For June, we’re working hard to create plenty of opportunities to learn about Tourette's Syndrome and other Tic Disorders. By fostering understanding, focusing our collective efforts to educate the public during this awareness month, we can support those impacted by TS, Tic Disorders, and co-occurring conditions. The 19th century was a remarkable period for neurology because it was during this period that many of the brain disorders known today were either discovered, recognized as disease entities or were clearly documented in the medical literature. There are support groups in our region you can reach out to.

Tourette Support Group of Idaho Falls
Email Support@Tourette.org

Washington/Oregon Tourette Support Group:
Email: NWWATourette@gmail.com
From the Editor....

BY VICKI LEEPER
MENTAL HEALTH

I enjoyed the Moscow Mental Health Walk last month. Some very brave people came forward to talk about their mental health crisis's in the hopes it will help someone else. A lot of the time, the conversation about mental health comes back to a lack of care. But we can't resource our way out of this problem. We need to support community efforts early on - before crisis happens. Parents, teachers, coaches, and young people need to collaborate. "There comes a point where we need to stop pulling people out of the river. We need to go upstream and find out why they are falling in." - Desmond Tutu.

Studies are beginning to come back that social connection is the key. Building an environment where everyone feels connected in their community can build individual strength. I know I want to work towards that!

QUOTES TO MAKE YOU THINK!

"Everyone you meet always asks if you have a career, are married, or own a house, as if life was some kind of grocery list. But no one ever asks if you are happy. ~Heath Ledger, 1979-2008

Have something for the Newsletter? Email dac@dacnw.org
COMMUNITY EVENTS FOR YOU!

JUNE 2023

June 3rd  - United African Community of Spokane
            Southside Senior Center, Spokane, WA

June 8th  - Lapwai Home Fair
            Pi-nee-waus Center, Lapwai, ID

June 9th  - Family Day in the Park
            City Park, Coeur d'Alene, ID

June 12th - Living with My Disability Peer workshop
            DAC NW, Post Falls, ID

June 14th - Autism Caregivers Support Group
            Thain Rd, Lewiston, ID

June 27th - Fibromyalgia Support Group
            Pullman Regional Hospital, Pullman, WA

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

SAVE THE DATE!!
ADA CELEBRATION
Bridging Communities
July 29, 2023, 11-3
Riverfront Park
Spokane, WA
DAC NW - LIVING WITH MY DISABILITY

Dealing with challenges due to your disability? Try DAC NW Post Falls Office's peer to peer support group - Living with My Disability. It's people with a variety of disabilities coming together with help, tips, and life hacks for living with your disability.

Topics will include: sharing stories in a group setting, ideas for managing mental health, the history of disability in America, effective barrier removal and supports, your interests in work and social activities, and what's next in your life.

There are many benefits to joining a support group. The main one is realizing you are not alone! This realization usually brings about a feeling of relief, by gaining the understanding for perhaps the very first time in your life that others have similar concerns and are there to help and encourage you. After you realize you aren't alone and within a safe and supportive environment, you will begin to feel comfortable sharing your feelings and life circumstances with the group. This can be a very therapeutic and healing experience, particularly as you find that others in the group will listen nonjudgmentally. You will learn helpful information, lots of practical tips, and find resources for dealing with identified concerns. You and other members share success stories and strategies that helped them live an independent life.

This support group is free and runs from June 12 to July 24th, but will skip July 3rd due to the holiday.

YOUR KEY TO INDEPENDENCE!
LINC - VACATIONING IN IDAHO

By Jen Grushdale

It's finally here – SUMMER!
Got any plans? Don’t know what might be accessible at your destination. The folks at the Idaho Tourism Department have created specific webpages around accessible activities on their Visit Idaho website.

From accessible skiing and outdoor adventures to swimming and more, Idaho has a lot to offer. Check out their website. While many of the activities listed now are in and around Boise, this is expanding to include the entire state. Keep checking back for more information as they continue to grow!

2023 Independent Living Conference

Save the Date! September 13-14, 2023 at the Best Western Vista Inn at the Airport Boise, ID

This is an inclusive workshop style event, cross disability, ages 15 and older, with sessions focused on living independently, developing friendships, and advocacy.

The conference website is the place to find all the up-to-date information. Hotel reservation information will be posted soon. And registration opens in July.

