A Medicine Woman’s Prayer

“I will not rescue you. For you are not powerless. I will not fix you. For you are not broken. I will not heal you. For I see you, in your wholeness. I will walk with you through darkness as you remember your light.” ~ @lofttan

This poem beautifully reflects the philosophy of Independent Living and we strive to do as Independent Living Advocates at your local Center for Independent Living.
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!

Aug 10  - Access to Exchange Summer Institute
          1:00 pm - 3:00 pm Eastern Time
          Virtual Online Event

Aug 14  - Dementia Caregiver Book Club
          12:00 pm -3:30 pm
          Virtual Online Event

Aug 22  - Unity in the Community
          10:00 am - 4:00 pm
          Riverfront Park, Spokane, Washington

Aug 23  - Mental Health Monday
          6:00 pm - 7:00 pm
          Virtual online event

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
From the Editor

Men seldom make passes at girls who wear glasses. A quote by Dorothy Parker that I heard growing up. I never wore glasses until my late 30’s, so I really have no idea if it would have affected my social life. But there are studies that, for young people, glasses were associated with decreased athleticism and popularity. But it also created a perception of being intelligent, having overall success and, according to children, increased friendliness.

These are typical stigmas we have dealt with for generations growing up. Glasses are merely a form of assistive technology and one I am very thankful for as my vision grows worse with age.

But recently, studies are looking at kids wearing hearing aids the same way. Hearing aids affect social perceptions of adults and peers. In both respondents, hearing aides were associated with decreased athleticism, confidence, health, leadership and popularity. And we all know this is just a stigma and does not reflect accurately on a person’s abilities.

Is this because hearing aides aren’t seen typically is societal representation? This year’s Olympics can be commended for portraying people with disabilities along side coverage. That’s exactly what the researchers think is needed for kids who wear hearing aides.

We need more representation in the media to help normalize these things. New technologies can help too. The ability for hearing aides to interact with a smart phone, stream audio directly to the hearing aides, translate languages, and serve as a personal assistant with connectivity to the cloud, will not only help people hear better, but live better lives in many more ways.

If you have an idea for our newsletter please contact dac@dacnw.org.
DAC NW part of Unity in the Community

Unity in the Community was launched in 1994 to showcase Spokane’s diversity and to bring the entire community together based on respect, trust and collaboration. It is about putting into action a “community building mindset” based on inclusion, equity, and valuing our community asset - human capital.

People with disabilities are a part of this collaboration, as we represent 25% of the population. Disability Action Center NW is happy to again be a part of the Unity event and will host a booth in the Career and Education Fair. Other key areas include Health Fair, Early Learning Fair, Youth Fair and general vendors. There will also be a Cultural Village and a stage with a diverse group of performers to keep you entertained.

DAC will be celebrating the 31st anniversary of the Americans with Disabilities Act and have information on the ADA, ways to increase accessibility in the community, and some history on the independent living movement. Free kites will be given out at their booth to both kids and adults. The kites represent being resilient and lifting each other up.

They will also be handing out back packs of school supplies to parents and children with disabilities. A major part of the last Unity in the Community was the giveaways of over $5000 worth of school supplies.

Unity in the Community is based on a statement that represents “we are all in this together.” Our goal at DAC NW is to provide resources that help people with disabilities remove barriers in their life so they can live independently in the area.
Closed Captioning in Public Places

When the ADA was signed into law 31 years ago, closed captioning wasn’t even an option. Washington State is moving forward with a law to provide closed captioning on television in places of public accommodation. This new requirement went into effect in July but businesses must be in compliance by October 23, 2021.

Basically, if you have a television on in a public area of a business, you must provide closed captioning. If you have multiple televisions, half must have the closed captioning on.

There is an exception if a person who is visually impaired requests the closed captioning be turned off so they can see the screen better. It can be turned off while the person is present in the business.

There are a number of reasons why having the captions helps. Some soundtracks are just too loud to hear the dialogue, and people with ADHD can process better with captions. For best results the closed captioning should be white text in a black background as this is more easily readable.

First, you must see if the television is able to display closed captioning. If it isn’t, make a note in case someone makes a complaint. You may find it time to upgrade to a TV that is able to display closed captioning before October.

