JUNE IS NATIONAL PTSD AWARENESS MONTH!

According to the National Center for PTSD, between 7 and 8 percent of the population will experience Post Traumatic Stress Disorder (PTSD) during their lifetime. Men, women, and children can experience PTSD as a result of trauma in their lives. Events due to combat, accidents, disasters, and abuse are just a few of the causes of PTSD. No matter the reason, PTSD is treatable, but not everyone seeks treatment. There are resources available to help diagnose PTSD and get help. There is no shame in seeking assistance.

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Plus lots more!
From the Editor....

BY VICKI LEEPER

DOLLY PARTON’S IMAGINATION LIBRARY

If you haven’t signed up your little one for Dolly Parton's Imagination Library, you need to! This amazing program is designed to bring literacy to children by gifting books to kids birth to age 5, no matter their family’s income. The books are high quality and diverse and will build a child's very own library before they enter school. And what child doesn't love getting their very own mail every month?

This program even goes a step further, making sure it is accessible for children who are blind or visually impaired. An ever expanding collection of titles will be available as free downloadable children’s audio books and for those who prefer, there will be many titles available in braille from APH. These will be offered free-of-charge to eligible families and may be purchased at a low cost by all others. Washington State is one of the program supporters. To sign up visit: https://imaginationlibrary.com/check-availability/?#selectedCountry=US

“PTSD is a whole-body tragedy, an integral human event of enormous proportions with massive repercussions.” ~ Susan Pease Bandit
COMMUNITY EVENTS FOR YOU!

MAY 2022

June 1st  - Resource and Self-Care Fair
            Passages Parking Lot, Spokane

June 2nd   - Lapwai Home Fair
            Pi-Nee-Waus Community Center

June 11th  - Pride in the Park
            Beachview Park, Clarkston, WA

June 17th  - A Trip to the Zoo!
            Pocatello, ID

June 21st  - Game Night
            Spokane, WA

June 27th  - Mental Health Monday
            Spokane, WA

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

Find your voice - Then LEAD with it!

Starting June 21st
Tuesdays and Thursdays
10 am MST
until July 26th

Apply now!

https://lincidaho.org/program/s-a-l-t
DAC NW - COME ON IN FOR COFFEE & DONUTS

DAC NW's Post Falls office is hosting a free donuts and coffee session every other Wednesday starting June 1st. The open house will be 9:00 am to 11:00 am and you can drop by anytime them or stay for the whole time!

"This is an opportunity to meet casually, face to face," said Sherri Boelter, Independent Living Advocate. "We hope to start a conversation, find out how we can get connected and provide resources to people in our community who have a disability."

If you are curious what it is DAC NW does, stop by and bring your questions. DAC provides a variety of services including: Personal and Community Advocacy, to help make our communities accessible, Peer Counseling and Support, because we are staffed by people with disabilities and know what you are going through, Independent Living Skills Training, so you can learn to live independently and make good choices in your life, Information and Referral - information is power! And Transition Services for both people needing to get out of or stay out of institutions, and youth with disabilities transitioning to the next stage of life.

We can also help you find the perfect piece of durable medical equipment and assistive technology. And personal in-home assistant care that you control. So stop by for coffee and donuts! BTW - my favorite flavor is chocolate glazed!

YOUR KEY TO INDEPENDENCE!
There is a strong and cumulative link between trauma experienced in childhood and poor health in adulthood. Similarly, trauma experienced in adulthood is associated with poor health outcomes experienced later in life. An individual's trauma exposure is linked to their likelihood for developing a wide range of conditions that negatively impact their physical, mental, and cognitive health.

Trauma can affect various areas of the brain and can have lasting neurological changes. These symptoms include constant fear, hyper vigilance, difficulty sleeping, concentrating, and thinking clearly, and managing emotions.

It can be linked to risky behaviors. Things like underestimating risk or danger and responding incorrectly, unhealthy behaviors like avoidance, isolation, or dependence, and unhealthy coping mechanisms such as substance abuse.

