leaving a nursing facility he spent over two years in. "I was outgrowing it. I just didn't want to live in a facility where I was taken care of 24/7. I wanted to live independently and the program awarded that," Billings said.

For those who may not be able to afford to move out on their own, Idaho Home Choice program provides Medicaid services to make that transition possible. To live in a private home they may need a little more support. But this can help them be closer to family and loved ones in the community, but outside of that institutional placement. Sometimes people

end up there as a kind of last stop. They don't realize there are options for helping them transition out if they get the right support.

Transition managers can be found at your local CIL, and can help you secure everything from housing to daily care. This could include getting personal care services set up, home delivered meals and an emergency response system. They can help you gain the confidence to do the transition.

The program can pay for security deposit and has funds for furniture, kitchen supplies and other household items. Idaho Home Choice has helped over 500 people transition into community-based living.



Services you control!

LINKS WORTH SHARING

Educational Games – James Pickard



Funbrain Playground is created for kids in grades Pre-K through 8. Hundreds of games, books, comics and videos that develop skills in math, reading, problem-solving and literacy. Easy to use: browse by grade level or by type (games, books or videos).

<https://www.funbrain.com/pre-k-and-k-playground>



If you have ever struggled with reading comprehension, Into the Book is a great resource. It focuses on eight research-based strategies: Prior knowledge, Making connections, Questioning, Visualization, Inferring, Summarizing, Evaluating and Synthesizing.

<http://reading.ecb.org/indexx.html>



Public learning laboratory Exploratorium lets you experience the world through science, art, and human perception. This transforms learning worldwide. People can think for themselves and ask questions, question answers, and understand the world around them. <https://www.exploratorium.edu/explore>



Do2learn provides thousands of free pages with social skills and behavioral regulation activities and guidance, songs, games, picture communication cards and academic material, and transition guides for employment and life skills.

<http://do2learn.com>



Arcademic Skill Builders are online educational video games that offer a powerful approach to learning basic math, language arts, vocabulary, and thinking skills. They even have free multiplayer games to compete with friends.

<https://www.arcademics.com>

View from a One-Armed Perspective

by Guest Blogger James Pickard

SURVIVAL IS NOT JUST A BUG-OUT BAG!!
 What is survival? How does it apply to you or I?
 Do you have survival skills or even need them?
 How do you go about getting survival skills?
 Survival skills come in all forms and whether you
 know it or not, you probably already have
 survival skills to help you succeed to some
 degree! But before we get into all that let's take a
 look at what the word survival is.

The Merriam-Webster dictionary defines
 "SURVIVAL" as "one that survives." From the same
 dictionary we will retrieve the definition for
 "SURVIVE" and it is "to continue to function or
 prosper." From this one can see how success is
 linked to survival. Ready now? Okay...onward!

Let's see...where to start??? This is a lot
 harder than I expected! Well I guess I'll have to
 reference that age-old adage that says...if you
 don't know where to go, start back at the
 beginning. "CULTURE" Locke, Berkeley and
 Hume wrote similar essays on human nature.
 They suggest that as an infant one is born as a
 blank slate and the parents provide the infant
 with a foundation on which to build upon. The
 old "nature vs nurture" discussion. How does
 culture fit in this scenario you ask? Well let's
 take a look at the Merriam-Webster definition
 for the word "culture". It says "the customary
 beliefs, social forms, and material traits of a
 racial, religious, or social group."

So in essence, depending on the environ in
 which one was raised determines what qualities
 one solidifies within one's being. What I am
 eluding to is that it comes down to one's
 parents and what cultural morals they instill.
 One would agree that being raised in a military
 environs is totally different than a civilian one.
 Just like if one is raised in a corporate environ
 verses country living, the values may differ
 considerably.

This is just touching
 on one aspect of
 culture and when
 combined with other
 variables of culture
 one can see a fuller
 picture starting to
 emerge.



The examples that I used above are just
 scratching the surface. There is a plethora of
 variables to the existence of life. Everyone is
 their own individual and bases their decisions
 on what defines, promotes, justifies, enriches,
 and satisfies their self-proclaimed existence.
 In a descriptive way I am suggesting that one
 should understand and know who one is. Root
 around within yourself for a while, one will be
 surprised with what one learns of oneself.

I'll leave you with this thought on this leg of
 our journey. Bruce Lee once said: "Our skill is
 forged by the fire of our will."

~ Selah



A Diagnosis is Not Always Good



A diagnosis can be a relief when it gives a word or name to a person's experience. But it can be oppressive when it is used as a tool for dismissal of pain, or self-definition, and of life. People with disabilities are not looking to be cured, fixed or rehabilitated today. They just want the tools and opportunities that others have to succeed with what they've got. We have to be on the alert that the diagnosis does not define us. That we are seen as people first, and not as patients. Check out the photography project "What I be Project" <http://whatibeproject.com/images/>

TIDBITS!

Categorically left over but no less important

What would you do?

You are a parent of a child with a developmental disability. They are an okay student academically, but have some trouble with their behavior in class. The school decides to hold a meeting with you to discuss some strategies on how to get the student to feel more comfortable in school. The problem is, whenever they request a meeting you are notified at the last minute. It is difficult to get away from work and you feel unprepared.

—What would you do?



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

TECHNOLOGY FOR INDEPENDENT LIVING

Mail Chime Mail Alert System



If the pop up flag isn't working to let you know when the mail is delivered, try Mail - 1200, a wireless notification device. It announces when the mail is delivered with audible AND visual signals. Adjustable volume control and works up to 300 feet away. It works on all three basic types of mailboxes: curbside, wall mounted and slot type. But is not recommended for extra large heavy walled mailboxes. Device attached with heavy duty double faced tape. Clean the surface off before attaching. Notification stays on until you get your mail and reset the device.

About \$45 and available from Walmart or Amazon.

VIVITAR FOOT BALL MASSAGER



An effective relaxation option in an affordable and low-tech package. This tough tissue reducing ball massager with acupressure nodes is designed to help relax sore areas and eliminate tension. It can improve flexibility and circulation. Cordless and handheld, it will give you a professional quality massage in the comfort of your own home. Uses 3 AAA batteries.

About \$15.00

www.maxiaids.com

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