There is a fine of $75 that the WA State Human Rights Commission can issue if the business fails to turn them on within 30 days of the complaint.

This is just good business. Who hasn’t enjoyed being able to read the captions when a venue is too noisy to hear the audio? For more information you can see the guidance on the website of the WA State Human Rights Commission.

www.hum.wa.gov

For more information about the ADA contact

NWADACENTER.ORG/IDAHO
Dana Gover, MPA, and ACTCP Certification
ADA Training & Technical Assistance
Email: dananwadacenteridaho@gmail.com
Extended Employment Services

Having a job that makes us happy (or at least not miserable) with a fair wage is an aspiration we all have - disability or not. But with a disability, finding and securing work is hard, sometimes near impossible. Funding for programs and services that help folks get jobs is limited, so it’s important to make sure resources that do exist are impactful.

Idaho has the Extended Employment Services (EES) program for people with disabilities. This program has $6 million in state funds to pay private providers to provide job training services to folks with disabilities. Some services include helping a person find competitive, integrated employment in their community. Others include “sheltered workshops”. These workshops employ people with disabilities, separating them from non-disabled workers and paying sub minimum wage.

What do we know about EES providers in Idaho? The average length a participant stays in training is 12.9 years, the average wage is $3.75 per hour. We know we can and MUST do better!

This past July, disability advocates across Idaho had a chance to tell the Idaho Department of Vocational Rehabilitation (IDVR) to do just that. To draft rules that ensure training is person-centered, to have greater accountability of the state and providers, and that participant outcomes are improved.

Advocates call for rules language that strengthen requirements for participants to be directly involved in their own goals, plans and reviews. Participants must know their rights, and how to contact staff to request changes or address problems. Advocates call for providers to report basic data regularly on an online dashboard capturing data points like average participant length of stay, average wage earned, program dropout rates, staff to participant ratios, and program satisfaction. Calls were made to require progress reviews by both providers and staff to ensure participants don’t linger in programs, but actually move forward with their goals.

Let’s also address 14c Certification. This federal certification allows for the payment of sub minimum wage. There has been talk of eliminating it and some states like Oregon have already done so. If an employee can work for years in a workshop, at some point they stop being a trainee and become an employee. In the U.S. we should pay all employees at least minimum wage. Anything else is wrong.

The IDVR will take public comment, write a revised draft, and the public will have a second opportunity to review and comment in October. Then the Idaho Legislature will take action on the rules in the 2022 Session.

To get involved, contact Lana Gonzales, Director of IL Innovation at LINC: lgonzales@lincidaho.org.
Idaho Independent Living Conference

2021 brings us closer together! Now that so many have been vaccinated, and the state is opening back up, LIFE is very excited to host this year’s Independent Living Conference.

A vaccination clinic will also be held on-site, and for those who have already been vaccinated against COVID, or for those that get the vaccine during the conference - all meals will be provided FREE!

The conference is for anyone with a significant disability. Anyone who knows someone with a significant disability. Anyone who supports someone with a significant disability. Anyone who cares about someone with a significant disability. And anyone who wants to promote the independence of someone with a significant disability.

The General Track will be all about getting back to our IL roots. What are the fundamental things we can do to be more independent, get the rights we have been denied and advocate for those that may need support?

The Advanced Track will be concurrent to the General Track and have special advanced training on financial issues when living with a disability, tracking outcomes on populations with disabilities, interviewing and more.

Special guest, Ilanit Harounsheily, will be providing training on working with individuals who have limited ability to speak out for themselves, as well as people who have been “trained” to not speak out for themselves.

The Keynote Speaker will be Steven Jacobo, US Paralympian. Steven brings a great story of independence sure to inspire you.

The conference will be September 17 - 18th at the Holiday Inn & Suites in Idaho Falls. Holiday Inn is setting a nightly rate of only $99 per night, a considerable discount! Book sooner rather than later. Accommodations available upon request. https://idlife.org/events/idahoilconference/
Based in Coeur d’Alene, Out of the Shadows Theater knows their community is committed to providing integrated, accessible environments for people with disabilities and their families to participate in education, employment, and culture as independent citizens.

The team of professional actors, directors, costumers, set designers and builders, stage managers, musical directors, lighting and sound designers, and props-people work together with adults with disabilities to put on beautiful performances. Performance art is for everybody!

