National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of routine vaccination for people of all ages. Vaccines save 2 to 3 million lives each year. They are essential tools for protecting ourselves and our communities. If enough people in your community are immunized against a certain disease, you can reach something called herd immunity. When this happens, diseases can’t spread easily from person to person because most people are immune. This provides a layer of protection against the disease even for those who cannot be vaccinated, such as infants.

Vaccines protect against serious illnesses like polio, which can cause paralysis; measles, which can cause brain swelling and blindness; chickenpox, tho mild, some children will develop complications that can be fatal or cause permanent disabilities. All vaccines go through rigorous safety testing, including clinical trials, before they are approved for the public. Countries will only register and distribute vaccines that meet rigorous quality and safety standards.
THE PROBLEM WITH FAKE SERVICE DOGS

At our recent event, a woman with a dog in a service vest was very noticeable. The dog would engage aggressively with any dog that walked by and even with people on bikes. Obviously this is NOT a trained service dog. Real service dogs are painstakingly trained to be docile and never become aggressive. Untrained dogs can instinctively bark at and attack service dogs, but the service dogs will not bark or fight back.

Questions about service dogs is one of our most common from the general public. And it's instances like the above that prompt them.

We explain they are not required to wear a vest, these can be bought easily on the internet. But instead, the dog should always be quiet and under control, what we call four on the floor. Never jumping up or being aggressive. And the disability does not have to be visible to require a service dog. Simply ask if the dog is required because of a disability, and if it is behaving well, you are good. You may ask a poorly behaving dog to wait outside.

QUOTES TO MAKE YOU THINK!

"My service dog means I am never alone with my demons " ~ Anonomous
COMMUNITY EVENTS FOR YOU!

AUGUST 2023

Aug 9th - Autism Caregivers Support Group
615 Thain Rd, Lewiston, ID

Aug 10th - ADA Celebration & Resource Fair
Senior Center, Clark Fork, ID

Aug 12th - Unity in the Community
Riverfront Park, Spokane, WA

Aug 14th - Parkinsons Support Group
St. Josephs’, Lewiston, ID

Aug 22nd - Fibromyalgia & Lupus Support Group
Pullman Regional, Pullman, WA

Aug 24th - Memory Cafe of Clarkston
Mama K's, Clarkston, WA

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

LINC UP & SPEAK UP
Independent Living Conference
Sept. 13-14, 2023
Best Western Vista Inn
Boise Idaho
July 29th INDEEx and DAC NW presented Jeff Riechmann from **Courageous Kids Climbing** with the Tom McTevia Memorial Award for their work in making climbing, ice skating and other activities accessible to all ages of kids with disabilities.

Courageous Kids Climbing is a non-profit based in central Idaho, that organizes volunteers to take kids with developmental or physical disabilities and teach them how to rock climb in climbing gyms all over Idaho and Eastern Washington. They have expanded into ice skating, slack line, and opportunities for blind and visually impaired kids to explore emergency vehicles and heavy equipment. They have also been instrumental in providing training to first responders on how best to interact with people with disabilities.

Tom McTevia was an outspoken advocate for disability rights in Coeur d'Alene and loved outdoor recreation. He loved the peacefulness of nature, and he believed everyone, regardless of personal limitation, should be able to experience it. This award started in 2016 in memory of his passing.

YOUR KEY TO INDEPENDENCE!
LINC - STATEWIDE IL CONFERENCE REGISTRATION

By Jen Grushdale

Here at LINC we’re busy scheduling speakers and vendors, activities and more! Registration for the conference is now open on our website at www.lincidaho.org/ilconference

Our tentative conference schedule looks like this:

**Wednesday Workshops:**
- Session 1 Rights as Renters or Social Profile
- Session 2 - Healthy Relationships or Emergency Preparedness
- Session 3 - Home Modifications or How to Show Up

**Thursday Workshops:**
- Session 1 - Aging in Place or Relationship with a Lawmaker
- Session 2 - Boards & Commissions or Budget
- Session 3 – Art or Resumes and Interviews

Wednesday will open with the keynote address with Josiah Sullivan and end with a beach party. Lunch will be served both days.

Want to come but don't think you can afford it? Or maybe you don't know how you would get to Boise? Work with your local IL Specialist to make a plan!

