May is Mental Health Awareness Month

Help remove the stigma of people with mental illness. They are not incapable, lazy, unreliable, a burden or violent. They are a person just like you, multifaceted & complex. They may be going through a tough time and trying to do the best they can. They have abilities and aspirations that are valuable to the world.
LOCAL EVENTS - Please join us!

Our events serve as an emotional connection to a shared common experience, and they build stronger, more resilient communities. We have both online and in person events 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! We love our communities!

May 1-8 - Virtual 5K for Mental Health
10:00 am Kick off event

May 10 - Do You Need A Ride?
4:00 pm - 6:00 pm PST
Community Forum on Transportation in Southern or Northern Spokane County

May 22 - Hot Air Balloon Rides for Veterans and Families
10:00 am -12:00 pm PST
McKuen Park, Coeur d'Alene, Idaho

May 26 - Community Understanding of Mental Health Court
5:00 pm EST
Virtual workshop with panel discussion

SAVE THE DATE JUNE 17th
ARTWALK! ATC’S FOR ALL ABILITIES

Join in for some fun! Make up to 5 Artist Trading Cards, be entered to win prizes and receive 5 different artist cards back in the mail. A fun way to create and make connections virtually? All art cards are viewable online here: https://dacnw.org/life-enrichment/atcs-for-all-abilities/

Entry form found here: https://dacnw.org/event/moscow-artwalk-atcs-for-all-abilities/

Mail your art cards to DAC NW, 505 N Main St, Moscow, ID 83843
From the Editor

Art can be therapeutic. It can also be a source of fear - fear of failure. I love to make art, but so many projects are slow to get started, or I do start them and reach a point where I can’t continue because I am afraid I will mess it up. Does that ever happen to you?

The logical part of me knows this is silly. So what if I mess it up, I can always start again. But it still happens. That’s why our theme for this year’s Moscow Artwalk, Artist Trading Cards, is such a good idea. The art is small. Mini masterpieces only 2 1/2” by 3 1/5”. It feels a lot better to say I may mess up this little piece of paper, than to mess up say a huge canvas.

And the medium to use is not limited. My first attempt (and I tried twice) didn’t really turn out as nice as I’d hoped. So I moved on. There are so many mediums to try, techniques to test out that it doesn’t matter that I threw away two little cards.

And that’s the main theme of what this is about. Process, not product. Grab a tiny piece of yardstick and try something out. Most of the art I’ve been trying uses things I have around the house. Hot glue, paint, glitter, ink and alcohol and more. Of the few I have attempted so far, foil embossing turned out to be my favorite. A simple procedure, only needing glue stick, some leaves, aluminum foil and shoe polish. And it turned out great! I can’t wait to try it again.

I didn’t really know much about Artist Trading Cards. But turns out they are a “thing”. Anyone who enters a trading card in our artwalk will receive another one from a different artist in exchange. Enter five cards, receive five different cards. All the cards will be viewable online on our blog as well as in person in our office for the reception.

So join in the fun. Who doesn’t like to get snail mail!

If you have an idea for our newsletter please contact dac@dacnw.org.
5K for Mental Health

DAC NW is partnering with LAMI, Latah Recovery Center, Optum, Lewis Clark Valley Healthcare Foundation and Meter Group to host a virtual 5K to bring awareness about the importance of mental health and remove stigma surrounding mental illness. May is Mental Health Awareness month, so it is the perfect time to host such an event.

The first family friendly event was held in 2019. The second was postponed last year due to the pandemic. Registered participants can walk, roll, or whatever they like for approx. 3 miles anytime during May 1-8. They can post a photo with their time afterwards to the LAMI Facebook page and they are entered in to a drawing for prizes. Registration is free, and each participant can receive a free t-shirt and light up shoe laces to help bring visibility to the event.

A virtual kick off event was held via Zoom on May 1st at 10:00. The participants met with the non-profits agencies. More information is available at LamiAdvocacy.org.

“We wanted to show support for people dealing with mental illness,” said Sharlisa Davis, a certified facilitator for the WRAP Group, and the organizer for the event.

”Mental illness is a disease, not a decision. And we hope to end the stigma.”

“Chronic health challenges and mental illness often co-occur. People with cancer experience depression. People with chronic pain often have both physical and mental challenges,” said DAC Executive Director Mark Leeper. “Common tools and strategies can help; recreation, spirituality, social networking can all lead to improvements.”

There will be a Mental Health Court event on May 26th at 5:00 pm. This event will improve community understanding of Mental Health Court with a panel of local experts providing information and answering questions. For more information you can go to https://wsu.givepulse.com/event/232141-Improving-Community-Understanding-of-Mental-Health-Court-Panel-Presentation-via-Zoom
Making Gaming Accessible to All

A car accident paralyzed Paul Lane when he was 22. Now 50, he plays football, builds cities, explores stage new worlds and even soars through outer space, all via video games, a passion of his since he was a child.

