February is American Heart Month!

We all know February is a heart happy month with Valentines Day, Galentine's Day, and Random Acts of Kindness Day. It's also American Heart month which makes it a great time to focus on heart health by trying out some heart healthy recipes and learn some potentially life saving facts about your heart. And remember, people living with heart failure represent a group of "invisible disabilities" - what you can't see can hurt!
From the Editor....

BY VICKI LEEPER

DISABILITY IN POP CULTURE

One in 4 Americans have a disability, therefore 1 in 4 people represented in the media should reflect that. Books, movies, and other media have made social change. Did you know televisions first inter-racial kiss was on Star Trek? Typically, disability is shown in a negative way in most media. Or they use the mistaken representation of the 'Super Crip' or what we refer to as inspiration porn. So it is indeed refreshing when people with disabilities are shown in the media for what they are - people. I was so pleased to see the cover of GQ with a very handsome man, Dylan Alcott, on the cover as a sports icon. He is an Australian para-athlete and advocate for people with disabilities. Way to go!

QUOTES TO MAKE YOU THINK!

"Being ghosted by your own limbs is next level sh**!" ~ Brittany Quiroz, Motivational Speaker
COMMUNITY EVENTS FOR YOU!
FEBRUARY 2023

Feb 8th  -  My Ascension, Suicide Prevention
           Clearwater River Casino, Lewiston, ID

Feb 9th  -  Operation Advocacy Letter Writing
           DAC Office, Moscow, ID

Feb 21st -  Operation Advocacy Day
           Idaho State Capitol, Boise ID

Feb 21st -  Raising Children while Disabled
           Saranac Building, Spokane, WA

Feb 22nd -  Igniting the F.L.A.M.E.
           Spokane Public Library, Spokane WA

Feb 23rd -  Young Adult Support Group
           Post Falls, WA

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

Medicare 101 Class
March 16th
6pm - 8pm
Virtual Zoom Event
Free! Call for information: 208-883-2241
DAC NW - LETTER WRITING WORKSHOPS

As a way to take part in Operation Advocacy on Disability Awareness Day at the State Capitol, DAC is hosting letter writing workshops. All supplies are provided plus refreshments.

We will lead off with a video prepared by League of Women Voters on effectively telling your story to your state representative. And staff will be on hand to help you along the way.

The goal is to raise awareness about the current in-home caregiver crisis going on right now in Idaho.

"Many people with disabilities are having trouble getting their voice heard," said Kristin Graham, "so we will teach them how through letters, cards, emails, and phone calls."

Several things have changed in recent years that is making it harder for a person with a disability to remain in their home. Decreased hours of care allowed, changing the rate of pay for individual services, and lagging in caregiver pay compared to other states have made the process more cumbersome and expensive. This has resulted in some people with disabilities in our community being institutionalized.

The letters will be collected and hand delivered to the Idaho State Capitol on February 21st. Join us at the Moscow Letter Writing Workshop, February 9th 3:30 to 6:30 pm, 505 N Main Street. This is open to all Idahoans with a disability who use home and community based services and their direct care providers. Remember, it's not the government, it's YOUR government!

YOUR KEY TO INDEPENDENCE!
Our current goal at LINC is to help end Idaho's direct care worker crisis. Thousands of workers are unable to earn a living wage, and people with disabilities, as well as older adults, are struggling to find the care they need -- and every day we wait to take action means more lives are at risk.

We've worked with dozens of direct care workers, people seeking support, advocates and other community members who are working to shed light on and solve this crisis.

We want to share people's stories, raise awareness, and inspire Idahoans to call for a change. The Power Independent Living campaign will promote understanding and inspire action - because for thousands of Idahoans, our shared values of freedom and independence aren't being upheld. There are lifelong relationships formed by direct care and the challenges that many face right now to find the support they need puts them at risk of being institutionalized.

The impact direct care in the home has on a person with a disability's life is incredible. And expanding access to those services is the financially responsible thing for Idaho to do. In home care costs less than institutions!

