Celebrate the 30th Anniversary of the Americans with Disabilities Act! We are asking everyone to share a moment in their lives when they were thankful for the ADA. Join us in a summer long virtual celebration of accessibility. Take part in virtual webinars and workshops. Be a part of it and use the #ThanksToTheADA.
LOCAL EVENTS - Please join us!

Due to COVID-19 restrictions, around the world festivals, sporting events, community workshops and celebrations are being cancelled or postponed. We support these decisions but also understand the important role these events play in community life. They serve as an emotional connection to share a common experience, and they build stronger, more resilient communities. We have moved to offering our event experiences online and in person with Social Distancing Precautions in place. Be an active part and join us in our virtual workshops, peer support groups, get togethers and gaming opportunities. If you are having trouble connecting, have difficulties with high speed internet or lack the devices that enable you to be an active part, please phone your local CIL - we can help! And be ready to return to our in person events in full force when it is safe to do so. We love our communities!

July 13  -  NAMICon - 2020  
Virtual National Conference 10:30 am  
Washington DC

July 23  -  Deej: A #NoBodyIsDisposable Film Festival  
Virtual Film Event 5:00-7:00 pm PT

July 26  -  #ADA30 In Color  
Virtual Panel Discussion 4:00 pm PT

Idaho Independent Living Conference

September 14–18, 2020

This year’s conference is going all-virtual with online classes and workshops during the day and evening activities everyone can take part in, no matter where you are: games, karaoke and more. Stay tuned!
Anyone who knows me, knows I love to garden. Enjoying a variety of weather outdoors growing flowers, fruits and vegetables. Now I didn’t say I was very successful at it! But I do love it.

And I think about how I would change things to accommodate any disability I may get as I age. I have a scooting bench already, and have started putting in raised beds with the help of my husband. And I know all about the different rakes and shovels and other implements of destruction that are built to accommodate a variety of disabilities. So I know I will garden well into old age.

When I am successful, eating food that I grew, without chemicals and preservatives, is the best. And anyone can do it, anywhere. Root vegetables are a crop that provides its own list of health benefits. Since they are grown underground, they absorb a large amount of nutrients from the soil and are excellent sources of concentrated antioxidants, Vitamins C, B, and A, as well as iron. Full of fiber and slow-burning carbohydrates to make you feel full, they also help regulate blood-sugar levels and keep your digestive system in good shape.

You can even start your own root vegetable garden from leftovers; carrot tops, onion root ends, and old potatoes with the funky little sprouts (called eyes) or any other root vegetable you may have like garlic and beets.

Start by rooting them in water, you remember this from grade school and starting an avocado! Plant those little or outdated garlic cloves in a pot and it will eventually grow a plant you can use all the parts of in cooking.

We received a bunch of seed potatoes this spring, and I am proud to say the ones I cut up and planted are doing well. I should get a lot of potatoes from the 2 rows I planted. But I could have easily just plant 5 or so in a 5 gallon bucket. These can grow on your balcony or by your front door. Beautiful star shaped flowers make them a pretty plant, and in the crisp autumn days it’s easy to upturn it on a shower curtain or tarp and harvest your bounty! Get growing.
Celebrate with a Free ADA T-shirt!

Everyone statewide is welcome to participate in this fun ADA celebration activity and you don’t have to be a person with a disability!

Request a t-shirt by calling your local Center for Independent Living or make a request through our campaign email: idaho30yearADA@gmail.com

This is the easy part - Wear your t-shirt!

Take a photo of you (or your group) somewhere, doing something, that connects with the ADA experience you want to share. If pictures have bad resolution, we cannot use them, so please be sure to set your camera to the highest quality settings. Need ideas for things you can do?

- Pose with your service dog in a business, park or on the sidewalk.
- Use your assistive technology
- Use a form of effective communication like reading large print or Braille menus, using a video phone, working with a sign language interpreter, watching a video with captioning.
- Take a photo getting on to accessible transportation
- Using the audible/vibrating pedestrian signals at a crosswalk
- Getting in to your vehicle in an accessible parking space
- Using your wheelchair on curb cuts, ramps and accessible sidewalks.
- Having fun on accessible playground equipment, lifts into public pools, out on accessible trails, boating docks, fishing piers, or enjoying accessible beaches with your wheelchair.

