June is Alzheimer’s Awareness Month

If you have a brain, you are at risk to develop Alzheimer’s, the only leading cause of death that cannot be prevented. This month is an opportunity to hold a conversation about the brain, share facts about how Alzheimer’s and other dementias are a major public health issue.
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!

June 4  - Get signed up for Health Insurance
          2:00 - 4:00 pm
          Saranac Commons, Spokane, WA

June 11 - Family Day in the Park
          Noon to dusk
          Coeur d’Alene City Park, ID

June 17 - Moscow ArtWalk - Artist Trading Cards for All Abilities
          4:00 pm - 8:00 pm
          Disability Action Center NW, 505 N. Main, Moscow ID

June 28 - Mental Health Monday
          6:00 pm - 7:00 pm
          Virtual workshop held every month

SAVE THE DATE!
Idaho Independent Living Conference
September 17 & 18, 2021

Join in for some uplifting and empowering sessions at our IL Conference, this time held in person! Hosted in Idaho Falls, but don’t let the distance deter you! Scholarships available to those who qualify so you can attend. Workshops on advocating, removing barriers, and self care for life enrichment, plus more! Pre-register at idlife.org/ilconference
Donuts and your prescription drugs do NOT go together! What am I talking about here? I just discovered a Medicare Part D coverage gap called a “donut hole”. This means that after you and your drug plan have spent a certain amount of money for covered drugs, you have to pay all costs out-of-pocket for your prescriptions up to a yearly limit. Once you have spent that year limit, your gap ends and the drug plan helps pay for the covered drugs again.

Most Medicare drug plans have a “donut hole.” But not everyone will enter the gap. This amount can change each year so it’s hard to plan for. Imagine if you hit the gap when you go to refill an insulin prescription! If you meet certain income levels and resource limits, you may qualify for Extra Help (less than $19,320 income a year and less than $14,790 in checking & savings, stocks and bonds). This program helps pay for Medicare drug coverage, such as premiums, deductibles, and copays or coinsurance costs when you fill a prescription.

In some plans, once you enter the gap, you will pay no more than 25% of the cost for your plans coverage of the drug, plus a dispensing fee.

It may be worth it to shop around for the same drug, without using your insurance. Good Rx offers help. But how do you find out if the price is better than through your insurance without actually filling the prescription first?

You can log into your insurance company portal and search for “Price a Medication” link under your benefits. Be sure and see if you are still under a deductible, which would mean you would pay full price anyway. You may find the medication for half the price at a different pharmacy and will need to use the coupon from the app to purchase it as a “cash” payment. It can be worth trying to see if the out-of-network purchases can apply to your deductible.

80% of a pharmacist’s time is spent with the insurance company getting the drug covered, etc. Through all this, I see a system that is deeply defective.

So can I take this moment to stand on a soapbox and say how much cheaper & easier it would be if we had a better system.

If you have an idea for our newsletter please contact dac@dacnw.org.
De-Clutter Workshop held
June 16 to Reduce Stress

Dishes in the sink, piles of laundry, blankets on the floor, closets in disarray, too much junk in the garage…does this sound familiar? We live in a culture where society teaches us the more we have, the happier we must be. The fact is this clutter can cause stagnate energy and too much stress.

Uncontrolled consumer impulses, emotional attachment to things, sentimental keepsakes, fear of getting rid of things are some of the reasons we tend to think of our belongings with our emotions. We often hang onto things in hopes that they will become useful one day when in fact they add to our mental and emotional stress.

This can lead to an inability to think clearly. It makes it difficult to get things done, to find what you need, and to live in an orderly and efficient manner. Your home should be your sanctuary, a safe place to unwind.

In reality, it is not about the “stuff” but rather it is about the underlying reasons of why that “stuff” is there. Taking the time to think about how to get rid of the clutter can clear more than just your home.

Disability Action Center NW and the University of Idaho Extension office have teamed up to offer a virtual workshop on how to declutter and reduce stress. We offer a balanced plan to help you restore your peace of mind. You will learn to evaluate what needs to go: from papers to crusty cosmetics. This gives you permission to throw it away. Then you move on to recycling what you cannot use. The class is free - the information invaluable!

Register in advance and you will receive an email with instructions to join the workshop. Call if you need communication accommodation.

https://uidaho.zoom.us/meeting/register/tZMvd-Cagj8qGNxixpAcR_2Ht9J75-KW6X6
Accessible Drinking Fountains

As we make the move away from plastic, finding clean drinking water out in public means we need drinking fountains. Getting a drink or filling a water bottles is something we can appreciate on a hot day. This includes those of us who navigate the world in wheelchairs or other means of mobility assistance.

The ADA provides standards that apply to the installation of drinking fountains. A few basic space requirements make it easier to safely get a drink at a public drinking fountain. That means there needs to be adequate space for easy access and movement in three dimensions.