“My fingers don’t work, buy my lower-level quads and my wrists work, so I was able to cup the controller. Then I realized I can use my mouth and use my palm to manipulate the controller,” says Lane. The Southern California radio and TV broadcaster has also become an advocate for accessible gaming, working with hardware manufacturers and game publishers to create ways for people with disabilities to play.

AbleGamers, a nonprofit organization, estimates there are 46 million gamers in the U.S. with disabilities, ranging from paralysis and arthritis to vision and hearing problems. And that’s not even counting older people who may have some physical limitations but don’t identify themselves as having a disability.

For all such people, game developers are building accessibility features into their titles. Some are simple, like offering large subtitles to help with in-game dialogue or narration. In some cases, a player can slow down the pace of a game. Microsoft, make of Xbox, has created the Xbox Adaptive Controller. This device has oversized buttons that can be customized for a player with a disability. “We want to remove barriers to participation for as many individuals as possible,” says Brannon Zahand, a senior program manager at Microsoft. The impact can be profound. “I’m not able to walk, not able to do things I used to,” Lane says. “But the social aspect of gaming has helped me feel more independent.”

With the advent of streaming services for games, a person with a disability can test-drive a game to find out if it has a lack of customizing buttons, subtitles, colorblind options, etc without waiting weeks to be notified of an available accessibility patch or update. You can install, try and uninstall it without buying it first. And it doesn’t require a trip to the store. Servers with games include Xbox Game Pass and PlayStation Now.

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
LINC takes part in Idaho Gives

During the week of April 29th to May 6th, LINC will be celebrating all the work that they do in Southwest Idaho during Idaho Gives Week. Idaho Gives is a program of the Idaho Non-Profit Center. It is designed to bring the state together, raising money and awareness for all that Idaho non-profits do in the state.

After the success of the 2020 campaign, LINC staff’s goal this year is to raise $5000 to support their Independent Living programs. The MolinaCares Accord will be sponsoring a dollar for dollar match up to the $5000 making the total Idaho Gives goal $10,000.

During the week LINC highlighted programs, educated the public, and celebrate milestone challenges.

LINC was founded on the belief of “nothing about us without us.” We provide a variety of services to support those with disabilities, their families and friends to live the independent life of their choosing.

Services like providing trips to the grocery store or doctor appointments, providing PPE to caregivers, and refurbishing wheelchairs and other durable medical goods to loan out, can help make a person more independent.

Check out LINC on Facebook to see all the fun and visit the Idaho Gives website to donate and track the progress.

https://www.idahogives.org/organizations/living-independence-network-corporation
ACT Early Idaho Project makes early identification a Priority

Castigates are that one in six children, ages 3 to 17, have a developmental disability or delay. Positive outcomes happen with early intervention services.

ACT Early Idaho has worked to examine and expand early identification efforts across multiple programs serving families with very young children in Idaho. During the pandemic, early childhood programs have seen decreases in all early identification activities including referrals to early intervention programs and receipt of intervention services.

Many early childhood programs including Head Start, continued to support families with activities utilizing technology when in-person services were not permitted. But disparities in access to technology were noted across Idaho, especially in rural location. With increased stressors among families, early identification became one more thing for families to worry about.

ACT Early Idaho took initial steps to support these families with young children through the development of a resiliency toolkit. This kit outlines resources for families as they navigate through a pandemic, including information on monitoring children’s development and responding to developmental concerns.

Act Early Idaho has provided targeted technical assistance to programs to assist in expanding early identification efforts. They have sent out materials, “Learn the Signs. Act Early” across the state, including development milestone checklists, information on the Milestone Tracker App, information addressing developmental concerns, and children’s books that introduce developmental milestones in engaging ways for children and families.

For more information about their work, visit the Act Early Idaho webpage.

https://idahocdhd.org/Projects/Act-Early-Idaho
The pandemic has changed how we engage with the world in more ways than we ever imagined. Even as some parts of the country reopen, people with disabilities who are vulnerable are advised to remain at home to stay protected.

Being sedentary impacts aging and illness and may restrict physical mobility. Exercise not only improves health, strength and energy, it elevates mood - something we all need during the pandemic. If you are facing long stretches of isolation, these four tips may help motivate you to start moving.

**Dancing**
People often overlook dancing as a form of exercise, yet it is so effective at improving physical health that it was deemed an “intervention” by health professionals. All types of dance can create positive health benefits, including improvement in flexibility, muscular strength, balance, and cardiovascular endurance. Plus, unlike the repetitive nature of typical exercise routines, dancing is a versatile activity that can be personalized. Music also has been proven to boost memory and mood. So get out your favorite music and bust a move! Dance like no one is watching.