By utilizing “shadow actors,” who accompany the actor throughout rehearsals and performances offering support, prompting and encouragement, a group of inexperienced actors can become a theater company and pull together a production in magic fashion. Performed in a 400 seat theater, these productions are of the highest quality.

Their next production is Bye Bye Birdie. This musical is about a rock singer who travels to a small town for his “farewell” performance before he is drafted. Auditions are on August 17th at 6 pm at Lake City Center, 1916 North Lakewood Drive in Coeur d'Alene.

Rehearsals will be August 23 through October 21 on Mondays, Tuesdays and Thursdays 6:30 to 8:30 pm. Then all will be ready for Opening Night, October 29th at the Kroc Center in CDA.

For the audition, actors will be asked to sing one of the following songs: Wells Fargo Wagon, We Love You Conrad, Do Re Mi, or Twinkle Twinkle Little Star. You may be asked to speak some lines from the play. Support is always offered.

Theater builds confidence, commitment and team work. Check out the website and anyone can sign up to be a volunteer, actor or shadow actor, set builder, costume assistant and more! Visit their website to sign up: https://outoftheshadowstheater.com/audition-%26-rehearsals
Making Computers Easier to Use

Morphic is a program to find and operate the usability and accessibility features that are built into Windows and Mac operating systems. Many of these features are not well known or too hard to find. Morphic exposes them and makes them easy and convenient to use.

Morphic’s basic features allow you to quickly increase text size, magnify portions of your screen, take a screenshot, read selected text aloud, manage your assistive technology and more. These are found in an easy to read bar on your screen.

For those who use assistive technology, Morphic can allow you to control it easily and have the settings follow you to other computers. And if your needs change you can change your settings instantly throughout the day.

For cognitive disabilities, it can create simple, convenient, one-click bars for doing basic things like email, reading the news, staying connected with doctors, family and friends. A single click can help people stay focused by removing distractions.

Computers have taken on a new role allowing people to stay connected during the pandemic. They provide a way to work or attend classes from home, are a critical way to access basic necessities and healthcare. Making computers easier so all people are able to use them is the heart of their mission.

Morphic was developed under a grant from Rehabilitation Services Administration and the Department of Education. Its final development was overseen by Raising the Floor, which is now hosting it. Raising the Floor is an international non-profit committed to the advancement of equity through digital inclusion. www.morphic.org
Tips for Socializing in Place

Even if you live in an area with relaxed social distancing rules, with the spike in the virus in recent weeks, you may be worried about going back to group gatherings. But you can use technology to replace some of those in-person forms of contact and stay connected to people.

Make a phone call
The simplest thing to do is call. The power of hearing a friend or loved one’s voice is valuable, even if you can’t see them. If you used to meet someone for a meal, try reaching out to schedule a phone call. Or call someone out of the blue - you may just make their day!

Write a letter or Email
Now is a good time to write a snail mail letter to someone you haven’t seen in a while. Any form of communication can be rewarding and help you feel connected. Or share photos on a digital platform. Keep that person up-to-date on your daily life.

Try Video Chatting
People of all ages like video chatting as a substitute for meeting face-to-face. If you haven’t used it before, now is a great time to ask someone to show you how it works on a smartphone or tablet. There are simpler tools like the GrandPad that only does calls, emails, and shares photos. Still need help? Try TechBoomers for a number of guides and tutorials to help you.

There’s more than just meeting with loved ones. Try a new activity virtually. Join an exercise or craft class hosted by Senior Planet. The offerings are all free for people 60 and over and even include a book club. Most activities can be joined using your computer or phone. Try Tai Chi, Morning Stretch class, or Friday Dance Party. Or try taking an online course at a local college.

Do stay safe when socializing online. Don’t share any personal information online or over the phone. Even though some apps have built-in safeguards, remember not to post anything in the chat function that’s personal. And never share financial information over the phone.