The time is now to take action and end Idaho's direct care workforce crisis.
Did you know there is a bi-annual newsletter just for people dealing with memory loss in Spokane? It contains information for people new to memory loss, and lists upcoming classes and presentations, including the new therapy using music for people with dementia. The **Spokane Area Dementia Friendly Community** is a member of the **Dementia Friendly America®** (DFA) network and has been making a community effort to foster quality of life for people living with dementia in our region since 2018. A dementia friendly community is a town, city, or county that is respectful toward and informed about individuals with the disease, their families, and their caregivers. Because the number of Washingtonians living with dementia will continue to increase, our community needs to collaborate to make Spokane County a better place for these individuals and their families. A Local Dementia Roadmap looks like this:

1. Talk to a person about local dementia support:
   - Call Aging & Long Term Cares’ community helpline, Mon – Fri 8:30 AM – 5 PM: 509-960-7281
   - Call the Alzheimer’s Associations 24/7 helpline: 1-800-272-3900
2. Read the WA State Dementia Roadmap for guidance:
   - Dementia Action Collaborative’s Dementia Road Map: A Guide for Family and Care Partners—Click Here
3. Visit your local Alzheimer’s Association and Dementia Friendly Community website’s for resources:
   - www.alz.org/alzwa
   - altcew.org/about-who-we-are/spokane-area-dementia-friendly- community for additional services and supports

**Working for Independence, Equity, and Justice!**
LIFE, INC - LAUNCHES NEW EVENT NEWSLETTER

LIFE is excited to announce that LIFE, a Center for Independent Living is starting a quarterly newsletter.

As we continue to expand our activities, classes, and events we are also improving the way we distribute important dates and information to our communities. Our hope is that by providing our newsletter quarterly it will help us improve our relationship with the communities we serve.

Please do not hesitate to reach out to us if there is life skills topics you would like to see offered as classes.

If newsletters aren't your thing, we get it. We will still cross-post everything to our Facebook, Instagram, and Website! But our newsletter subscribers will get everything first.

We have activities and classes happening in all four offices, Idaho Falls, Black Foot, Burley and Pocatello. Life Skills classes to increase knowledge and skills for everyday living. Craft classes are different and always fun and creative, and all supplies are included. Peer game nights give you an opportunity to connect, play games and enjoy each others company. We even have Emergency Preparedness classes to get you ready before, during and after a disaster.

Thank you so much for all your support over the past years, Please consider joining us at our many fun and helpful events!
Built in accessibility features in Apple products are designed to make life easier for people with all kinds of disabilities.

For example: you can use the magnifier on your iPhone or iPad to increase the size of anything you are looking at, like medication instructions. Add in Detection Mode in the Magnifier and it combines the camera, LiDAR and machine learning to offer People Detection, Door Detection, and Image Descriptions. It can help you navigate the last few feet to your destination.

For hearing impaired, imagine using your Apple Watch to hear sounds around you. The on-device intelligence will notify you when it detects one of 15 different types of sounds, including alarms, appliances, door knocks, car horns, or even the sound of a crying baby. For electronic sounds, you can train your iPhone or iPad to listen for and notify you of sounds that are unique to your environment, such as your doorbell. When your device detects these sounds or alerts, you’ll receive a visible and vibrating notification.

Voice Control lets you navigate your device with your voice. Commands like click, swipe, and tap help you easily interact with your favorite apps or take photos. Voice Control also offers a more efficient way to write and edit. With Voice Control spelling mode, you can dictate names, addresses, and even custom spellings letter by letter. AssistiveTouch lets you push all the buttons without pushing any! You can switch out any gestures that don’t work for you. You can even adapt an Apple watch to understand hand or arm motions. Best part is, all features are built in, no additional software needed.
An epic fail means "a notable, obvious, and usually public failure." Though perhaps well intentioned, these fails can embarrass, isolate, and even endanger people with disabilities. We work to remove barriers so people with disabilities can live more independently in their own communities.
SELF-DIRECTED PA SERVICES

Saving Even More with ABLE

People with disabilities can save more money without jeopardizing eligibility for government benefits thanks to a change in tax rules for the new year.

