THOUGHTS ON BEING IN A COMMUNITY

Accessibility is being able to get in the building. Diversity is getting invited to the table. Inclusion is having a voice at the table. Belonging is having your voice heard at the table!

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Plus lots more!
From the Editor….  
BY VICKI LEEPER

HOLLYWOOD AND DISABILITY

I know when people think of Hollywood and actors with disabilities, it often falls short of good representation and employment for the actors with disabilities. Anyone who knows me knows I love old movies. So when I come across a film that cast an actor with a disability, I take notice.

One such film is The Sign of the Ram. The actress Susan Peters was paralyzed in a hunting accident. After four successful films at MGM, they kept her on the payroll for $100 a week, good money in the 40’s. But she turned down the pollyanna scripts they send her until she came across the challenging role in The Sign of The Ram. Here she got to play a manipulative villain. Tho it was her last film she went on to perform on stage including the Glass Menagerie (special permission from Tennessee Williams to play the character in a wheelchair). The ability of both the studios and the actors to work around the disability was ahead of their time. Hopefully this kind of inclusion will continue.

"I think [we] make a terrible mistake building our lives around a hope which doctors tell you cannot be realized except by a miracle. If you keep waiting for that miracle to happen in the future, how can you possibly adjust your life around your [disability]? ~ Susan Peters, 1947
COMMUNITY EVENTS FOR YOU!

DECEMBER 2021

Dec 8th  - 1st Annual Christmas Social Virtual Zoom Training Workshop
Dec 13th - Race and Disability Intersectionality Virtual Workshop
Dec 16th - Thriving Thursdays - YFP Symposium Peer Support Group
Dec 18th - Christmas Angels Drive Thru DAC NW Post Falls Office
Dec 18th - Game Night - Spokane Youth Virtual Online Event
Dec 27th - Mental Health Monday Virtual online support group

For registration and details of events visit www.dacnw.org/events/

Tools for Life Conference
SAVE THE DATE!
March 7th & 8th, 2022
Moscow, Idaho
DAC NW - SEE A NEED-FILL A NEED

Staff at DAC NW has been looking into what is needed most in our communities right now. One thing is connectivity! With the pandemic, the holidays are difficult, especially if you can't navigate Skype, Zoom, or other video interfaces for virtual get togethers. DAC is hosting a "how to" workshop explaining Zoom so even novices can host a session with family or friends. Also included is some holiday games with prizes for half a dozen winners. There will also be a program for gathering straw for the Christmas Cradle. This custom is the external expression of "good works" piling up, preparing for the holiday season.
https://dacnw.org/event/1st-annual-christmas-social/

In Post Falls, DAC NW is working to help adopt families that may be struggling with finances during the holidays. Donations are being accepted for clothing, toys and other needs. These can be dropped off at 2pm on December 17th. Food bags, including pet food for emotional support animals and service dogs will also be distributed. Included will be information on vaccine clinics and how and why you should get vaccinated. With the new Omicron variant, north Idaho is vulnerable to a new spread of the virus.
To ensure everyone's safety, this will be a drive thru event in the parking lot at 3726 E Mullan Ave in Post Falls to pick up the gift packages. For more information you can call 208- 457-3891.
LINC - RAMPING UP IDAHO!

Independent Living is the ability to participate in our communities like everyone else. From accessing the grocery store to joining a committee, we have a right to be in our own community living the life of our choosing. Too often we get stopped at our own front door.

LINC has recognized the need for temporary and permanent ramps to help people with disabilities safely and comfortably get in and out of their own homes. Our ramp loan service is a critical bridge as some folks work with their insurance for a long-term solution. Sometimes there isn’t a way to meet the long term needs, and our temporary ramp turns into a permanent ramp - which limits the number of people we can serve.

We set out to find community partners to help build permanent ramps so our temporary ones can stay in circulation. Boise Valley Habitat for Humanity is that community partner!

Initially, they didn’t have a home repairs program. But as an organization passionate about helping people, they decided to develop one. It was an enormous amount of work, but they launched a home repair program last year, and our partnership to build permanent ramps became a reality.

But that isn’t our only partner. MolinaCares Accord, run by Molina Healthcare, oversees a community investment platform to improve the health and well-being of disadvantaged populations. They invested significant funding into the ramp program, including the construction of permanent ramps.