Do something for others! Create a care package for a neighbor and let them know you left it outside their home. Let people know you are thinking of them - and by an added bonus, it helps you feel better too.
Ensuring an inclusive return to school for children with disabilities is more important than ever after a pandemic. Many of the in-class staff and resources were not available for at home learning. Take a look at this checklist to make sure you are ready for a smooth transition. It includes stuff to do before school starts and after school opening.
https://reliefweb.int/sites/reliefweb.int/files/resources/

Reading Rockets has a list of the the top 8 things to do to be ready for back to school, including reviewing your IEP, having a communication log for recording important notifications, and the importance of attending school events.
https://www.readingrockets.org/article/back-school-tips-parents-children-

This site has information that is key to preparing your child for a transition - like dealing with school transportation, touring the classroom ahead of time, and working prior to school starting to prep them for a new routine. Practical applications you can use right away!
https://www.verywellfamily.com/back-to-school-tips-to-help-children-with-

For older students with disabilities, they may be getting ready to age out of school. After a pandemic year, you can check to see if there is more time to get ready for what’s next. Some real world experience lessons didn’t happen last year online, so check out what can be done to help catch up this year.

Just over 7 million students with disabilities are in the U.S. school system. Many of these did not receive their services when students switched to learning from home. You can learn what you can do as parents to make sure the services are provided again as school starts up again this fall.
Celebrate ABLE to Save Month!

Imagine being able to save for something that is important to you…without worrying that you will go over your $2000 resource limit for State and Federal benefits! What would you save for? Would it be for a certain item or would you save to have some money in case you needed it one day? Well, you CAN!

August marks the nationally celebrated ABLE to Save Month where those involved in ABLE Savings Plan programs across the country highlight the value and importance these plans bring to those living with disabilities.


ABLE plans can change the way individuals with disabilities and their families participate in the community, build financial wellness and plan for the future by empowering them to save and invest for the added expenses that come with having a disability without losing access to federal means-tested benefits.

ABLE accounts foster person-centered independence, build self-reliance, encourage employment and improve quality of life. Contributions to ABLE accounts can come from earnings, family, friends and other sources. Earnings on ABLE accounts are tax-deferred, and withdrawals are tax-free as long as they are used for qualified disability related expenses.

For more information about ABLE Savings Plans, call the Idaho State Independent Living Council at 208-334-3800 or 800-487-4866 or visit our website at www.silc.idaho.gov.
A Braille Nature Trail usually includes a guide rope for the visually impaired to hold and follow along the path with markers for Braille informational signs. Some trails have tactile walkways to provide direction, others have audio components such as guided audio tours or smartphone access, and many are wheelchair accessible.

The first Braille Nature Trail was dedicated in 1967 in Aspen, Colorado. A science teacher named Bob Lewis was interested in engaging his students in nature. Lewis had the idea to make a nature trail accessible to the visually impaired and add informational Braille signs that would engage visitors in sensory experiences, and bring the visually impaired closer to nature. The concept was born and was soon being duplicated across the country.

Quotes to make you think!

“We all have our reasons to not want to give up.”

~ Tatyana McFadden, a Russian-American Paralympic athlete who has won 17 Paralympic medals in multiple Summer Games.

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

TIDBITS!
Categorically left over but no less important

Braille Trails

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This yard tool combines a scoop, a rake and helps you move debris effortlessly. Designed so you don’t need to bend, stoop or touch the rubbish. The telescope handle is customizable for length up to 58 inches. The design lets you rake or shovel lawn clippings, needles, leaves, snow, or even pet waste. The comfort slide grip clamps the two halves together to easily dispose of the contents. Great for the garden or ranch. Comes in three bright colors and is built to last.

About $40
www.amazon.com

This device easily attaches to most hose faucet handles, round or oval, and “T” handle faucets. Developed by Jim Tyner who had to turn the outdoor faucet on and off for his wife Karen. This allows for more leverage and easier grip than standard handles. Anyone who struggles with small handles or experiences pain when turning one will appreciate this. Made of durable ABS plastic it can withstand extreme heat and cold. Perfect for limited hand mobility due to arthritis, etc. A Phillips screwdriver is all that is needed for installation. We would recommend you use additional screws and substitute the metal nuts for the plastic ones for more durability.

$15.00 from
www.thegrommet.com
CONTACT YOUR LOCAL IDAHO CENTER FOR INDEPENDENT LIVING

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

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250 S Skyline Ste 1
Idaho Falls, ID  83402
208-529-8610 VOICE
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2311 Park Ave Ste 7
Burley, ID  83318
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www.idlife.org

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