EMPOWERING INDEPENDENCE
INDEX

BOOK SUGGESTIONS!

This variety of reads celebrates the intersection of different identities and disability for the avid reader and occasional browser.

**A Time to Dance by Padma Venkatraman.** This book set in India about a young dancer named Veda. During the book, Veda becomes an amputee, and relearns to dance while navigating her new disability. *A time to dance* is written in verse, or poetry, form. The book is a Young Adult historical fiction book.

**Hearing Happiness: Deafness Cures in History by Jaipreet Virdi.** Hearing Happiness is an academic book, but much of it is told in stories, and is inspired by the author’s experiences with her own deaf identity. The book explores the history of assistive technologies through the lens of the lived experiences of those using, and sometimes also making, them. The book is nonfiction. If you aren’t up for a book, but interviews are your speed, read an interview with the author [here](#).

**The Temple of Earth and I by Shi Tiesheng** is an essay and short story about the author’s experiences with disability discrimination. The essay reflects the author’s own childhood and early adult experiences and engages the contemporary culture – and ableism – that the author grappled with.

**Moses Goes to a Concert by Isaac Millman.** The main character, Moses, is a young deaf drummer. In the book, he is invited with his classmates to go to a concert. The book includes, and also teaches, ASL signs at the bottom of each page. *Moses Goes to a Concert* is a children’s book.

This is just a short list – feel free to reach out and share reads you’ve enjoyed. Happy reading!

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**Working for Independence, Equity, and Justice!**
LIFE, INC - ASSISTIVE TECHNOLOGY LIBRARY

Assistive technology can mean the difference between communicating with family and friends, accessing a home, or keeping a job. At LIFE, we are proud to offer a wide variety of assistive technologies and durable medical equipment for loan, for up to 3 months, at no cost to consumers.

Our Assistive Technology and Durable Medical equipment program provide consumers:

- Developmental technology
- Communication Technology
- Gently used equipment at no cost
- IPAD’s
- Learning tools and games
- Speech Recognition devices
- Transfer benches, shower chairs, and grab bars
- Walkers, wheelchairs, and scooters

We have many options and resources for the community. If you need assistance please call our offices for more information.

Donations are accepted and greatly appreciated as it makes this program possible, we accept donations at all four offices.

A CENTER FOR INDEPENDENT LIVING
The newly published report “Accommodation and Compliance: Low Cost, High Impact” by the Job Accommodation Network — a service of the department's Office of Disability Employment Policy — analyzes survey data collected from employers from 2019 to 2022. The survey collected cost information from employers using online questionnaires, which increased the number and diversity of responses significantly. Before 2019, JAN collected cost information via one-on-one phone calls. These employers, representing a wide array of industry sectors and sizes, contacted JAN for information initially about workplace accommodations and/or the Americans with Disabilities Act.

In addition to gathering information about accommodations’ costs, the survey explores employers’ motivations for making them, their effectiveness and the benefits they produced. These accommodations were effective and helped retain valued employees. They improved productivity and morale, reduced training costs and increased diversity.


The U.S. Department of Labor announced that a new report finds that nearly half of workplace accommodations made for people with disabilities can be implemented at no cost to employers, and of those that do incur a one-time cost, the median expenditure has decreased when compared to previous reports to only $300.
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.
In a statement released by The White House, it was announced that President Biden will sign an executive order (EO) that directs the U.S. Department of Veterans Affairs (VA) to consider Veteran Directed Care (VDC) program expansion. As highlighted in the Administration for Community Living’s (ACL) most recent newsletter, “this exciting EO creates new momentum for ACL’s work to strengthen the care infrastructure that helps people with disabilities and older adults live and fully participate in their communities.”

As part of VDC program startup, Veterans Affairs Medical Centers (VAMCs) identify their criteria for both target geographic area, as well as Veteran population based on their clinical needs. The Birmingham, Alabama VAMC is focusing on enrolling Veterans who are at highest risk of institutionalization, as well as Veterans who require ventilator support to ensure that Veterans’ care needs can be met in their homes. With their VDC partner Middle Alabama Area Agency on Aging (M4A), the Birmingham VAMC began to support Veteran enrollment in VDC in early 2023. M4A has worked closely with their first successful referral from the VAMC and the Veteran’s family to create a needs-based assessment identifying his needs, goals, and preferences. The M4A counselor, in partnership with the Veteran and his family, has developed a person-centered plan of care that gives the Veteran control over who provides the care, the way their budget is spent, and what services they deem appropriate. M4A reflected recently that this program, “is a way to empower the Veteran and give control back to the individual in need.”