The permanent ramp program is only possible because of the commitment, vision, and generosity of Boise Valley Habitat for Humanity and MolinaCares Accord. We are so proud to have both as community partners supporting independent living in Idaho.

These pictures of the first two permanent ramps reflect the excitement that comes from helping Idahoans and knowing that each ramp symbolizes independence and freedom to live a life of one’s own choosing.
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INTERSECTIONALITY

Why focus on the intersection of race and disability? Disability is a common human experience. 20% of Americans have some type of disability. Many disabilities are hidden (mental health, intellectual, autism, chronic illness, TBI, etc) People can acquire a disability at any point in their life through accident, illness or aging. That means that every group will likely include people with disabilities. Intersectionality is the term used to describe the experience of living with multiple identities (gender, race, disability, sexual orientation, etc). We recognize that while there have been some conversations about some intersections, there have been experiences that are often overlooked even in conversations about equity - such as people of color who have disabilities. BIPOC Americans with disabilities face unique systemic challenges as a result of their intersecting identities. These systemic injustices lead to economic inequality.

We are striving for communities free of discrimination against people with disabilities where they are valued, integrated members of society with full access to education, homes, health care, jobs, voting and beyond! We work to ensure that people with disabilities are no longer segregated into, and overrepresented in, civil and criminal institutions such as nursing homes, psychiatric hospitals, jails and prisons. If you have a story to share and want to help us address racism and ableism, join us. Let's pinpoint some specific steps to carry out and create an action plan for your community. By working together we can make our communities more inclusive!

Working for Independence, Equity, and Justice!
LIFE, INC

BEING PREPARED FOR WINTER

In light of recent winter emergencies - wind storms, floods, and power outages, it's a good time to remember things to have ready in case of emergency. Don't wait till the last minute, that's when the stores will be out of bottled water and batteries!

Here is a printable checklist so you can be prepared.

It covers what to have ready and handy in your household. What to have checked in your car and what to have packed just in case.

Some power outages can last as long as a week. Be sure to have some cash stashed aside in case you can't get to a bank.

Remember your pets too! Have plenty of food, water dishes, and vaccination records in case you have to evacuate.

Have a 2 week supply of any medications you need so you can grab and go.

Be ready!

A CENTER FOR INDEPENDENT LIVING
Who is Responsible for snow removal under the ADA? It's that time of year when we must work together to ensure snow removal plans give citizens of all ages and abilities the chance to get around. Right after the first big snow storm I get calls and emails about who is responsible to remove snow. Let's work to identify common sense plans that can be included in municipal codes. It's important for governments to include snow removal in their ADA transition plans. Personally, I am tired of being stuck in my home, my van or wheelchair because of snow fall and poor removal plans. Communities ensure that public walkways are clear and treated so all people can travel safely. Trends in health and transit are moving to support active transportation options. So accessible pathways and effective snow removal are a must.

> **Government obligations:**

Clearing snow from public right of ways, public accessible parking spaces, is critical. They must maintain walkways with only isolated interruptions in accessibility.

> **Under Title II, Day to Day Maintenance:**

Public agencies must ensure that day to day operations keep the paths of travel open and usable. This includes snow removal, debris removal, sidewalks in work zones, etc. Alternate services should be provided if snow and ice can't be cleared in a timely manner, including curb cuts.

Most complaints are received when snow is plowed into accessible parking spaces for storage. And snow blocked curb cuts due to plowing are a significant ADA issue. Other complaints come from residential areas, such as apartment buildings. If management doesn't clear sidewalks and parking lots, disabled individuals may be imprisoned in their apartments.

For more on this check out **Effective Snow Removal**, adainfo.org and **ADA Guide for Small Towns** ada.gov/smtown.htm#anchor20083

Next month we will look at the business owners responsibility for snow removal. If you have concerns about accessibility, contact your nearest ADA Center.

www.NWADACenter.org/Idaho, dananwadacenteridaho@gmail.com
Phone: Voice & TTD 208-841-9422

**SNOW REMOVAL**
SELF-DIRECTED PA SERVICES
BUILDING A VIRTUAL SOCIAL (MEDIA) CIRCLE

What can you do to stay connected during the pandemic? Concerns about isolation and loneliness shed light on the worst condition of aging alone - having no one to talk to or discuss worries and problems with. How do you find mutual groups to meet these needs in a meaningful way? Is there a way to get some sort of camaraderie using digital means? Can you create your own virtual support network to help others on a shared interest?