1. **Adequate floor space.** There needs to be room to guide a wheelchair around the fountain. A clear floor space of a minimum of 30 inches from the front edge, and 24 inches on either side of the unit for a total of 48 inches. This space needs to be clear and unobstructed even by temporary things like signage or trash cans. A person needs to access the fountain without bumping into something or getting stuck in a space that is too small.

2. **The right height.** It may seem obvious, but someone in a seated position may not be able to access a drinking fountain spout that is installed at a height of 38 to 43 inches. Instead, ADA guidelines say an accessible drinking fountain must be installed so the spout is no more than 36 inches from the floor. This refers to the finished floor. You can’t take the measurement from a sub-floor when measuring the height of the spout.

3. **Going knee deep.** The other part in three dimensional design is the depth for knee space. To be barrier free it must also include the depth needed for someone seated in a wheelchair to fit their knees under the unit, something a standing person would not need to consider. The clear space under the fountain must be a minimum of 27 inches from the floor to the bottom of the unit. This includes an 8 inch depth so a person in a chair can wheel up to the unit and access the spout from a seated position.

Personal independence is important for mental health, well-being, and self-esteem for all of us. Following these standards ensures people who use wheelchairs and other devices have easy access in public spaces.

**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
Become a Self-Advocate!

You can apply for **Self-Advocacy and Leadership Training (SALT)** through June 25th.

We believe that all Idahoans have the right to speak up for themselves. We have the right to choose the services we want. Decisions about our lives should not be made without us. To achieve these goals, we need to be self-advocates.

If you or someone you know is interested in becoming a self-advocate, apply for the SALT training now.

**As a Self-Advocate, you will learn how to:**

- Speak or act for yourself
- Decide what is best for you and taking charge of getting it.
- Stand up for your rights as a person.

Most important, you will meet other self-advocates from around Idaho. Together we can make a difference.

Here are a few more details:

- Trainings will happen in July, August, and September.
- We will use Zoom to meet virtually.
- Technology, training, and internet access is available for self-advocates.
- Up to 12 self-advocates will be accepted into the program.
- 5-6 training sessions, each no more than 2 hours.
- The schedule will be set once we know who is participating.

To apply, go to [https://www.lincidaho.org/program/s-a-l-t](https://www.lincidaho.org/program/s-a-l-t)
Or call 208-336-3335 ext 212
Virtual Field Trips for Kids and Adults

For those of us who may still have kids learning at home, we know it’s been hard to provide engaging, fun learning activities during the pandemic. Here is a handy guide for at-home learning through virtual visits to places around the world.

First, download the Activity Log. This booklet can help track visits with a virtual passport, provides a map of the U.S., and activities to help extend their learning experience.

Next, plan your virtual trip! The virtual visits are listed by learning category, so it’s easy to find something to compliment whatever school learning is happening.

If the topic is world geography or animals, you can learn all about gorillas with the Zoo Atlanta YouTube site. This up close visit lets you take a deeper dive into the social dynamics, physiology and daily lives of gorillas with Lead Zookeeper Josh. They even have a live Panda Cam! If nothing much is happening there you can scroll down and watch videos about the growth of baby pandas, and see them explore the world around them. Imagine - Pandas in a bubble bath!

What about technology and science? Try Tech for Tomorrow. They have a downloadable guide to go along with the virtual field trip to Silicon Valley in California to learn about Tech for Global Good, a way to rethink data technology to transform our world for the better.

Itching to get outside? Try a virtual field trip to one of our National Parks. Glacier National Park has accessible virtual tours of places like Logan Pass, and making Model Glaciers. These tours offer closed captioning and audio description!

Go back in history and tour national landmarks like George Washington’s Mount Vernon. The interactive tour allows you to click to navigate throughout the home with narration giving you information about details.

For arts and culture you can check out many museums and galleries. Check out the Grammy Museum including live from the vault interviews with the likes of Ringo Starr.

For detailed information of where you can go, visit Million Mile Secrets.
Power outages aren’t very common, but when they do happen, do you know what to do? Knowing what you are up against is a big step toward being prepared.

If there is a power outage, there are some things you need to consider:

> Do you live alone?
> Do you drive or own a car?
> Do you have any limitations? (Mobility, hearing, vision, communication)
> Are you reliant on any medical equipment or assistive technologies?
> Are you reliant upon a caregiver?

Plan what you would do if you had to get through 72 hours without electricity.

Have a personal support network set up ahead of time. Friends, family, neighbors that can assist you.

Call your local emergency management office and ask what plans they have that can assist you. Ask for a list of contacts and numbers of nearby health care facilities and keep these numbers close by.

