

Idaho IL Newsletter

Independent Living - Celebrating Life Your Way!



Haiku by Ashley Centers

And fight when you feel
like flying, 'cause tomorrow
might be worth something.

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NEWS FROM DAC

Parkinson's Film Event

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NW ADA CENTER

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LINC INC

Planning Your
IEP

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LIFE INC

Independent Blind
Runner

LOCAL EVENTS - Please join us!

- April 3 - Ride With Larry Film Event**
Pullman, WA
WSU Todd Auditorium, 5:00 pm - 7:30 pm
- April 8 - WSU Disability Awareness Symposium**
Pullman, WA
CUB Senior Ballroom, 9:00 am - 3:00 pm
- April 15 - 2019 Traumatic Brain Injury Conference**
Spokane, WA
Double Tree Hilton Hotel, 2:00 pm
- April 25 - Moving On Transition Fair**
Lewiston, ID
Lewiston Community Center , 3:30 pm - 6:00 pm
- April 27 - Courageous Kids Climbing**
Moscow, ID
University of Idaho Climbing Center, 10:00 am - 12:00 pm

ABLE ACCOUNT WORKSHOPS

Rexburg

April 3, 2019 Work Shop 6:00 pm - 7:30 pm (No One-on-one time)
Madison Library Community Room
73 N. Center Rexburg, ID 83440

Pocatello

April 4, 2019 One-on-one hours 3:00 pm - 5:00 pm
Work Shop 6:00 pm - 7:30 pm
Marshall Public Library
113 S. Garfield Ave. Pocatello, ID 83204

Idaho Falls

April 6, 2019 One-on-one Hours 2:00 pm - 5:00 pm
Work Shop 6:00 pm - 7:30 pm
The Bank of Commerce
1730 W. Broadway Idaho Falls 83402

Guest Editor – Food Not Bombs

Food Not Bombs is focused on food rescue (going to supermarkets, restaurants, etc. and collecting food that would otherwise be thrown out, and taking it to those who need it).

Food Banks typically collect from larger grocery stores, but until recently, smaller grocery stores and restaurants have had no option for distributing extra food. Food Not Bombs collects this food. Food collected from restaurants is the excess in preparations for a buffet or customers - NOT salvaged leftovers. After an inventory collection, it's then distributed to those in need.

Food Not Bombs of the Palouse is trying to decrease food waste and increase food security; offer solidarity not charity; and distribute food to areas where there are people that cannot get to food banks, or those who cannot leave their home.

Food Not Bombs of the Palouse has been doing food recovery for almost a year in Moscow, ID. In this short time, over a ton of food has been recovered and fed to people. In the past month, Food Not Bombs of the Palouse expanded to serve Pullman, WA. As the awareness of both the problem of food waste and this solution (which also helps food insecurity) grows, so do the number of volunteers, people receiving help, and the

number of restaurants who donate. There is now an urgent need for a vehicle to facilitate the

transportation of all this food, which continues to grow as new donors contribute up to hundreds of meals a day.

Having a vehicle would help the group expand their reach and streamline deliveries. The ideal vehicle would have ample storage space and refrigeration so food can be collected, stored at the right temperature for a few hours, and then distributed. Sojourners Alliance in Moscow has already offered to cover the insurance for the vehicle.

Food Not Bombs is non-profit and give receipts for donations that are given. You can contact them at:

foodnotbombsofthepalouse@gmail.com

If you have a story for our newsletter contact us at dac@dacnw.org





NEWS FROM DAC NW

DAC HOSTS PARKINSONS EVENT

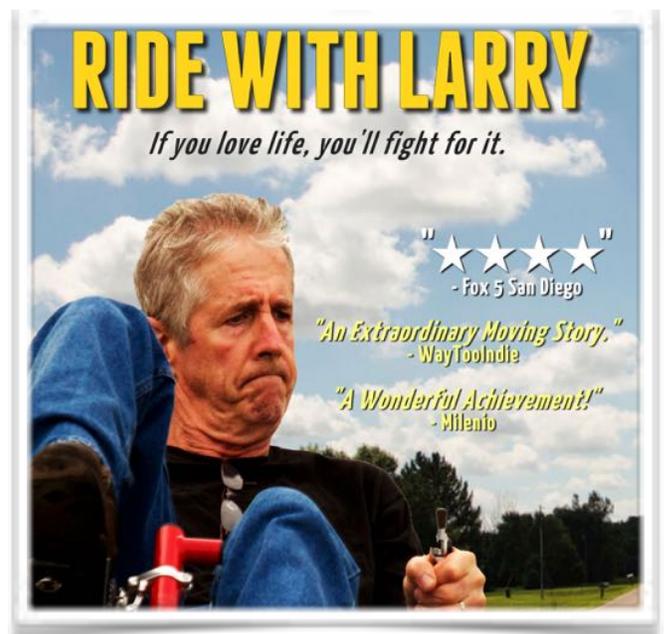
Disability Action Center NW is partnering with students from the Human Development department to host a screening of the film "Ride With Larry", a film about the onset and treatment of Parkinson's disease. A powerful documentary that follows Larry Smith, who was diagnosed with Parkinson's over 20 years ago. Larry wants to do one last big thing before it's too late: ride his bike 300 miles across his state of South Dakota to inspire other people living with Parkinson's to live life to the fullest. The film was also featured in the televised mayoral debate in San Diego, to legalize the use of medical marijuana.

DAC has used these kinds of screenings to open a dialogue on the different types of treatments available. They have had past demonstrations that show the effects of a brain stimulator implant, and certified marijuana experts that explained how CBD's are proving to be an excellent treatment for Parkinson's without the effects of getting high.

Did you know that men are one and half times more likely to have Parkinson's disease than women? Researchers are still puzzling over that one. But locally researchers have done a study that

collected data from those living in Washington's agricultural areas. A WSU epidemiologist found a link between the use of some herbicides and the higher death rates from Parkinson's disease among those living in agricultural areas. Five different pesticides were looked at including RoundUP. But at this time it is unclear how the active ingredient in these pesticides would lead to an earlier death from Parkinson's. The active ingredient in RoundUp is glyphosate and is widely used to kill weeds.

Ride With Larry will be screened at 5pm April 3rd in the Todd Auditorium at Washington State University in Pullman, WA. Following the film there will be a discussion and demonstration of assistive technology for use to help those living with Parkinson's.



Helping YOU take

NEWS FROM



Museums and Accessibility



Ryan Saglio worked as an assistant for people with disabilities for years and decided to study accessibility in cultural institutions as a graduate student. Here are her takeaways:

1. There are no perfect answers

In an ideal world, every museum would have the capacity to serve any visitor that walked through its doors, but it isn't that easy. Especially older museums and historic sites, they were not designed with accessibility in mind. Nor do they all have the resources needed to become accessible. For some physical access is a priority. For others, its programming for the Deaf and Hard of Hearing community. And finding the right starting point is hard. For example, should they install an elevator or do a digital tour of the second floor? To start the museum needs to sit down and decide what exhibit defines their institution and go from there.

2. Embrace complexity

Understand the barriers that make visitors feel unwelcome. Disability can be an umbrella term that applies to many different people. There are many types of disability, and each has different accessibility needs.

3. Accessibility is a conversation

Whenever possible, reach out to the communities you are trying to welcome. Learning to have these conversations means working towards transparency about the limitations of the institution. Bring in the outside knowledge.

4. Access is NOT a burden

Accessibility is not just a matter of ADA compliance, it involves committing to a community often forgotten and ignored. When done right, it doesn't just allow people to feel welcome; it gives them a place and makes room in the institution for their voices. Institutions are often committed to community enrichment, so ultimately accessibility fits with their mission.

For more info visit

NWADACENTER.ORG/IDAHO

Dana Gover, MPA, and ACTCP
Certification

ADA Training & Technical Assistance
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Phone: Voice & TTD 208-841-9422





NEWS FROM LINC, INC.

Success with the IEP Webinar

A new web based system to create your IEP (Individualized Education Program) for your child with a disability started up in August of last year. An IEP is both a process and a document that details a school's provision of agreed-upon instruction and services specially designed for students who qualify.

IEP's are complicated, so having the tools to ensure you are writing one to best meet the needs of your child, while staying compliant with IDEA (Individuals with

Disabilities Education Act). The IEP ensures your child is entitled to "free" and "appropriate" education in the least restrictive environment possible. Districts should try, whenever possible, to include the child in a general education classroom as much as possible.

An interactive webinar workshop will give parents the tools needed to understand the IEP process from eligibility through transition to adulthood. You can call for more information about taking part in the webinar at 208-3432-5884.





NEWS FROM LIFE

Blind Man Runs Half Marathon with Dogs

For many, completing a half marathon is all about putting one foot in front of the other. For runner Thomas Panek, a few paws also helped get him to the finish line.