**Fitness Videos**
A search on YouTube will yield thousands of fitness videos that you can use in your living room. Chronic pain can be alleviated with mild to moderate exercise, stretching helps with flexibility and balance. Circulation exercises can help ward off complications from surgery. Whatever you ability level you will find a video to help guide your in-home workout - either seated or standing. Explore Yoga, Tai Chi, Pilates and many others. Whether seated or standing, your body will thank you.

**Exercise Apps**
The emergence of free online workout programs has redefined the fitness industry. The apps make it possible to add exercise to your daily routine. But not all apps are free, some require a subscription. Check for the best free exercise apps here.

**Stretching**
Physical activity does not have to be strenuous to improve your health. Since people with disabilities may be at greater risk of injury, a gentle exercise routine like stretching can be easily customized to any level of mobility. Spending more time sitting and watching screens may cause stiffness in your joints and exercise can relieve that joint stiffness and muscle tension. Check online for some fun stretching routines.

It’s recommended that you should get at least 150 minutes of week of moderate exercise to strengthen your muscles. It’s never too late to start exercising, your health can influence the style and typed of exercise that is safe for you. Consult a doctor before starting any new exercise program.
Disability and the Oscars – Things are changing

Right down to production design, the Oscars have not always felt like the most welcoming place for people with disabilities. The stage with its stage seems to be a symbol that they never expect people who have mobility issues to be nominated or win an award.

This year shows signs of change. Jim LeBrecht, who has spina bifida and is the co-director and co-star of the Oscar nominated documentary “Crip Camp”, attended. So did Robert Tarango, the deaf-blind star of the nominated short “Feeling Through”.

The victor’s podium will be accessible for both. Hopefully, this will become a permanent change, both literally and figuratively.

Those two films along with “Sound of Metal” are nominated for six awards including best picture, and we hope this is the catalyst for Hollywood to stop using people with disabilities as sources of inspiration, objects of pity, or twisted villains. We hope the doors are open so that executives don’t look at the ability to hear or not to hear, and instead see that someone who is blind, deaf-blind, who has any kind of disability is just part of the world and can be part of films.

The academy, under pressure, has pushed for greater race and gender inclusion in recent years. Disabled performers and filmmakers can too often be forgotten in the discussion.

“It’s time that people recognize that diversity should include the disabled, the deaf-blind and the deaf community,” said Marlee Matlin, an executive producer on “Feeling Through” and the only deaf actor to win an Oscar. “I hope that it’s not just the flavor of the year, that it goes beyond, and that this trend will continue.”

Traditionally, people with disabilities appear in films only when an actor seeking an Oscar-worthy role plays one on screen. Last year, only 2.3% of all speaking characters were depicted with a disability, much less played by an actor with one.

That has led to some disabled people feeling like “they’re stealing our stories,” said LeBrecht. “If we just realize that the stories around disabilities aren’t just about overcoming adversity or tragedy,” he said, “then I think we could see kind of the beginning of a golden age where finally people with disabilities show their true lives, their real life experiences.”
Touch is a form of care

Touching people while providing care is an important and unavoidable aspect of in-home services. You can also transform touch into a useful therapeutic tool to improve your customer and your own wellbeing.

In the course of providing in-home care, you frequently touch your customer for tasks and to provide comfort and emotional support. Studies have looked at physical contact occurring during care and offer several definitions. “Expressive” touch, for example, is spontaneous and used to establish contact, reassure and give comfort, such as laying a hand on a shoulder.

Intentional touch can be helpful when providing care and can provide important emotional care as well. Even something as simple as a hand on the shoulder, holding a hand, can be really effective to provide emotional support.

The importance of human touch is often forgotten when it comes to seniors and people with disabilities. A caregiver can make a difference in the quality of life by making the sense of touch an important park of each day.

When a partner is also a caregiver, focusing on the task of caregiving and keeping their loved one safe makes it hard to take the time and be physical and tender with them, without the caregiving coming to mind.

Depression is coming and can cause people to become withdrawn from social functions and activities. Being less social means less contact with people and thereby less stimulation of the sense of touch.

There are concerns about boundaries, and it should always be assessed as to whether a person is open to interpersonal touch. Touch and massage techniques are useful tools, but it's important to clarify the types of contact used. For instance, during non-intimate personal hygiene care such as washing hair, take a little extra time to massage the head, or lightly brushing hair encourages the sense of touch. Add a little moisturizer to their hands can encourage a much needed sense of touch.