Gather medical information and documents for easy access. Prepare medical alert tags to wear during an emergency. Outline your needs, this is in case you get moved to a facility so people can see to your medical needs. Prepare a list of all medication you may be taking. Include the best way to communicate with you.

Have a supply of water ready. Use empty milk jugs and refill with water. Every so often replace with fresh water.

Next create a kit. Battery operated flashlights and lanterns. Extra batteries, or solar chargers that you can recharge and use each day. Keep ice packs in the freezer that you can put in an ice chest to store your medicines in. Set aside some extra money, clothing and blankets that you can take. And don’t forget to prepare emergency kits for your pets or service animals. They will most likely need vaccination records in order to be in an emergency shelter.

Prepare extra battery packs or have a generator that will sustain you equipment for the next 72 hours. If you have a hearing disability, prepare a TTY (or text telephone) and check that you have extra batteries for your hearing aids. Prepare communication cards so your support network or first responders can communicate with you. If you are visually impaired make sure you label your supplies with Braille or large print. If you use an electric wheelchair, make sure you have a manual back up for an alternative. And always keep your gas tank full!

A little planning can go a long way to making sure you stay comfortable and safe during a power outage.
Disabled Hikers is a website that gives information about getting outdoors in Washington State. Each hike includes detailed information on trail conditions, elevation changes, parking, wheelchair access and other factors. They even supplement with a Spoon Rating, which gives a general guide as to the difficulty of the trail and effort required, with consideration for how restorative the experience may be. Spoons is a visual representation of amount of energy you have. You only have so many spoons in your drawer, so you have to plan so you have enough spoons to get through the day. Each activity will use spoons, which will only be replaced as a person “recharges” through rest.

1 Spoon = level, paved, 0-2 miles, very easy trailhead access, probably wheelchair accessible
2 Spoons = level, not paved, 1-3 miles, access takes a little planning, possibly wheelchair accessible.
3 Spoons = short and gentle elevations changes, mostly dry compact trail, 2-4 miles, not accessible to a wheelchair without adaptive equipment or assistance.
4 Spoons = elevations changes over 500 ft or longer than .5 mile, trail often muddy or has other obstacles, 3-5 miles, requires advance planning or basic trail map reading.
5 Spoons = elevation changes 1000 ft or longer than 1 mile, trail has many obstacles, 5+ miles, requires extensive planning and map reading.

If a person does not need to use the path to access the beach, please walk on the gravel. And leave the driftwood side rails in place.

The viewpoint provides a view of the ocean, sea stacks, and A’Ka’Lat Island but it may be partially obscured at times due to the massive drift logs that pile up on the beach.

There is one accessible parking spot, accessible flush toilets, and water at the trailhead. The parking area can get very full in the summer, and please follow all no parking signs. A big thank you to Olympic National Park Service for installing this every year! Check out the trails at [disabledhikers.com](http://disabledhikers.com)
Legislation to offset expenses of Caregiving

Some of America’s 48 million family caregivers would get much needed financial assistance under the Credit for Caring Act, introduced last month in the US Senate and House of Representatives. The bipartisan bill would provide up to $5,000 federal tax credit for eligible working family caregivers. This could help defray the costs families spend each year out of pocket.

Family caregivers are the unrecognized backbone of the long term care system. The job can be overwhelming, exhausting and a financial challenge. A family caregiver provides unpaid care each year, doing everything from helping prepare meals and paying bills, to assisting with medication and general activities of daily living. Some of this is in addition to an outside caregiver coming into the home for a number of hours each day. The goal is to keep people living independently in their own homes and communities. A whopping 61% of these caregivers do all this while holding down a job.

The tax credit would give eligible family caregivers who work a 30% credit for qualified expenses they paid above $2000. This credit could help offset the costs of services like home care aides, adult day care, home modifications like ramps and smart home technology, and even respite care.

The legislation may not only help individual caregivers make ends meet, but it could boost the economy, by increasing the U.S. gross domestic product by an additional $1.7 trillion by 2030. Contact your local representative and tell them you support this bill!
There is a website that provides resources on how to develop an accessible playground. In addition, if you are heading out on vacation and want to ensure you will have an accessible place for the kids to play, the site has a directory to point you in the right direction. Because every child deserves to play! http://www.accessibleplayground.net/playground-directory/

Planning a vacation this year and need to know how accessible theme parks are? Mobility Experts has a list of 6 exciting wheelchair friendly places to go. Amusement parks can be a memorable part of your summer. From paths to playgrounds, they are easily navigable. And some even offer free admission to those with disabilities. https://101mobility.com/blog/accessible-theme-parks/

Make your next camping trip accessible. Most State and National parks do a good job at making some campsites accessible. Things like a level campsite, accessible picnic table, BBQ and restrooms and showers. You can find more at Wheelchair Traveling. http://www.wheelchairtraveling.com/the-perfect-wheelchair-accessible-