**SERVICES YOU CONTROL!**
At the Birth of the Rehabilitation Act (part two)

- By Miriam Hertz

Before his benefits were terminated, Eldridge had been receiving Social Security Disability for “chronic anxiety and back strain.” The categorical claim of back injury is associated with fears of perpetrated fraud, and back injury has been one of the toughest roads for getting disability benefits. In fact, there is advice all over the Internet about how to get your back claim approved. Nor is anxiety an easy winner, which in belonging to the class of “conditions of the mind” is among the most highly stigmatized of disabilities (Hertz, 1995). It is likely that high levels of societal stigma are correlated historically with high levels of discrimination.

Was Eldridge protesting perceived systemic prejudice and discrimination in lodging a suit rather than follow Social Security administrative procedure? This idea gains traction for several reasons. First, it is difficult for a Social Security Disability applicant to trust the initial stages of Social Security’s eligibility process, based as this determination is on a collection of discrete data points. It may have been hard for Eldridge to believe that such a methodology could appreciate the broad sociocultural model of disability. This may have been the understanding of disability that Eldridge felt best explained his “lived life” in seemingly perpetual pursuit not of a medical cure but of full access to societal participation. It is not surprising that Eldridge wanted a hearing.

Second, the majority opinion in Mathews v. Eldridge reveals ignorance of the essential value of Social Security Disability. The dollar amount each month that the Social Security Disability beneficiary receives is based on their individualized work credits, for which the worker paid through half of their FICA tax. The more work credits the able worker accumulated, the more Social Security Disability the now work-disabled beneficiary receives. In fact, the full name of the program is Social Security Disability Insurance. It is not a government payout; it is income replacement insurance for which the beneficiary has paid. SSDI is not even a “benefit program” in the true sense of that term; rather, in social policy parlance, it is an “entitlement program.” If you qualify you get it, and you get what you have earned because of prior labor force participation.

The majority opinion states that in losing his SSDI, Eldridge will not suffer extreme hardship because other social programs will step in to keep him out of poverty. On the contrary, Eldridge will suffer greatly. Find out how he fared next month!
BLUEPATH WEBSITE
ADDING ACCESSIBLE BUSINESSES EVERYDAY!

Did you know there are over 1000 accessible businesses and recreation spots on BluePath? And there are businesses listed in 20 states in the U.S. and we even have one listed in the U.K.! It's easy to load an accessible business, it takes about 10 minutes from your smart phone or tablet. Sign in as a Pathfinder and you are ready to start listing. BluePath is the only site that uses ADA requirements and measurements. That means you can count on it working for you.

How do we get so many accessible places listed? By the power of YOU! You know how important it is to know ahead of time if a place is accessible to you. And relying on review based sites might not include the kind of information you need. And groups often get together to map their community! Check out Access Music City in Nashville, Tennessee. They have mapped 24 restaurants, museums, farmers markets, coffee houses, bars and more. Information like this at your fingertips means you can plan a trip in confidence. Looking for Sushi? Try Little Octopus. Finish off a visit to the Frist Museum with some Tex-Mex BBQ at Butchertown Hall.

Do you have a favorite accessible business? Load one today - it's easy

Find YourPath!
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

ADAPTIVE SOCKS
These socks come with a hole on the side to assist the wearer to pull them up just by looping their finger in. This helps create independence and streamline important routines. They come in an arrange of sizes and fashionable styles for kids and adults. Self-affirming and inspirational quotes are woven right in!

$12 from www.beedlebug.com

EASY SLIP IN SHOES
These shoes have a touchless fit, meaning you can slip into them easily, without using your hands. The decorative laces means no one knows you are wearing slip ons. Stylish and featuring a air cooled memory foam insole for extra comfort. The exclusive heel pillow holds your foot securely in place. They are even machine washable.

$90 from www.sketchers.com

STUFF TO MAKE LIFE EASIER
CONTACT YOUR LOCAL CENTER FOR INDEPENDENT LIVING

www.dacnw.org

www.idlife.org

www.lincidaho.org