



IDAHO PARENTS UNLIMITED INC.

SERVING IDAHO FAMILIES WITH  
EXCEPTIONAL CHILDREN SINCE 1985

## The Parent Network June 2018

**Mission:** Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



... keeping families at the center of children's health care



[Click here to download a PDF of this newsletter](#)

Registration and location information for all events can be found on our website: <http://ipulidaho.org>

### Upcoming Events

\*Includes non-IPUL community events

#### Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

**June:** Families are Important

**In-Person:** Second Wednesday of each month

**Webinars:** Last Tuesday of each month

#### Families are Important - Webinar:

**Date:** June 26, 2018

**Time:** 11:00 am. and 9:00 p.m. MST

**Locations:** Webinar

Visit Idaho Parents Unlimited events calendar for location details and registration at:

<http://ipulidaho.org/events-calendar>

#### \*The Green Apple Project Autism Support Group:

**Date:** Second Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** 1630 23rd Ave, Suite 501, Lewiston, ID 83501  
(Free childcare available)

#### \*Safe Infant Sleep Class - Statewide Monthly Classes:

**\*Boise**

**Date:** Second Thursday of each month

**Time:** 5:30 - 6:15 p.m.

**Location:** Ada County Paramedics - 370 N. Benjamin Lane Boise, ID 83704

**\*Caldwell**

**Date:** Second Thursday of each month

**Time:** 5:15 - 6:15 p.m.

**Location:** West Valley Medical Center Indian Creek Room - 1717 Arlington Ave, Caldwell, ID 83605

**\*Coeur d'Alene**

**Date:** Third Thursday of each month

**Time:** 5:30 - 6:30 p.m.

**Location:** Heritage Health - 1090 West Place Coeur d'Alene, ID 83814

Register at [www.inwsids.org](http://www.inwsids.org) - Attendees will receive a Halo Sleep Sack at no charge

**\*Idaho Falls Parent Support Group:**

**Date:** Third Thursday of each month

**Time:** 9:30 - 11:30 a.m.

**Location:** Rehabilitative Health Services - 1675 Curlew Dr, Ammon, ID 83406

**\*Madison Cares Autism Parenting Support Group:**

**Date:** Third Thursday of each month

**Time:** Noon - 1:00 p.m.

**Location:** Madison Education Center - 60 W Main, Rexburg, ID 83440

Contact Deb Allen 208-359-3300 Ext. 3426

**\*Pocatello Parent Support Group:**

**Date:** Second Wednesday of each month

**Time:** 10:00 - 11:30 a.m.

**Location:** Amazing Glaze Doughnuts - 215 East Cedar Street, Pocatello, ID 83201

Join the Pocatello Support Group on Facebook for more details:

<https://www.facebook.com/groups/796698450427294/>

**\*Mom's Like Us Parent Support Group:**

**Date:** 1st and 3rd Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** Kootenai Medical Center MRI Conference Room - 2003 Kootenai Health Way, Coeur d'Alene, ID 83814

Contact Janell Woods at 208-818-3192 for details

**\*Epilepsy Support Group for Adults and Caregivers:**

June 7, 2018 6:00 p.m. (location TBD)

July 5, 2018 6:00 p.m. (location TBD)

**\*Band Together Parent Support Group:**

Meeting information can be found monthly

at: <https://www.facebook.com/events/166216207453627/>

**Location:** 1420 South Blaine St., Moscow, ID 83843

**\*Parents Reaching Out to Parents Support Group:**

**Date:** Every Wednesday of Each Month

**Time:** Noon-2:00 p.m.

**Location:** Christ the King Lutheran Church 1700 Pennsylvania Ave., Coeur d' Alene 83814

**Contact:** Kathy at 208-755-1844

**\*Successful Deaf and Hard of Hearing Youth - Round Table Discussion**

**Date:** May 11, 2018

**Time:** 1:00 - 4:00 p.m.

**Location:** Idaho State Department of Education 650 W. State. St., Boise, ID 83702

**Contact:** Kristy at 208-732-6257

**\*Courageous Kids Climbing:**

Contact Jeff at: [JeffRiechmann@cs.com](mailto:JeffRiechmann@cs.com) for locations and details

**\*Idaho Special Olympics:**

For details, contact: 1-800-915-6510 or visit: [www.idso.org](http://www.idso.org)

**\*CDA KROC Center Activities in North Idaho:**

Program scholarships are available.