Get out and explore by finding accessible trails in TrailLink. Although not all trails are fully accessible, this is a good resource to find what works for you in your neck of the woods. Most are paved Rails to Trails, but some are a packed dirt surface. https://www.traillink.com/activity/wheelchair-accessible-trails/

Paddle sports can have many wonderful side effects. One of our favorites is that a disability can be made to vanish. With proper support and equipment, a paddler with a disability can participate equally and independently of family, friends or spouse. Things like a supportive seat and stabilizing outriggers can make it easier to participate. https://www.creatingability.com
Not “Special Needs” – Just Human Needs

Special Needs is a description created by non-disabled people to characterize the needs of disabled people as “extra” and burdensome. Access and accommodation are not ‘extras.’ Access and accommodation are not ‘burdens’. We need to stop using the term special needs. We are all at different points in our journey. Language and vernacular are constantly changing. It’s time to change Special Needs to Disabled. Or Disability. It’s ok to say the word. There’s nothing wrong with being a disabled person. We can take cues from other advocates and move on. Here are 8 reasons why:

1. Disabled is not a dirty word. Why do we avoid using it? Calling a disabled person anything else does not make them any less disabled. Disability is a word of pride. A word reclaimed. Part of an identity. A community. It’s a part of YOU and that part is important.

2. Disability is a normal part of human diversity. Somewhere around 25% of the population is disabled. The presence of disability enriches our humanity in ways we can’t even imagine. Being disabled is not something to be ashamed or scared of. It’s just a fact of life.

3. Our needs are not special. We need to communicate, eat, go to school, get a job, have friends and leisure activities. These needs aren’t any different from anyone else. But how you access them is different.

4. Special needs sounds like the solution is a favor. It’s not about people with disabilities dealing with the disability, it’s people with disabilities dealing with life.

5. The language we use mirrors how we think. By deciding what we want to call ourselves, owning it, we reclaim our power and celebrate the history and community advocacy that made it possible.

6. Most disabled people prefer this. Not all of them, but enough of them, the majority of them identify as having a disability, not a special need.

7. Avoiding the word disability implies negativity. Being disabled is not a tragedy! This brings to mind the term handy-capable. Just understand that disabled people are capable of doing things.

8. Special needs is an ineffective euphemism. It doesn’t work. We don’t have special needs - we just need an adaptive world!

Disabled people need accessible transit, theaters, restaurants, swimming pools, shopping malls and anything else you can think of. The needs aren’t special, the access is. And by law, it is our right!

Promoting Independent Living for all Idahoans
It’s not about feeling better, it’s about feeling everything. For mental health wellness, there are no quick fix products or immediate solutions. Believing you need to feel “better” gets in the way of feeling everything and accepting all the feelings as part of who you are. Before you can discover meaning you must accept yourself in your perfectly human imperfection. Lifelines services and tools are not designed as quick fix solutions, but rather to support those committed to the daily practice of staying grounded and balanced - no matter what life brings. Join the community and have access to free tools that will help guide you through your inward journey.

www.lifelines.com

TIDBITS!
Categorically left over but no less important

Quotes to make you think!

“When it’s all over, it’s not who you were…it’s whether you made a difference.”
~ Senator Bob Dole, proponent of the ADA, lost the ability to properly use his right hand after being injured by shrapnel in World War II.

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 tent is ideal for camping adventures! The entire tent is fully accessible with a wheelchair, and has generous living area that offers protection against sun, weather and bugs. The camping porch is large enough to accommodate a picnic table, plus it’s a great spot to store your chair at night. Lightweight and easy to set up, it was made to be practical, offering space and shelter to keep you comfortable when spending time outdoors. The rain fly is removable and has mesh roof vents for air flow. It has shock corded fiberglass roof frame with steel uprights and corner elbows combined with pin and ring. You simply roll over the thresholds to get in and out. Wenzel 8 person Klondike Tent.

$189 www.amazon.com

You can create your own camp shower/washing station. Use a 2-gallon sprayer with a kitchen sprayer attached. You can add warm water and pump to pressurize it. You can even paint it flat black to absorb solar heat. The one available at Walmart even has a shower option on the sprayer. It’s cheaper than buying a real camping shower and makes easy work of getting clean after a long day of playing in the great outdoors.

$12.86 at Walmart
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

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

725 Jensen Grove Dr Ste 5
Blackfoot, ID 83221
208-785-9648 VOICE
208-785-2398

250 S Skyline Ste 1
Idaho Falls, ID 83402
208-529-8610 VOICE
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
208-457-3891 VOICE-TDD
208-457-3893 FAX

330 5th Street
Lewiston, ID 83501
208-746-9033 VOICE-TDD
208-746-1004 FAX
888-746-9033

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

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25 W Main,
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www.dacnw.org

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