**Southeast Idaho** – Brianna at LIFE, Phone: (208) 232-2747

**Northern Idaho** – Jolene at DAC-NW, 208.883.0523

**Southwest Idaho** – Emily at LINC, 208-336-3335 ext. 103

EMPOWERING INDEPENDENCE
GETTING READY FOR APRIL IN OCTOBER

The Association of Programs for Rural Independent Living (APRIL) is a national grassroots, nonprofit membership organization consisting of over 260 members from centers for independent living, their satellites and branch offices, statewide independent living councils, other organizations and individuals concerned with the independent living issues of people with disabilities living in rural America. This event will begin with a Pre-Conference and Youth Conference on October 12th, and will end with an annual banquet on October 14th at 9 PM Pacific Time. Workshops, speakers and a vendor fair are included. But it’s more than an opportunity to attend trainings and great speakers. This is a chance for young people with a disability to make connections nationwide with peers, learn about each other, and stay connected long after the conference is over. And after years of remote events during the pandemic, it is wonderful to be back in person. This year the conference is held in Orange County, California.

APRIL is committed to youth with disabilities. They have been leading the charge to bring youth on board in the IL Movement for the past couple of decades, and will continue for as long as their are young people interested in getting involved. They host monthly peer support meetings on Zoom. The APRIL "Lead On" Collaborative is a step two leadership program from APRIL in which young adults with disabilities get to build their skills, connect with their community, and work to become current and future leaders. Participants meet weekly on Zoom for six weeks to learn from experts (and each other) in areas they identified important to their growth during the application process. Some of these areas may include career development, boundary setting, conflict resolution, and more.

If you are interested in attending APRIL, contact your local Center for Independent Living to find out about scholarships. The Conference will be October 13-14 with the Youth Conference on October 12th.

Working for Independence, Equity, and Justice!
LIFE, INC - FEMA HAS ACCESSIBILITY ADVANCEMENTS

The ADA guides FEMA’s commitment to improving services and programs to be equitably available to people with disabilities and others with access and functional needs. FEMA makes sure all programs are accessible to all disaster survivors. Administrator Deanne Criswell said, “From ensuring survivors in wheelchairs can access our disaster recovery centers, to updating our websites to support screen readers, to offering sign language interpretation, our commitment to meaningful and full access to our programs is driven by our core values of compassion, fairness, integrity and respect.”

To support the disability community, FEMA made equity in emergency management a priority. Improvements include: Improved survivor registration intake process nationwide, expanding disability-related questions, making it easier for people with disabilities impacted by disasters to get the assistance they need. They have updated their app in both English and Spanish, and it is screen reader compatible. The user interface is redesigned for various screen widths and uses plain language. They have designed programs, services, policies and procedures to include the needs of people with disabilities before disasters happen, rather than solely reacting to barriers that are identified during response and recovery. And within their own center they have updated bathrooms and pantries with touchless paper towels, soap dispensers and automatic water faucets, repositioned the accessible restroom stall from the back of the restroom to the first position, added a second ramp, and added a new hearing-assisted system for employees who are Deaf or Hard of Hearing. FEMA works in the larger emergency management community to be fully inclusive, and celebrates that the ADA makes continued progress possible.

A CENTER FOR INDEPENDENT LIVING
The U.S. Department of Justice is proposing first-ever rules to ensure that websites and mobile apps are accessible to people with disabilities. Officials with the federal agency said last month that they sent a notice of proposed rulemaking under Title II of the Americans with Disabilities Act to the Federal Register.

The regulations are designed to improve accessibility of web and mobile applications run by state and local governments and other public entities, the Justice Department said.

Even as American life has increasingly shifted online, particularly during the COVID-19 pandemic, many websites remain inaccessible to people with disabilities. The Justice Department has been under pressure for years to adopt regulations clarifying how the ADA applies to the internet, but so far the agency has only issued guidance. The proposed rule would affect public programs and services relating to employment, education, voting, health, transit schedules and much more, officials said.

“This proposed rule, which is the culmination of years of work and collaboration, is a historic moment for the Justice Department,” said Associate Attorney General Vanita Gupta. “It will help enshrine the right of Americans with disabilities to access critical information needed to lead safe, productive and prosperous lives.”

Web accessibility can mean accommodating screen readers, allowing text to be resized and offering captions, among other things, and the proposal includes a “specific technical standard” for web and mobile app accessibility.

The Justice Department, which timed the announcement to coincide with the anniversary of the ADA, did not release a copy of the proposed rule, but indicated that it will be published soon in the Federal Register.
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.
INDEPENDENT IDAHO - A PODCAST ON SPOTIFY

Independent Idaho is a podcast dedicated to the exploration of all things disability in the Gem State and beyond. Independent Idaho is a production of the Living Independence Network Corporation, one of Idaho's three Centers for Independent Living. Their mission is to empower Idahoans with disabilities to achieve their desired level of independence. Currently there are 16 podcasts to listen to with more being added all the time. The most recent podcast is with author Sean Spence, who wrote "Breaking Barriers: Disability History in the United States."