Starting January, the federal gift tax exclusion increases from $16,000 to $17,000 annually, according to the Internal Revenue Service. The deposit limit for ABLE accounts — a savings vehicle for people with disabilities — is tied to that metric, so it will grow as well. The rise is the result of inflation and follows a similar uptick in the maximum allowable ABLE account contribution last year.

ABLE Accounts allow people with disabilities to save up to $100,000 without forgoing eligibility for Social Security and other government benefits. Medicaid can be retained no matter how much is in the accounts. Funds saved in the special accounts can be used to pay for qualified disability expenses including education, health care, transportation and housing. Interest earned is tax-free. Annual ABLE account deposits are generally capped at the value of the IRS’ gift tax exclusion. But, people with disabilities who are employed can save some of their earnings in addition to the gift tax amount of $17,000.

ABLE accounts are offered through programs in 47 states, many of which are open to individuals nationwide if they have a disability that onset before age 26. Starting in 2026, that age limit will rise to 46 under a recently passed law.

SERVICES YOU CONTROL!
Author and Cartoonist shares her views

Kristin Beale is a published author and illustrator from Virginia. She has completed 16 marathons, is a nationally-competing wheelchair fencer, public speaker, and works for Morgan James Publishing as a literary scout. At age fourteen, Kristin Beale was enjoying a happy summer vacation when a Jet-Ski accident turned her life upside-down—and nearly ended it. Ever since then, she has had to overcome not only the physical but the psychological toll of her injuries—and her grit and courage have been an inspiration to countless people.

She wrote the book Greater Things, to offer a personal perspective on everything from how people react to her, to learning how to navigate in and through an inaccessible world, to just trying to make the best of a crummy situation. She also wrote Date Me, a collection of comics that tell the stories of dating in a wheelchair, social situations that are sculpted by people’s reactions to the wheelchair, and her struggle trying to fit in from the perspective of a wheelchair. Dating is hard enough as an able-bodied person. Throw in the variable of a wheelchair, and “hard” becomes “almost not worth it.” She then wrote In A Million Suns, where she learns how to move from the darkness of her disability, into the sunlight of her new circumstance. This is the story of redefining the passions she lost with her paralysis, and rediscovering her happiness. (All three books are available on Amazon, Barnes and Noble, and Borders.

Kristin also has a following on Instagram @kristin.gupta. Or you can follow her on @greater.things.comics and receive a new comic every Tuesday! (or, sign up below for that comic in your inbox on Monday)

kristinbeale@gmail.com
www.kristinbeale.com
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

VELCRO ICE PACK

This ice pack can fit around your neck when you are feeling over heated. Or use around your shoulder if you have reached too high and are sore. If you use a heating pad for your legs at night but tend to get too warm, try this around your neck to balance it out.

Available for $9.00 at Walmart

THE GRABBER TOOL

Of course you use the grabber for picking stuff up off the floor so you don’t have to bend over or get dizzy. But consider keeping one in the laundry room to make emptying the washer or dryer easier. You can even add velcro to it and stick it to your laundry machines. It can even pick up small thin things like coins or envelopes. Comes with a rotating head.

Starting at $11.95 from www.Amazon.com
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

www.dacnw.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

INDEx
25 W Main,
3rd floor #West 9
Spokane, WA 99201
509-606-INDx

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

250 S Skyline Ste 1
Idaho Falls, ID 83402
208-529-8610 VOICE
208-529-8610 TDD
208-529-6804 FAX

2311 Park Ave Ste 7
Burley, ID 83318
208-678-7705 VOICE
208-678-7771 FAX

www.lincidaho.org

1182 Eastland Dr. N. Suite C
Twin Falls, ID 83301
208-733-1712 VOICE
208-733-7711 TDD

1878 West Overland Rd
Boise, ID 83705
208-336-3335 VOICE
208-336-3335 TDD

703 S Kimball Ave
Caldwell, ID 83605
208-454-5511 VOICE
208-454-5511 TDD
208-454-5515 FAX