<https://issuu.com/kroccda/docs/kroc-program-guide-winter2018?e=3057940/56428188>

**\*Visit your local library for upcoming events in your area:**

**North Idaho:**

[Coeur d' Alene Public Library](#)  
[Bonners Ferry Public Library](#)  
[Post Falls Public Library](#)  
[Moscow Public Library](#)  
[Lewiston Public Library](#)  
[Orofino Public Library](#)

**East Idaho:**

[Portneuf District Library](#)  
[Marshall Public Library](#)  
[Larsen-Sant Library](#)  
[Bear Lake County Library](#)  
[Idaho Falls Public Library](#)  
[Madison Library District](#)  
[Fremont District Library](#)  
[The Community Library-Ketchum](#)

**Southwest Idaho:**

[Caldwell Public Library](#)  
[Emmett City Library](#)  
[Nampa Public Library](#)  
[Ontario Community Library](#)  
[Payette Public Library](#)  
[Weiser Public Library](#)  
[Boise Public Library](#)  
[Meridian Library District](#)  
[Mountain Home Public Library](#)  
[Twin Falls](#)  
[Kimberly Public Library](#)  
[Burley Public Library](#)



**Parent Training and Information Center - IDEA Part D**

**Assistive Technology and Individuals with Disabilities and Daily Living Challenges**

There are many perceptions of what assistive technology looks like. The Assistive Technology Law was first enacted 1988, and amended in the 1994, 1998 and 2004. The act serves to promote and provide individuals with disabilities access to devices and

services say they can participate, more fully in their education, employment and daily living activities ([parentcenterhub.org](http://parentcenterhub.org)). The Tech Act, as many refer to it, protects all individuals with disabilities at any age, with any disability and in any environment.

The Tech Act has especially enabled children with autism and attention deficit hyperactivity disorder (ADHD) to succeed in the classroom, at home, and in the community. Assistive technology (AT) has a misconception of being electronic or computerized technology, but AT is so much more than that. Any device that allows an individual to function in their world is considered assistive technology, in fact, we all use assistive technology to access the world in which we live. AT can take the form of many things ranging in basic daily living tools like adaptive eating and drinking utensils to high tech advanced devices such as books on tape or eye gaze visual technology. The possibilities are endless, and they encourage parents, teachers, and therapists to think outside of the box.

For more AT ideas and research contact your state's mandated Assistive Technology Act Project which can be located at <https://www.ataporg.org/programs>. Idaho's ATAP is Idaho Assistive Technology Project and operated a lending library, will conduct assessments and

provide many helpful resources for all ages and challenges. [Idahoat.org](http://Idahoat.org)

More helpful assistive technology resources: <http://www.parentcenterhub.org/ata/>  
<https://www.autismparentingmagazine.com/technology-can-aid-autism-students/>  
<https://www.additudemag.com/fidgeting/>

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## [Family to Family Health Information Center - Idaho Family Voices](#)



### **[New Google Map Function Adds Wheelchair Accessible Routes & The Transportation Security Administration \(TSA\) for Individuals with Disabilities](#)**

Summertime is the busiest time for travel. Idaho Parents Unlimited wants to provide you some information and resources that may make your travel plans easier. According to Google, they now have added wheelchair accessible routes to the Google Maps app which will make public transportation easier to navigate. Google has stated that they are currently focused on some of the larger cities, but will be adding to the app frequently.

Here are the directions to access the new function from Google Maps: “To access the “wheelchair accessible” routes, type your desired destination into Google Maps. Tap “Directions” then select the public transportation icon. Then tap “Options” and under the Routes section, you’ll find wheelchair accessible as a new route type. When you select this option, Google Maps will show you a list of possible routes that take mobility needs into consideration.”