There are also personal stories you can relate to. Like Blue Hadden, a ranch hand, horse trainer and hunting guide who survived a serious automobile accident that left him paralyzed. He shares how he is moving forward on an independent future for himself, including a career in cybersecurity. He has a unique perspective of being incarcerated with a disability.

Meet Cecile, who moved to the United States from a refugee camp in Uganda. She shares her struggle of growing up in the camp without a wheelchair. Or perhaps you would like to hear from a peer with the same disability as yourself. Guests have various disabilities including blindness, autism, depression, mobility issues and more. And all of the guests are working to share how you can learn to navigate the world with your disability and advocate to remove barriers for everyone.

You can listen on Spotify or read the transcript. Just search Independent Idaho.
SELF-DIRECTED PA SERVICES

How Assistive Technology Helps

Are you less independent than you want to be because of a disability. Assistive technology (AT) enables people to live healthy, productive, independent, and dignified lives, and to participate in education, the labour market and civic life. AT can reduce the need for formal health and support services, long-term care and the work of caregivers. Without AT, people are often excluded, isolated, or locked into poverty, thereby increasing the impact of the disability on a person, their family, and society.

So what is AT? Imagine if you have limited mobility and are not able to climb a ladder, how handy it would be to disarm your beeping smoke detector via a phone app. This technology is the difference between being able to perform the task independently and needing to find someone to help. There is AT for dressing yourself independently, bathing, eating and cooking, and devices that are used for mobility issues. Don't forget about communication, memory aids, safety devices like call buttons. There are also recreational components useful for sports, toys, and leisure activities.

Not sure if a piece of AT will help you? Plan a visit, either in person or remotely with your local Center for Independent Living, and explain a barrier to doing something yourself. Chances are there is a device to help. And if your barrier is a little more complicated, they have access to rehab professionals that can help. There are also resources available if you can't afford to purchase an item that can help you. Remember, the right AT can give you power over your own life!

SERVICES YOU CONTROL!
A recent visit to Kamiah and Kooskia Idaho was a typical trip to a small town in Idaho. One main drag, a respectable cafe, and other necessary businesses for small town life. But how accessible is your small town? A trip to the local library and post office yielded a list of easy improvements that could be made to improve accessibility. For instance, a simple hedge trimmer would improve access to the accessible parking space at the post office. Signage was blocked by overgrown vegetation, something that happens over time. Or something like adding the painted striped access aisle at the library is a low cost ADA improvement. Other things a BluePath Quick Look Survey pointed out are a little more costly to deal with, like a higher than 1/2 inch threshold through a doorway, or narrow doors. Hopefully they can be addressed as funding is available.

How nice it was to stop at a bakery and find out just how accessible it was! From the nearby accessible parking, curb cuts, to the doorway and access inside. Plus a wonderful staff ready to read the menu to you if you need it. Accessible restrooms in an easy to access area complete a wonderful dining experience. So if you are ever in Kamiah Idaho, check out Hearthstone Bakery for a great meal and european style baked goods. No room left after your large meal? Be sure and buy something to take home! You will be glad you did.

If you know an accessible business in your small town, list them on BluePath!

Find YourPath!
ASSISTIVE TECHNOLOGY FOR EVERYDAY LIVING

FOODS TO AVOID WITH MS

Not exactly assistive technology, the Best Bet Diet helps you eat the correct foods to significantly slow or even halt the MS disease process. It gives you foods to avoid, foods to eat in moderation, and foods to increase. If you investigate further into the Best Bet Diet from MS Hope, you can learn about supplements that can help as well.


DIET AND BRAIN HEALTH GUIDE FOR PARKINSONS

Watching what you eat can go a long way to helping fight off disease. This brand new cookbook is for people diagnosed with Parkinsons. This guide talks about what to eat to manage symptoms, potentially slow progression and even prevent the disease. Take control of your health journey with help from the Michael J. Fox Foundation for Parkinson’s Research.

https://www.michaeljfox.org/form/diet-and-brain-health-guide?ps_cid=fb-a1bHq00009nCs2&fbcid=IwAR0477ZNYp2z98ckJS-Zt8lJoNlKnGKbfw6bqdljQF6DnH6dXtLMrYMJJPE
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 Room C-1
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

INTERSTATE CONNECTIONS