One study showed the link between PTSD symptoms in veterans and an increased likelihood of thrill-seeking, sexual risk-taking, firearm possession, alcohol and substance abuse, drinking and driving and domestic violence. These can be directly linked to liver disease and transmitted infections.

Survivors or trauma may have trouble seeking help with the symptoms and associated health consequences. They may fear stigma or shame associated with the trauma. Survivors may avoid socialization and care as a coping mechanism. Or they may not see how the role of trauma is reflected in their health. Their may be institutional and cultural barriers to reporting the trauma and seeking help. And they can have limited access to person-centered, trauma-informed care.

Medical professionals may not screen for trauma or relate it to current health conditions. Providing the information revealing trauma in their medical history can retraumatize survivors. Depending on the trauma, a medical procedure or clinical setting can retraumatize survivors.

Some of the physical health concerns linked to trauma are: lung disease, gum disease, fibromyalgia, chronic fatigue, cardiovascular disease, gastrointestinal disorders, endocrine disorders, and reproductive disorders. It also is reflected in anxiety, depression, mood disorders, eating disorders, substance abuse, dementia, sleep disorders and cognitive impairments. If any of this seems familiar to you, seek out help. And your local CIL can help you advocate for the services you need.

Working for Independence, Equity, and Justice!
LIFE, INC - GATHERING OPPORTUNITIES

LIFE, Inc is hosting a number of activities for the disability community so they can meet, talk and otherwise exchange ideas. Peer to peer is best! Join us for a month of craft classes FREE of charge! June classes include making a yard Tic-Tac-Toe game, bookmarks, bleach design pillow cases, rustic twig art and bee honeycomb mobile. These classes are offered at our Twin Falls, Pocatello and Blackfoot offices every Wednesday in June, 11am to noon. Let's enjoy getting back in person and creating together. You can save a spot in the class of your choice by calling the office: Twin Falls 208-529-8610, Blackfoot 208-785-2398, and Pocatello 800-631-2747.

And if you are a consumer at LIFE, Inc. you have an opportunity to join us at the Pocatello Zoo! Tickets will be just $1.50 for new and existing consumers at LIFE. You must be signed up as a consumer before zoo day. Call the Pocatello office for more information. 800-631-2747.

A CENTER FOR INDEPENDENT LIVING
SELF-DIRECTED PA SERVICES

Keep Idaho Independent - It Starts at Home!

In-home care is every bit as important as flipping a burger. Currently in Idaho, the reimbursement rate for in-home care is way below what local businesses are paying for entry level jobs. The important and difficult work of helping people to lead dignified and independent lives, regardless of age or ability, is deeply undervalued.

This field of work is growing as the population ages, but pay rates are at poverty levels. This drives a high turnover rate and burn out which jeopardizes critical services.

Working together to stabilize the home care worker system through higher wages and better conditions is not only fair, it eases workers reliance on public benefits. Almost half of all home care workers live in households that receive public assistance benefits such as Medicaid, food stamps, and housing and heating assistance. Increasing their pay makes them likely to spend most of that increase on basic necessities like food, housing, and clothing, contributing to their local economies and spurring economic growth. And raising these wages is likely to benefit a workforce made of primarily women of color.

In-home care providers assist older adults or people with disabilities at their homes with personal care (assistance with eating, dressing, bathing, and toileting) and household services (meal preparation, shopping, light cleaning, and transportation). This allows people with disabilities to stay out of costly institutions. This line of work is projected to grow five times faster than jobs in all other occupations.

If you have trouble finding in-home care workers, contact your local state representative and tell your story.

SERVICES YOU CONTROL!
IDAHO SILC - STATE PLAN FOR INDEPENDENT LIVING

The Idaho SILC has started hosting listening sessions to find out what kind of barriers people with disabilities are facing to live independently. The biggest barrier by far is the availability of affordable, accessible housing. As rental rates continue to rise, finding housing is harder and harder, forcing some to stay or go back into institutional living.

Beyond just making more Section 8 recipients, it's about building more housing. Accessible housing needs to be built near public transportation, and services like grocery stores and access to employment. Building codes in these areas mostly restrict the higher density housing that is needed.