Write a short explanation of the picture and what you are doing or how the things in the picture help you. Just need a sentence or two!

Include the first names of those in the photo or if you are in a group of people, identify who you represent.

Email the picture and description during July 17 - October 31 to idaho30yearADA@gmail.com or post it to our Facebook page.

Follow our ADA hashtags and see yourself and others on social media: #ThanksToTheADA #WhatTheADAMeansToMe #ADA30Idaho
ONLINE ADA CELEBRATION!

Join us for our exciting, groundbreaking online campaign beginning July 17 through October 31. Let's celebrate 30 years of Community Access, Independent Living, Employment and Activism through the Americans with Disabilities Act (ADA).

When the COVID pandemic spread around the world, plans for “Hands Around the Capitol 2020” were revised. The need to celebrate, engage, and educate remains, so we changed our plans to create a series of online events. We need you to be involved to bring this plan to life.

The ADA is a law that makes sure we, as Americans with disabilities, are treated the same way as others. Since we cannot meet in person, we will come together using social media. Facebook, Twitter, Instagram, and YouTube will help share our stories of how the ADA empowers us to live the lives we want. We will also look at the history of the disability movement and tell the stories of the people who made it all possible.

The ADA has expanded opportunities for 304,000 Idahoans who have disabilities by reducing barriers, changing perceptions, and increasing full participation in community life. However, the full promise of the ADA will only be reached if we remain committed to our efforts to fully implement the ADA through education and outreach. Some activities include:

- Online events, activities, presentations and interviews to learn about the ADA. Understand the history and importance of the ADA in our lives, as well as its limitations and what we can do to go beyond.
- Increase awareness about the ADA regarding access, employment and assistive technology, independent living, voting and political impact, intersectionality and disability.
- View interviews with leaders in the ADA movement, past and present, about disability justice, emerging young leaders, voting, transportation, ideas to eliminate physical and attitudinal barriers, community access and housing.
- Join “Lunch with LeAnn” as she invites guest to share their lunch break over Zoom. This upbeat interview style will keep you engaged. The 10-minute interviews are on a variety of topics, including our sponsors, and will focus on their services and opportunities you may be interested in.

Join our T-Shirt Campaign!

While we cannot gather in person around the capitol, we can create a similar effect as we link thousands of our photos together in digital ways. Pick up your free t-shirt and share a photo of you in it with something the ADA has made possible for you. Send them to idaho30yearADA@gmail.com and post to social media with the #ThanksToTheADA. We will also create a video of the images to share during the event. Our goal is to share as many personal stories as possible.


For more information about the ADA contact

NWADACENTER.ORG/IDAHO

Dana Gover, MPA, and
ACTCP Certification
ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422
Meet LINC’s New Executive Director: Jeremy Maxand

Jeremy grew up in a small island community in Southeast Alaska and has used a manual wheelchair since 1989. He moved to Idaho in the early nineties to attend Boise State University, where he earned undergraduate degrees in Criminal Justice Administration and Sociology, and a graduate degree in Applied Historical Research. Jeremy holds a certificate from the University of Washington’s Evans School of Public Policy & Governance Nonprofit Executive Leadership Institute, and from the Great Plains ADA Center and University of Missouri’s College of Human & Environmental Sciences, School of Architectural Studies, ADA Coordinator Training Certification Program.

Jeremy brings twenty years of nonprofit management experience to LINC, with 10 years in executive leadership and three decades in self-advocacy. Most recently, he was an emergency preparedness program specialist with the Idaho State Independent Living Council, working with local, state, and federal emergency management and public health partners to improve disaster response and recovery for people with disabilities. Previously, Jeremy served as Executive Director of the Snake River Alliance, Life’s Kitchen, and Engage Idaho/Votes Idaho, all nonprofits based in Boise.