<https://www.blog.google/products/maps/introducing-wheelchair-accessible-routes-transit-navigation/>

According to the TSA’s website every passenger is required to undergo screening for security purposes. TSA has created a “Disability Notification Card” to provide to the security officers at the checkpoint. You can also provide them with medical documentation to describe your disability or medical condition(s) if you choose to do so. You can find that card here:

[https://www.tsa.gov/sites/default/files/disability\\_notification\\_card\\_508.pdf](https://www.tsa.gov/sites/default/files/disability_notification_card_508.pdf)

TSA Cares can provide you with additional assistance during the screening process. They do request that you contact them 72 hours before your scheduled departure. You can contact them at:

(855) 787-2227

[TSA-ContactCenter@tsa.dhs.gov](mailto:TSA-ContactCenter@tsa.dhs.gov)

<https://www.tsa.gov/travel/passenger-support>

If you find yourself in need of additional resources or information regarding travel call the IPUL office to speak to one of our Parent Education Coordinators. Happy travels!



## [Youth Corner](#)

No matter who we are or what hurdles we have to overcome, each one of us is faced with challenging situations that require us to advocate for what we believe in. It is important as you become an adult to learn the skills necessary to help shape your advocacy efforts.

The National Collaborative on Workforce and Disability for Youth provides some information that includes topics such as 'Getting to Know Yourself', 'Learning your Rights and Responsibilities', 'Speaking Up', and much more. You can find this information and additional tools that can help you prepare for life as an independent adult by visiting: <http://www.ncwd-youth.info/publications/youth-in-action-becoming-a-stronger-self-advocate/>.

Idaho Parents Unlimited (IPUL) is always here to support you as you start your journey to adulthood. You can gain more information by viewing some of the youth specific resources offered on IPUL's website here: <http://ipulidaho.org/youth-corner> as well as online webinars that are available to watch anytime under the Transition to Adulthood Online Workshop Videos section here: <http://ipulidaho.org/online-training-videos>.

Preparing to become an adult should be an exciting journey, and remember, you don't have to face it alone!

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### [Opportunity for Parents of Children with Disabilities in Idaho to Advocate at the Federal Level](#)

There are many changes occurring at the federal level right now that may have an impact on children with disabilities and special health care needs. If these issues concern you and you would be interested in providing feedback to our congressional leaders in Washington, please note their contact information below:

#### **Washington DC Contact information:**

##### **Senator Mike Crapo**

239 Dirksen Senate Office Building  
Washington, DC 20510  
Phone: (202) 224-6142  
Fax: (202) 228-1375  
Website: <https://www.crapo.senate.gov/>

##### **Senator James Risch**

483 Russell Senate Office Building  
Washington, DC 20510  
Phone: 202-224-2752  
Fax: 202-224-2573  
Website:  
<http://www.risch.senate.gov/public/>

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##### **Representative Raúl Labrador**

1523 Longworth HOB  
Washington, DC 20515  
Phone: (202) 225-6611  
Fax: (202) 225-3029  
Website: <https://labrador.house.gov/>

##### **Representative Mike Simpson**

2084 Rayburn House Office Building  
Washington, D.C. 20515  
Phone: 202-225-5531  
Fax: 202-225-8216  
Website: <http://simpson.house.gov/>

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#### **Idaho Contact Information / Office locations:**

##### **Senator Mike Crapo:**

###### **Boise:**

251 E. Front St., Suite 205  
Boise, ID 83702  
Phone:(208)334-1776  
Fax:(208)334-9044

###### **Coeur d'Alene:**

610 Hubbard, Suite 209  
Coeur d'Alene, ID 83814  
Phone:(208)664-5490  
Fax:(208)664-0889

###### **Idaho Falls:**

410 Memorial Dr., Suite 204  
Idaho Falls, ID 83402  
Phone:(208)522-9779  
Fax:(208)529-8367

###### **Lewiston:**

313 'D' St., Suite 105  
Lewiston, ID 83501  
Phone:(208)743-1492  
Fax:(208)743-6484