Check it out first! Some people don’t enjoy hugs and feel their space is being invaded. Or it can trigger panic for some. If you find the balance you can make a difference in someone’s day with just a touch.
Use origami for building fine motor skills, finger strength and precision. Plus it’s fun! Especially for kids. From choosing the patterned paper to folding and creating something new, it’s fun for everyone. It also exercises math skills. For three easy origami projects to get started with, go here.
https://www.speciallearninghouse.com/easy-origami-for-building-fine-motor-skills/

Learning a new skill can be tricky. Learn how to craft your own paper mache from this natural recipe and get on to the fun part of creating. You can even make a paper mache ice cream sundae. It takes a while to dry so plan on two days for this craft.
https://www.5minutefun.com/the-easiest-way-to-make-paper-mache/

Sensory jars are a great way to calm down. You can make your own from simple supplies and keep it on hand for any meltdowns someone can have. This seashell sensory bottle looks and acts like magic in these situations!

Everyone seems to love glitter. With this easy project for glitter magnets, you will be able to create sparkling masterpieces that would turn heads at the likes of Sotheby’s. You can use them to organize notes on your fridge or any other metallic surface.
https://stephensplace.org/easy-diy-glitter-magnets/

I can remember making a kite as a kid. This site has 15 different ways to make a kite, easy enough for kids, but fun enough for adults too! So go and make some paper kites and get outside and enjoy spring. Some use simple supplies like paper, trash bags, drinking straws, etc.
https://diyprojects.com/diy-kite-making-instructions/
Different disability advocacy groups around the state are working together to figure out how to make outdoor recreation more accessible. This is a monumental task, as disability is very personal and what one person can do, another with the same disability may not be able to do.

The group is working to define some accessible characteristics, and make that information available to people with disabilities who want to get out and recreate.

Oregon’s State Parks addressed this same issue, and outlined a finalized plan to make the state parks more accessible by removing barriers that have made enjoying a park difficult or even impossible for many visitors. Better signage, ramps, accessible bathroom stalls are all part of this plan.

In their work, they identified 4,872 barriers at 273 state facilities. These barriers were in nearly every part of the park, including fee machines that are inaccessible, trails that are too narrow and fire extinguishers that are placed out of reach.

Three main issues - doors, parking lots and restrooms - make up over half of all the barriers.

Then they ranked each barrier on how easy it was to fix. The easiest ones will be done within five years. Bigger projects that require more planning and funding will take up to 25 years. The process will begin this July.

This long term plan is called an ADA Transition Plan, and is to ensure equal participation in public life for all Americans with disabilities.

More than 30 years after the passage of the ADA, many other state and local government agencies have yet to improve facilities for accessibility. Idaho is hoping to put together a similar list of barrier removal as well.

Sometimes, simple obstacles make the natural beauty of the outdoors inaccessible. Gates and barriers intended to keep motorized vehicles off paved trails also keep wheelchair users off. It’s a simple solution to remove the barriers and still preserve the trails so the natural world is equally available to people with disabilities.
Creating the Dreamiest Oscars Suit!

If picking out an outfit for a Friday night out can cause panic, imagine the pressure to find the perfect Oscars look. Judy Heumann, whose film Crip Camp was nominated for Best Documentary Feature, didn’t worry. Celeb-favorite and First Lady approved designer Markarian custom created a stunning champagne suit fit for the occasion, complete with a sequined, beaded jacket that deserves a closer look. They worked together to come up with a winning look.

It was a quick turnaround, and in little over a week they had an outfit. Pants instead of a gown, as Judy uses a wheelchair. She wanted to not worry about having to pull this way or that. No buttons or zippers, only elastic or drawstrings. The champagne silk was paired with a jacket of Swarovski crystals and beaded trim. They completed the look with a pair of earrings made in collaboration with Ciner NY. It’s a look that represents her strength and power.

TIDBITS!
Categorically left over but no less important

Quotes to make you think!

“We get questions in our head and little voices that put us down when we were kids, so get over that. That’s all I’ve had to do.”
~ Anthony Hopkins, diagnosed in 2017 with Asperger’s Syndrome.

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
Tarey Wilder in Boise 208-336-3335 x220
This wearable headache hat is a cold therapy migraine relief mask with no velcro and no hard ice. It’s comfortable, stretchable, which makes it the perfect ice pack for headaches. It helps relieve tension, sinus pressure, and provides stress relief. Make with cutting edge material and expert grade gel, this one size fits all stretchable compression hat is exactly what you need when you are in pain. It’s dark material also helps block the light to alleviate sensitivity while wearing. If you are not comfortable with the size you can return it for a full refund. The ice pack provides 360 degree cooling relief.

The slip on design means no messy wraps or uncomfortable ice packs, inserts or back band straps. It’s reusable, just keep it in the freezer for whenever a headache comes on.

$39.00 www.theraicerx.com