For the past several years, Jeremy has been a strong advocate for more inclusive and accessible communities through his work as a member of the Valley Regional Transit Advisory Council, the City of Boise ADA Parking Advisory Committee, and the Ada County Highway District ADA Advisory Committee. He is a former member of the City of Boise Open Space and Clean Water Advisory Council and the Boise Ridge to Rivers 10-Year Master Planning Committee where he advocated for accessible open space and trails. He’s a founding board member of the Idaho Access Project and currently the board secretary for Idaho Voluntary Organizations Active in Disaster.

Jeremy and his wife Maria live in southeast Boise with their cats. Cooking, traveling, and spending time with friends and family keep them busy.
Ways to Help with Isolation

Among the many issues people with disabilities have to navigate, especially during this pandemic, is dealing with feelings of isolation and “being alone”. Whether a person lives by themselves independently or in a facility, it is important for them to interact with the rest of the world. Here are some simple tips to avoid feeling isolated.

Being social helps increase mental alertness and connectivity with the outside world. It encourages physical activity and fights depression. Social contact and the secure knowledge that others care can help prevent or fight existing depression. Staying in close contact with friends and family helps create and maintain a support system that not only helps emotionally but is also there for assistance if needed.

1. Participate in Local Activities
Thanks to technology, you can even stay active and in contact through social media and zoom meetings. This is an instantaneous method of socializing, even if you live a relatively solitary life. Devices and internet are key to this, providing access to video chat and more. If you are in need of a device or training on how to work it, contact your local CIL.

2. Adopt a Pet
Pets are a wonderful form of companionship for people with disabilities. They can help relieve anxiety, provide a sense of purpose and duty for the owner. Dogs are very social and engaging creatures, while cats are a bit more independent. Evaluate what will work best for you and your unique needs.

3. Enjoy Meals Socially
Eating is a social event for many cultures around the world. Enjoying our meals in the company of others as often as possible, not only fulfills our basic need for interaction, but makes the meal more enjoyable as well. Making sure that you have at least a handful of meals each week that are joined by family and friends can go a long way in reducing feelings of isolation.

4. Companion Services
For those with disabilities that need assistance, one option that can help is in-home care. Not only is this great because it allows the person to live independently, but great friendships can arise from this too. A caregiver can also help with transportation to get out and connect with friends.

It’s important to find your own comfort level in reaching out - but the rewards are great when you do!
By Miriam Hertz

Evan as President George H. W. Bush was signing the Americans with Disabilities Act (ADA) on July 26, 1990, conflicting views were sizzling all around. In fact, as the ink lay drying on that Washington, DC summer day, we stakeholders argued over the new federal law’s historical context. Had Congress just legislated a modern social model perspective on disability that most citizens finally were embracing, or instead would the ADA and its supporters help lead an unobliging public to a day of equality among all the land’s majority and minority-identifying peoples?

Thirty years after the enactment of the ADA, the answer to this question remains difficult. U.S. Supreme Court decisions that narrowed the scope of the ADA, together with a still often unfriendly employment landscape for people with disabilities, eventually resulted in the passage of the ADA Amendments Act of 2008. More generally, and in the three decades since the original ADA, the deliberate march we hoped for at that law’s signing toward equality of all peoples has been at best a halting one. This spring of 2020, a pandemic disproportionately affecting old, poor, disabled, black, and brown people has painfully clarified the moral and mortal magnitude of systemic inequality. Further bringing us up short are the protests for just treatment now worldwide.

How do we take the ADA forward when we still labor to make the social model of disability a universal perspective, and the progress we envisioned thirty years ago that we would make toward justice and equality for all is disputed? It might be illuminating to examine the extent to which the ADA is a trailblazer versus a product of its time and historical context.

Let’s take a personal example of when I thought I saw a way around barriers to my disability, only to eventually realized that, no, the ADA doesn’t go that far. In the 1980’s I said to my graduate school advisor that I didn’t see how as a person who stutters I could ever be on the radio. But my advisor, Irv Zola, replied “Why not”? I was floored. Yes, why not ask for the longer time I need to stutter out my message over the air? As is helpful to people who stutter or have other disabilities, let’s ask for the reasonable accommodation of extended time in order to be able to say or do what people with disabilities want to say or do! And nowadays maybe I don’t ask - instead I demand - more time because the ADA makes it so I have a civil right to more time for a radio address!