###### **Pocatello:**

275 S. 5th Ave., Suite 225  
Pocatello, ID 83201  
Phone:(208)236-6775  
Fax:(208)236-6935

###### **Twin Falls:**

202 Falls Ave., Suite 2  
Twin Falls, ID 83301  
Phone:(208)734-2515  
Fax:(208)733-0414

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## Senator James Risch:

**Boise:**

350 N. 9th St., Suite 302  
Boise, ID 83702  
Phone:(208)342-7985  
Fax:(208)343-2458

**Coeur d'Alene:**

Harbor Plaza  
610 Hubbard, Suite 213  
Coeur d'Alene, ID 83814  
Phone:(208)667-6130  
Fax:(208)765-1743

**Idaho Falls:**

901 Pier View Drive, Suite  
202A  
Idaho Falls, ID 8402  
Phone:(208)523-5541  
Fax:(208)523-9373

**Lewiston:**

313 D. Street, Suite 106  
Lewiston, ID 83501  
Phone:(208)7430792  
Fax:(208)746-7275

**Pocatello:**

275 South 5th Avenue, Suite  
290  
Pocatello, ID 83201  
Phone:(208)236-6817  
Fax:(208)236-6820

**Twin Falls:**

1411 Falls Avenue East,  
Suite 201  
Twin Falls, ID 83301  
Phone:(208)734-6780  
Fax:(208)734-3905

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## Representative Raúl Labrador

**Coeur d'Alene:**

1250 Ironwood Drive, #241  
Coeur d'Alene, ID 83814  
Phone:(208) 667-0127  
Fax:(208) 667-0310

**Lewiston:**

313 D Street, Suite 107  
Lewiston, ID 83501  
Phone:(208) 743-1388  
Fax:(208) 888-0894

**Meridian:**

33 E. Broadway Avenue,  
Suite 251  
Meridian, ID 83642  
Phone:(208) 888-3188  
Fax:(208) 888-0894

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## Representative Mike Simpson

**Boise:**

802 West Bannock, Ste 600  
Boise, ID 83702  
Phone:(208)-334-1953  
Fax:(208)-334-9533

**Idaho Falls:**

410 Memorial Drive, Ste 203  
Idaho Falls, ID 83402  
Phone:(208)-523-6701  
Fax:(208)-523-2384

**Twin Falls:**

1341 Fillmore St. Ste 202  
Twin Falls, ID 83301  
Phone:(208)734-7219  
Fax:(208)734-7244

**Pocatello:**

275 S. 5th Ave.  
Pocatello, ID 83201  
Phone:(208)-233-2222  
Fax:(208)-233-2095

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## [VSA Idaho - The State Organization on Art and Disability](#)

This May, teaching artist in residence, Mhari Wilson, led a performing arts dance residency at Lowell Scott Middle school in Meridian, Idaho. Students learned social dances such as the conga line, the twist, hand-jive, electric slide, and stroll dancing. Students also learned how to ask someone to dance, and how to engage with a partner in proper dance holds. The class included the freeze dance and utilized choreography and improvisational movement to Katy Perry's 'Firework.' Creative movement and dance are known to improve skills in locomotor coordination, creative expression, social ability, spatial concepts, listening, teamwork, and body awareness.



To learn more about IPUL's arts programs please contact [Heather@ipulidaho.org](mailto:Heather@ipulidaho.org).

For more about VSA International please visit VSA, The National Organization on Arts and Disability:

<http://education.kennedycenter.org//education/vsa/>.