Does this sound familiar to you? Would you like to have someone hear about the barriers you are facing? It could be about job training and employment, about access to health care including mental health care, accessible public transportation, and community access and recreation.

"YOU CAN IDENTIFY AS HAVING A DISABILITY AND IT WON'T MEAN TAKING AWAY SERVICES OR RESOURCES FROM OTHERS WITH DISABILITIES. INSTEAD, IT HELPS WHEN MORE PEOPLE IDENTIFY AND WE BECOME STRONGER AS A GROUP."

For dates, times and location of meetings, check the website here. www.silc.idaho.gov

PROMOTING INDEPENDENT LIVING FOR ALL IDAHOANS
20th Annual Youth Leadership Forum

Are you a student 16 - 21 years of age? You can take part in the annual Washington State Youth Leadership Forum. This innovative, intensive, six-day leadership training program is for upcoming high school juniors and seniors with disabilities. Delegates are selected from around Washington State to take part and cultivate leadership and citizenship skills while having fun and making friends.

It is critical that young people with disabilities growing into adulthood learn to identify themselves with pride as individuals and members of the very accomplished disability community.

The Youth Leadership Forum is free to attend. These services are made possible by the Washington State Department of Social and Health Services, Division of Vocational Rehabilitation. It will be held August 7-12th in Dumas Bay Center in Federal Way. The application process includes questions like who has been an important leader who influenced you in your life, experiences you have had due to your disability, and what are your goals after school?

Be sure to follow them on Facebook, so you can see the kind of projects they work on! https://www.facebook.com/friendsofylf/

For information on how to apply contact Elaine Stefanowicz at 360-890-3774 or elaine.stefanowicz@esd.wa.gov.
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

REUSABLE SPILL PROOF DRINK COVER

Safesip is a stretchy clear cover fits most glasses, mugs, or cans and you can insert a drinking straw. Light weight and compact, simple to use helps stop spills, enabling anyone to drink with dignity. Made of food grade approved, platinum silicone, 100% BHA free. Dishwasher, microwave and freezer safe. Wash in hot water before use.

$19.99 from www.wrightstuff.com

The Plate Mate

If you struggle getting food off your plate without making a mess, try the Plate Mate. Regular size fits standard round dinner plates 9-11". The extra firm size provides maximum tension for added stability, fits 8-10" round plates. Provides a firm surface to scoop food against.

About $13.00 from www.wrightstff.com

STUFF TO MAKE LIFE EASIER
We are remembering the great Herbert Marshall, who was born on May 23rd 1890, in London. This man is indisputable proof that you should never let a tag of impossibility prevent you from reaching your dreams.

After being shot in the leg on the Western Front on April 9th, 1917, Herbert was immobile for several months before learning to walk with a prosthetic leg. Despite his injury and the pain that it fueled, Herbert never once let his disability become an emotional barrier that would curtail his efforts to further pursue a career in acting. He still realized that he encompassed all the requirements that was needed to achieve his goal.

Ultimately, he ascended to the top echelon of motion pictures and carved his way into cinematic history. Depending on your taste in movies, you may know Herbert Marshall best as the suave star of one of Ernst Lubitsch's best movies, *Trouble in Paradise* (1932), the peace-loving diplomat with a secret in Alfred Hitchcock's *Foreign Correspondent* (1940), Bette Davis's husband in two films, *The Letter* (1940) and *The Little Foxes* (1941), a stand-in for writer W. Somerset Maugham in two adaptations of his work, *The Moon and Sixpence* (1942) and *The Razor's Edge* (1946), or the French police inspector in the sci-fi classic *The Fly* (1958). He seems the epitome of British-ness, the proper gentleman who seemed to have been born with a stiff upper lip. His mellifluous voice and easy demeanor guaranteed continuous work in later years in film, television and radio. He is one individual who should always elude sinking into obscurity.
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

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208-457-3893 FAX

330 5th Street
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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

INDEEx
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3rd floor #West 9
Spokane, WA 99201
509-606-INDx

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725 Jensen Grove Dr Ste5
Blackfoot, ID 83221
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