But does it? Professor Zola, my mentor and mentor to many others, died in 1995 from post-polio syndrome. By that time I had come to understand the ADA’s principle of “reasonable accommodation” is balanced by the ADA principle of “undue hardship,” which is often interpreted as “financial burden.” Applied to radio and me, a radio station probably could defend itself from having to provide more time to me because of the amount of time required to include all the programming to satisfy sponsors and underwriters. Further, sponsors want their time on the air to advertise. The station’s perceived financial sensibilities likely would weight greatly, while in our profit-driven society divestment by sponsors from radio to protest disability discrimination would be unlikely.

Truth is, I have never particularly wanted to be on the radio, although if I wanter to use my stuttering as comedy, there is some radio station that would grant me the time I need. But what about when an arguably essential accommodation or modification for disability, like an elevator to serve people with mobility issues, is denied installation behind the claims of undue burden and financial hardship? One response is that there needs to be enough monies available for all necessary accommodations and modifications here and everywhere. (Apparently, the possibility of tax breaks hasn’t been enough of a lure.) To make the ADA truly a trailblazer toward equality, could we amend it again, beyond the ADA Amendments Act? Could the ADA become, say, a funded mandate that is liberated from financial constraints? Free the ADA!

As long as our society is caught in a struggle for resources, financial and otherwise, and we hold dear the profit imperative, I think it will be impossible to achieve equality among all peoples. Moving toward a society that uplifts people to share more and compete less could sound like a revolution, but maybe we need one. Can we permit ourselves to look right now at the pain of a pandemic in our homes and the fury in our streets? If so, we’ll see that the resolution of these crises involves significant, even revolutionary, change and that this transformation already may be upon us.
Planning for the Future as a Parent

by Mary Wilson

If you have recently found out that you will soon become a parent, congratulations! It’s common for new parents to feel some degree of nervousness, particularly if one or both of the parents lives with a disability. You can ease the stress by making several changes to your routine and the design of your home, as well as by actively planning for your future. Here are some of the best ways you can get ready for the arrival of your child as a new parent with disabilities.

Prepare your finances for the present and future. The first thing you should do as soon as possible after finding out you are going to become a parent is to begin preparing your finances. Raising a child costs over a thousand dollars per month, and you’ll have to be financially solvent enough that the change in your expenditures will not have a large effect. You can make the burden easier by using your existing income wisely - save where you can, pay off debts as quickly as possible to avoid accruing interest, and trim your extra costs, like eating out instead of cooking at home.

In addition, you should start to think about your financial future as well as your child’s. Without a will, if something were to happen to you or your partner, your estate would fall upon your next of kin (or be held in trust until your child is of age). A will helps ensure that your property and money will be distributed the way you want, without unnecessary legal action or other complications. While you are planning for the future, consider a life insurance policy and a burial policy. Life insurance will give your family enough to live on for a while if something were to happen to you, and a burial insurance policy will cover the exorbitant cost of a funeral and burial arrangements. Burial insurance typically provides a much smaller benefit amount than life insurance, since it’s designed for the specific application.

Prepare your home for your child’s arrival. Once you are financially ready, you can start to prepare your home for the arrival of your baby. However, you should first make sure that your home is comfortable and accessible for you and your partner. If there are home projects you need addressed, like broken steps or faulty doors, either hire a contractor to take care of them or take on the projects yourself.

You may also want to consider accessibility options. For instance, if you are in a wheelchair, you may want to add a ramp up to the front door and expandable hinges on the door itself to make entering or exiting your home easier. There are plenty of options available, so depending on your skill level, you can put a ramp together using a premade kit or build one from scratch. Skid resistant flooring will protect you and your child once they start to crawl and walk. Finally, if you have certain areas of the home you prefer to spend your time, consider installing play areas in those spots so that you can keep an eye on your child without testing your mobility.