## Idaho Parents Unlimited Save the Date

Idaho Parents Unlimited, Inc.  
Save the Date  
Monthly Workshop and Webinar Series  
2018 - 2019



IDAHO PARENTS UNLIMITED INC.  
SERVING IDAHO FAMILIES WITH  
EXCEPTIONAL CHILDREN SINCE 1985

## Save the Date

<b>August 2018:</b>	<b>Success with the IEP</b>
<b>September 2018:</b>	<b>Strength-Based Student-Led IEP</b>
<b>October 2018:</b>	<b>Bullying Prevention</b>
<b>November 2018:</b>	<b>Parent and Professional Collaboration</b>
<b>December 2018:</b>	<b>Understanding Idaho Medicaid</b>
<b>January 2019:</b>	<b>Power of a Personal Story</b>
<b>February 2019:</b>	<b>Planning a Healthy Transition to Adulthood</b>
<b>March 2019:</b>	<b>Getting and Keeping the First Job</b>
<b>April 2019:</b>	<b>Success with the IEP</b>
<b>May 2019:</b>	<b>Positive Behavior Interventions and Supports</b>
<b>June 2019:</b>	<b>Tools for Your Toolbox</b>
<b>July 2019:</b>	<b>Support and Resources/ Parent Meet-Up</b>



**Dates & Times**  
Second Wednesday of every month  
from 6:00-9:00 p.m.  
Webinar offered on the last Tuesday  
of the month at 11:00 a.m. MST

**RSVP:**

[www.ipulidaho.org](http://www.ipulidaho.org)  
208-342-5884  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org)

**BOISE**

IPUL

4619 W. Emerald Ste. E

**POCATELLO**

A New Hope  
300 N. 7th Ave.

**COEUR D'ALENE**

Kootenai Health Center  
2003 Kootenai Health Way  
\*check with the front desk for room location



### June 2018

Families are Important (Early Childhood Focus)

### July 2018

Support & Resources/ Parent Meet-Up

### Date:

In Person Workshops - Second Wednesday of each month

Webinars - Last Tuesday of each month

### Time:

In Person Workshops - 6-9 p.m. in all locations (Please note March's in-person workshop is



canceled)  
Webinars- 11 a.m. and 9 p.m. Mountain Standard Time

**Locations:**

**Boise:**

4619 E. Emerald Street, Suite E  
Boise, Idaho 83642

**Pocatello:**

A New Hope  
300 N. 7 th Avenue  
Pocatello, Idaho 83201

**Coeur d'Alene:**

Kootenai Health Center  
Heart Health Center Classroom  
2003 Kootenai Health Way  
Coeur d'Alene, Idaho 83814

**Registration:**

Call - 208-342-5884

Email - [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

Link to online registration - <http://ipulidaho.org/rsvp-for-monthly-workshops-here>

## IPUL Staff



**Angela Lindig**, Executive Director  
**Amy Ireland**, North Parent Education Coordinator  
**Brandi Shaffer**, East Parent Education Coordinator  
**Sarah Tueller**, Southwest Parent Education Coordinator  
**Heather Kirk Skinner**, Statewide Arts Education Coordinator  
**Rosario Beagarie**, Bilingual Parent Education Coordinator  
**Candace Garman**, Bookkeeper  
**Bill Nuttycombe**, IT Specialist

## IPUL Board:

**North:**

Lisa Richards Evans  
Darci Graves

**South Central:**

Becky Novak

**Southwest:**

James Turner

Amber Mausling  
Dallas Gudgell  
Robert Rhodes

**East:**  
Jared White  
Alycia Birch

Join the IPUL Board of Directors! <http://www.ipulidaho.org>

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IPUL's parent education programming is always free to families. Consider making a tax-deductible contribution to assist us in assisting families who are raising exceptional children in Idaho. If making a cash contribution is out of reach right now, you can still help by making Idaho Parents Unlimited your charity of choice when shopping at Amazon.com or Fred Meyer thanks to their fantastic giving programs:

Donate to IPUL Here

Shop at AmazonSmile  
and Amazon will make  
a donation to:  
Idaho Parents  
Unlimited Inc  
Get started  
amazon smile

  
community  
rewards   
Where shopping & giving unite

**Idaho Parents Unlimited, Inc.**  
4619 Emerald St. Ste. E  
Boise, ID 83706

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