There are a few digital platforms that have developed communities of support. Some websites offer games, discussion groups and classes in exercise and other interests.

**Facebook:** Over 50% of people on Facebook are 65 and older. You can use the platform to develop digital bonds with people of the same age and interests. There are thousands of groups for aging, retirement, chronic illness, fitness, and more.

**Highway61:** This platform was launched to provide real time conversations with people over 50. You can meet new friends, play games, participate in forums as well as live chat. It's more interactive, rather than just watching videos or reading posts.

**Nextdoor:** Why not tap into your own neighborhood? You can meet newcomers in your area, exchange recommendations, support local businesses, and get updates from local public agencies. Welcome, neighbor!

**GetSetUp:** This platform offers Zoom classes every day to help you brush up on important skills ranging from tech (iPhone Basics) to cooking and diet and virtual travel. Join a discussion group on a variety of topics.

**Lifelong Learning Institute:** This is located in Virginia county but offers online classes on intellectual and cultural subjects and includes other ways to share experiences and talents in a welcoming atmosphere.

There are many benefits to building virtual relationships. Finding people with similar interests and feelings can help make an easy connection during a pandemic!

**SERVICES YOU CONTROL!**
Have you, a friend, or family member been affected by the COVID-19 pandemic or the related economic crisis and can’t afford to pay your rent or utilities? Idaho Housing and Finance Association and Boise City/ADA County Housing Authorities have a program that can help you pay your rent and may prevent eviction.

Eligibility:
> Unable to pay rent/utilities because of COVID related circumstances.
> Idaho resident
> Income is 80% or less of Area Median Income
> Owe past-due rent/utilities or unable to pay upcoming rent/utilities

To apply, you will need:
> Proof of income (or lack of income)
> A copy of your lease agreement
> A rent delinquency notice or your past-due utility bill
> A signed copy of the eligibility form
> A signed copy of the release form
> Basic information about each household member
> An electronic copy of a government issued ID

If you live outside Ada County, you can apply at: https://ihfa.rentrelief.com
If you live in Ada County, you can apply at https://erap.bcacha.org

You can call for any question or help toll-free: 1-855-452-0801
And visit the website to learn more about the program. idahohousing.com/hpp
TRADE SCHOOL FOR PEOPLE WITH DISABILITIES

BY SARAH BRECKON

Professionally successful people living with a disability sometimes credit their impairment for boosting their career prospects, because it taught them perseverance and commitment. Others believe that their physical or cognitive differences in certain areas have led them to develop stronger abilities in other areas.

Consider a trade school as an opportunity to find the right career! Success at a trade school can lead to stable employment with higher-than-average earnings. It’s an attractive option for anyone. For someone with a disability, vocational or trade school training allows them to exhibit the talents and abilities they have, rather than those they don't.

A trade school provides a structured learning environment, hands-on experience, and instruction from experts in the field. And like any accredited educational institution, trade schools are required to provide accommodations to level the playing field for students with disabilities. Consider these potential careers:

**Physical Disabilities:** Air traffic controller, computer programmer, paralegal

**Visual Impairments:** Massage Therapist, Medical Billing Specialist, Auto-Mechanic

**Cognitive Disabilities:** Electrician, Respiratory Therapist, HVAC Installer

**Hearing Impairments:** Lab Technician, Welder, Landscaper

When looking for a trade school, it's important to shop around. Some have been known to mislead their students about job placement. You can ask how many students complete the program and what percentage who graduate find jobs soon after? Check the schools accreditation. Ask about technology used, meet the instructors, find out about any hidden fees for using equipment, etc.

If you would like to learn more, check out the Guide to Trade School for People with Disabilities at primeweld.com. It offers advice on what to look for in a trade school, challenges you may face, where to find resources and more!
ASSISTIVE TECHNOLOGY FOR THE HOLIDAYS

HAVING A VISITOR WITH A DISABILITY?

Do you have friends and family coming for the holidays? Could they use a bath chair, cane or walker, or wheelchair while they visit? We loan equipment at no cost. Give us a call.