He made history becoming the first blind runner to complete the New York City Half Marathon using guide dogs, instead of human guides. He finished the race in just over 2 hours and 20 minutes.

He utilized a team of Labrador retrievers: Waffle, Westley, and Gus, who took turns running. The dogs set their own pace and each ran between 3 to 5 miles.

Panel is president and CEO of Guiding Eyes for the Blind, a non-profit that provides trained dogs free of charge for the blind and visually impaired.

Panel lost his sight over 25 years ago. After he adjusted to being blind, he started running with a human guide, but it just wasn't the same. "When you're tied to another person, it's no longer your own race. The independence isn't quite there," Panek said.

With his non-profit, he created a team of experts to train a group of dogs, mostly Labradors and German shepherds, to run long distances. The pups start their training at 18 months old, but only a select group actually

become running guide dogs.

The skillset for the dogs are the same: looking for overhead obstacles, making sure the person remains safe as they are mobile.

In 2017, Panek completed a 5 mile race with Gus, his longtime guide dog. A little over a year later, that same pup helped him across the finish line of the half marathon. After receiving the shining medal, Gus retired. But the race wasn't just for the medal, it was to raise funds for the program which goes toward the training and lifetime vet care of the dogs in the program. For more information check out www.guidingeyes.org.



PERSONAL ASSISTANT SERVICES

Consequences of Caregiving

Historically, women have served as both paid and familial caregivers. While the demographics are shifting, with more men and millennials stepping up to help care for disabled and aging loved ones, the majority of caregivers remain women. It is critical the industry consider the short and long term effects of caregiving on women's health and well-being.

Being a caregiver can provide a sense of fulfillment. But it is a position that can lead to anxiety and burn out. By understanding the consequences of caregiving we can anticipate and better support the needs of the caregivers who remain an indispensable part of our health care system. The population of those over 65 is expected to double by 2050, and most of those will want to age in place. In home care will remain in high demand. Traditionally, these jobs have been filled by paid caregivers, but low wages and a general lack of respect for the work have made the workforce vulnerable at a time when these skills are critical to supporting the independence of people with disabilities.

Lets engage with our caregivers and

consumers to identify problems and learn how best to meet their needs and improve the quality of the job.

Preparation is key. CILs providing self directed services can help the consumer and caregiver to be on the same page about personal preferences so they can work together each day. They can provide education and training of the skills they need. Things like: how to recruit and interview caregivers, how best to communicate personal needs and preferences, what is a back-up plan, how technology can help and where to get it. Consumers can be in control of their care, and caregivers can receive the support they need to do the best job possible.



Services you control!

LINKS WORTH SHARING

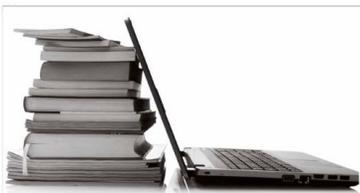
Learning your rights – James Pickard



Idaho Parents Unlimited is a statewide organization that supports, empowers, educates, and advocates to enhance the quality of life for Idahoans with disabilities and their families. They ensure parents of children with disabilities receive the support they need. And their website is fully accessible! <https://www.ipulidaho.org>



Vocational Rehabilitation is the largest and oldest program funded under the Rehabilitation Act. It is the state/federal system which provides comprehensive vocational services to individuals with disabilities in Idaho. Check out their website to see if you qualify for vocational guidance and training. <https://vr.idaho.gov>



A group of individuals joined together to form a network of professionals interested in supporting the needs of students with disabilities at Idaho's public and private postsecondary institutions. Check out AHEAD and see how they might be able to help you. <https://www.ahead.org/home>



Not sure where you stand with your rights? DisAbility Rights Idaho gives people with disabilities a voice to protect, promote, and advance their legal and human rights through quality legal, individual and system advocacy. <https://disabilityrightsidaho.org>



The ADA National Network Centers are a national platform comprised of ADA professionals and experts charged with assisting businesses, state and local governments and people with disabilities to process the changing culture to be accessible. The local office in Idaho is <http://nwadacenter.org/idaho>

10 Gardening Tips for the Disabled —

by Evelyn Weidner

When I was in my teens, I used to jump off the tailgate of a pickup truck, no problem. When I was in my 40s, I could still hop off the tailgate, but I usually took someone's hand and jumped more carefully. Now in my early 80s, I sit down carefully and slide off very gently. As we age, it makes good sense to make adjustments for our safety. Gardening isn't any different.