While the list of things to do before baby arrives is seemingly endless, you can make it easier on yourself and feel secure in your finances. Preparing for the present and the future ensures your family will be taken care of, and adding accessibility upgrades to your home will make it possible for everyone to navigate your home comfortably and safely.
Services you control!

Growing demand for long-term care services, the need for new care models, rising costs, and the current and projected shortage of workers creates an urgent need for more research and policy development. The University of California San Francisco is utilizing their health profession schools and researchers to gather input from community advocacy groups and the in home care assistant workers themselves. They will look at impacts of employment and training policies and inform federal and state agencies, as well as Congress, to develop new workforce policy.

They are concerned with the essential question: Is our health care workforce prepared to meet the growing long-term care needs of an aging U.S. population?

With the coming “Silver Tsunami” as Baby Boomers enter their mid-60’s, a rapidly increasing proportion of older Americans, and people with disabilities will require care both in the home and in the community. By examining the health care workforce, they plan to shape policies to improve access, increase quality, and gain more high-value care.

They are gathering personal assistant stories in Alaska, Arizona, and Montana to identify the supports these PAS workers need in underserved rural communities. They are asking PAS workers to take pictures of their daily work experiences. And a picture is worth a thousand words! But they want the words too.

These workers can take photographs documenting their experience in their work. Later, they meet with the team of researchers to discuss the photos and document their perspectives. In addition they get compensated for their time (4 hours) with $50. All participants will have the opportunity to review and approve the information before it is shared as part of the final project.

Rural communities often lack other services or resources to support independent living. CILs are well positioned to take a lead role in helping these rural stakeholders work towards positive change, fill service gaps, and coordinate efforts for change. We certainly hope the word gets back to the state and federal level that these workers provide a valuable service that allows people to stay in their own homes. And that these workers need to be compensated as such. Increase the amount paid by Medicaid across the board!
Living well with a disability starts with accepting your disability. This support and motivation blog for amputees gives you 8 steps to follow to start that process. Information on accepting it, finding the proper assistive technology, and supportive people can get you moving in the right direction for a healthy, happy life.

http://www.lifebeyond4limbs.com/my-8-steps-to-rebuilding-your-life-with-a-disability/

Making the adjustment to disability is the hardest part, it’s easy to obsess over what we have lost. This website gives practical help to get you through a new disability. No matter what your disability, it’s entirely possible to overcome the challenges you face and enjoy a full - and fulfilling - life.

https://www.helpguide.org/articles/healthy-living/living-well-with-a-disability.htm

Understanding how someone else dealt with being newly disabled can really help. This Disabled World blog deals with just that. From emotional reactions, to other peoples reactions, dealing with accessing benefits and services to care givers and your own body changes, this blog covers it all from a personal aspect.


Disabilities and chronic illness can be significant barriers to daily functioning. For many, the biggest challenge of living with a disability is the way society responds. Their disability is actually the product of society’s attitudes. GoodTherapy offers tips for dealing with diagnosis of chronic illness.

https://www.goodtherapy.org/learn-about-therapy/issues/disabilities

The COVID-19 pandemic has exposed a number of inequalities in our society related to race, gender, class, legal status and age. Missing from that discussion are the stories of how the crisis affects the disabled community. Arizona State University has an article about the cause and effect among this community.

Advocating for our Siblings

In recent months I’ve found myself in some unanticipated spaces, and I don’t just mean too many Zoom meetings from a hobbled together home office. As the executive director of the Idaho State Independent Living Council, I’m sometimes able to push my way into workgroups that may determine access for people with disabilities, such as who will get scarce medical resources during a pandemic or how access will be provided to public lands when parking lots are closed.

Advocates and self-advocates work hard to educate policy makers in the hopes that policy makers will do the “right thing.” As it relates to people with disabilities in Idaho, policy makers often seem to ignore what advocates say. They may ignore the gut-wrenching stories and data driven facts about everything from the importance of healthcare and community living to parking spaces and sidewalk access. Perhaps we’re working too hard to educate the wrong policy makers.