Boise: 208-336-3335

Moscow: 208-883-0523

Idaho Falls: 208-529-8610

www.idaho.at4all.com

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A modern-meets-classic timepiece with tactile hour markers let everyone, sighted or blind, discreetly tell time. Eone created a sleek modern watch that more people can use - and in more ways. Designed for touch when you can't easily use sight: during a meeting, in a movie theater or due to a vision impairment. Designed with eye-catching style. Comes with different styled bands and includes Braille labeling. A wonderful gift! From $260.

www.eone-time.com

STUFF TO MAKE LIFE EASIER
LINKS WORTH SHARING
SMART IDEAS BY JAMES PICKARD

The Toe Mouse is especially designed for those who have upper limbs disability and cannot use their hands to move the mouse. This gadget uses our natural ability to grip between the toes, for manipulating the Mouse. You need to slip it on just as you would wear your flipflops. The sensor below the big toe acts as the left click button and the one below the second toe is the right click. https://www.yankodesign.com/2010/04/07/flip-flop-mouse/

For those who suffer from paralysis, being able to detect injuries is often impossible in the upper and lower extremities. It is often a substantial reason for concern, as grievous injury can occur when the body is unable to identify areas that come into harm's way. The Bruise injury detection suit allows the wearer to see, rather than feel, where an injury has taken place. https://www.rollxvans.com/bruise-suit-detects-injuries-for-paraplegic-athletes/

Man's best friend can help disabled owners with cleaning chores by turning on a washing machine at the sound of a bark. The machine is set to work on a single cycle and dispense the correct amount of detergent, making its operation very simple. The door is outfitted with a pull handle that fits a dog's mouth. The support dog is also trained to unload the machine once it is done. https://www.cnet.com/news/woof-to-wash-a-bark-activated-washing-machine/

SensFloor®, is a smart floor that detects falls and immediately sends an alarm signal when a fall occurs. It was specifically conceived for care facilities. This sensitive floor warns the caregivers in case someone falls. The product can be installed in individuals’ home and could be a suitable solution to secure the environment and allow the elderly to remain at home. http://www.silvereco.org/en/sensfloor-a-smart-floor-to-detect-falls/

The Duplex Lever is a single brake lever that pulls on two brake cables simultaneously. It was originally designed for bike polo players, to allow them to use both brakes while swinging a polo mallet with their free hand. Since its introduction the Duplex has generated considerable excitement among adaptive cyclists as well. https://www.paulcomp.com/shop/components/brake-levers/dual-pull/duplex-lever/

GOT A MINUTE? CHECK THEM OUT!
A RECITAL OF TIMES GONE BY
BY JAMES PICKARD

Have you ever wandered into a place and been transported back in time? This sensation comes over you so fast that it leaves you wondering if time stood still for those precious few moments of bliss. Then your jolted back into reality when someone bumps into you or starts talking to you. The cause of this feeling can come from a multitude of reasons, the smell of home cooked food, movies of old, or scenery just to name a few.

I’m sure that every adult over 30 has had a nostalgic experience in one form or another. But if not, I’ll try to explain it to you. It is said when this happens to you; you’re flooded with warmth and thoughts from your past years. To some, those feelings are so strong and vivid that one can actually see their past like a movie from one’s own thoughts. Because the virtue “joy” was reinstated back into your life, you’re state of being seems to be healed from present afflictions for the rest of the day, maybe even the rest of the year.

As you probably could tell the Holiday Season is upon us. A time of year for mankind to set aside their petty differences and to experience gratitude, thoughtfulness, spirit of giving, and reminisce. For some, these feelings gain more purchase as the season grows near. Deep inside you feel a stirring that turns into a bubbling sensation and before you know it the inner child in you awakens. Excitement grows and grows to the point you think that the air around you could ignite from the sparks generated from the act of just walking.

Ok, I may be just a skosh over zealous and allowed my writing to get carried away, but you see my point. The holiday season brings warmth and joy to all. What brought all this on for me was a trip to Hodgins Pharmacy. They have a wonderful toy selection there upstairs and down. It is said that they’re the Toys-R-Us of Moscow, Idaho. Just saying.

Well that’s all for me. I wish you all a Happy Holiday Season!
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

www.dacnw.org

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208-457-3893 FAX

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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

INDex
25 W Main,
3rd floor #West 9
Spokane, WA 99201
208-618-1191

www.idlife.org

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

725 Jensen Grove Dr Ste5
Blackfoot, ID 83221
208-785-9648 VOICE
208-785-2398

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