Here are some tips for your gardening safety if you have a disability.

1 The hardest tip first: Admit to yourself you can't do everything. And don't try to do everything in one day. Work for a while and then relax for a while. Most accidents happen when we are tired and are not paying close attention. You will always wish that you had the energy you had when you were younger and fitter. That's life. Like the saying goes: Make lemonade out of those lemons.

2 Do a safety check of your yard. It only takes one misstep to trip and fall. Have a friend or family member walk around your yard with you to check for hazards — roots, uneven ground, loose steps, rocks, etc. They will see things that you might have taken for granted.

3 Fix the things that aren't safe or could be a hazard. It's not enough to notice that a root sticks up if you do nothing about it. Fix it! Wear long sleeves and sturdy pants and use gloves. As we age, our skin gets thinner and branches and stickers can cause nasty scratches that might get infected. A pair of goggles or some old sunglasses will protect your eyes from a snapping branch.

4 Carry a cellphone with you any time you are outside the house (carry it in the house, too.) You may never need it, but if you do, it could save you some very uncomfortable waiting time in the event of a fall.

5 Use a cane or walking stick for uneven ground. Give yourself the additional support you need when you walk in difficult areas. If you happen to

fall, having a cane nearby makes it a lot easier to get up. A ski pole is useful with its pointed tip; it is also a great gardening cane, handy for picking up trash or holding down that branch that is in the way.

6 Avoid ladders like the plague. No climbing up on chairs or old, turned-over 5-gallon cans. Very few gardens have perfectly even surfaces. Don't let a tippy ladder tip you over. If you can't reach something, let it be.

7 Stay away from that slope or bank; it is a trap waiting to cause you to tumble. Compare your poorer balance and a potential broken hip against those weeds. Guess which one will win? If ever you should fall, however, immediately go to the doctor or call 911.

8 Bring your gardening up to waist level. Invest in a raised planter bed or two. Not too high, maybe 2 to 3 feet. Make sure there is a nice, wide top board to make sitting and working easy. Everything in the bed should be reachable, so get one that is long and narrow, not square and deep. Need it higher? Concrete blocks or stacked bricks will do the trick. You can also create an easy container garden by adding an extra patio table. All your pots of herbs and flowers can sit on the extra table.

9 Trade your knowledge with someone more able for those garden jobs that need a bit more strength. Your knowledge will help them garden better, and their help will save your back and aching joints. Everyone will benefit, and you may make some lifetime friends.

10 Perhaps the best of all, allow your family and friends to give you "safe gardening" gifts. Your family is always struggling to find the right birthday or holiday gift. (Not another gadget or pair of slippers, please!) Make it easy for them. Hand out your Gardening Wish List: pruning, dig the vegetable plot, put up outdoor Christmas lights.

Superhero with Down Syndrome



Superb features the first superhero with Down syndrome - a chromosomal condition that affects roughly 1 in every 700 babies born in the United States. Jonah is the main hero of Superb. It's the story about young people faced with challenges who struggle to understand one another and what it means to be heroes. The writers utilized the National Down Syndrome Society to help craft their characters with these life experiences. Cool new comic characters!

TIDBITS!

Categorically left over but no less important

#AbledsAreWeird?

Lady on train: Why is your wheelchair pink?

Me: Because I like pink.

Lady on train: But you shouldn't make a wheelchair pretty.

Me: Why not?

Lady on train: Because then people might think it's okay to have one.



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

Portable Stair Climber



The Liftkar PT-U wheelchair stair climber attaches to a manual wheelchair and locks into place. Makes it easy for you and an assistant to handle stairs, either for visiting or for emergency evacuation in case an elevator is out of order. The unit is light weight and disassembles and is easy to put in your car or travel on a plane. Battery powered and can lift up to 352 lbs indoors or out. Small enough to negotiate curved or narrow stairs. Contact them for a rep in your area to get a quote.

www.mobilitylifter.com

An Easier Way to Track Prescriptions



This pill bottles comes in different sizes and has a simple stopwatch built into the cap. It can give you peace of mind knowing whether your loved one did or did not take their medication. It can also detect and deter theft. It can also be used to help quit smoking by continually lengthening the time between cigarettes. With smart phone apps you can track all kinds of information

About \$10.00

www.timercap.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



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www.lincidaho.org