An advocate must educate themselves on laws such as the Americans with Disabilities Act of 1990, the Rehabilitation Act of 1973, as amended, the Fair Housing Act, Section 1557 of the Patient Protection and Affordable Care Act, the Air Carrier Access Act… The list is extensive. Then, there are the regulations, state laws and reams and reams of policy. Most of us didn’t plan to apply to law school when we got into disability rights; and most of us won’t go on to get that law degree. Further, and frustratingly, just knowing these laws isn’t enough to secure a parking space that Joe Public decides he needs for “just a minute,” or to get that scooter off the sidewalk when I’m late for an appointment, much less provide

It’s exhausting to get accommodations in college when a person is neurodivergent or at work because a person has difficulty processing language quickly. Such battles last years, seemingly won, only to be reignited when a person goes to another school, starts a new job or gets a new professor or boss. And what about our right to live in the community with the supports we need? How does the ADA apply? Especially now when living in congregate care can be more of a death sentence than ever before? Tell me Advocate - how will the ADA help us? Olmstead 1999. Lois Curtis and Elaine Wilson won the right to live in the community. The Supreme Court held that public entities must provide community-based services to persons with disabilities when (1) such services are appropriate; (2) the affected persons do not oppose community-based treatment; and (3) community-based services can be reasonably accommodated, taking into account the resources available to the public entity and the needs of others who are receiving disability services from the entity. Yet here we are, 21-years later, still fighting for home and community-based services during a pandemic

How do we balance the law with the public good? How do we fight discriminatory policies that deny us health care and insurance coverage? How do we balance sharing our story with data driven facts to get the results we want? How do we secure our rights as Americans with Disabilities?

We keep suiting up and showing up. We speak up for all of our disabled siblings - not just the ones who can talk clearly or shout loudly. We show up for ALL of us. No matter the color of our skin, the perceived value of our lives, our socioeconomic background, our gender or gender identity, our religion or lack thereof. We show up when we aren’t as smart as most of the people in the room. We show up because no one else can speak our truth to power. We show up so our siblings can speak their truth to power. We show up. Because no one can speak up and show up like us. No one.
Wild Rose Kennels is a company that trains gun dogs or “adventure dogs” that you can take camping - and they won’t eat your hot dogs or chase squirrels or deer. Hiking, biking, boating people are looking for dogs that are sporting companions and well trained. They also add training to make diabetes-alert dogs. They can tell when their owner’s blood sugar is too low or too high and make a sign to tell the owner. These cross-trained dogs are considered duality dogs. The trainers don’t use force or electric collars in their training. There is a lot of structure, positive reinforcement, repetition and consistency. His advice for training your own dog? Be consistent.

www.uklabs.com

Durable Medical Goods Exchange
We are not accepting any durable medical goods at this time since it’s difficult to clean them. But we are distributing them. 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

“I think of self-help as tending your lawn. Mowing is a quick fix, but you have to really dig deep to get rid of the weeds. It takes work”

~ Jen Gotch, in her book, The Upside of Being Down, she shares how her mental health struggles (bipolar II disorder) intersect with her personal journey. She also admits to ignorance about her white privilege and is committed to learning more about BLM.
The newest breakthrough in TV listening technology. This device allows a user to place the TV sound near each ear without the isolation or discomfort of headphones or in-the-ear devices. The blue-tooth device wirelessly transmits the audio to any chair or recliner up to 33 feet away. For those that have purchased a sound bar with the expectation of hearing the TV better, only to realize more volume doesn’t mean clearer sound, this delivers improved sound clarity through voice-enhancing technology. Like a personal surround sound system, it has rubber grips and ball flex joints to effortlessly drape over your chair and includes chair side controls. Set up is a snap with a plug-and-play design, making it easy to begin enjoying watching TV like never before.

$199.00
www.chairspeaker.com

Structured activities can make a significant, positive difference by stimulating mental engagement and improving interactions between adults and their caregivers. Divided into four seasons, it has multisensory experiences - such as making ice cream or planting flowers - along with related topics for discussion. The activities are multicultural, incorporate all five senses, and offers guidance about activity planning and optimizing interactions. It hopes to build common ground and joy in a challenging and changing situation like dementia. About $15.00
Amazon.com