

## Inside this issue:

[Important Dates](#)

[Words from Tammy](#)

[What Sarah Has to Say](#)

[Training Tips](#)

[Question of the Month](#)

[Shout Outs](#)

Issue 31, April 2015

# TM COMMUNICATOR

## Important Dates

- June 12, 2015 - Lewiston DAC 25th ADA Anniversary Celebration. From 2:00 PM - 5:00 PM at Kiwanis Park.
- July 17, 2015 - Boise LINC ADA Anniversary Celebration. From 11:00 AM - 4:30 PM at Capitol Park.
- July 22, 2015 - Pocatello LIFE, Inc 25th ADA Anniversary Celebration. From 3:00 PM - 7:00 PM at Alameda Park.
- July 23, 2015 - Idaho Falls LIFE, Inc 25th ADA Anniversary Celebration. From 11:00 AM - 3:00 PM at the Accessible Playground at Tautphaus Park.
- July 24, 2015 - CDA DAC 25th ADA Anniversary Celebration. From 11:00 AM - 2:00 PM at McEuen Park.
- July 25, 2015 - Moscow DAC 25th ADA Anniversary Celebration, 12:00 PM - 3:00 PM at East City Park.

## WORDS FROM TAMMY

### The Americans with Disabilities Act Turns 25

Twenty-five years ago, through the Americans with Disabilities Act (ADA), our nation committed itself to eliminating discrimination against people with disabilities. Congress made a monumental stride in 1990 toward eradicating discrimination against people with disabilities. The Americans with Disabilities Act (ADA) of 1990 gives broad civil rights protection to all people with disabilities seeking employment and access to programs, services, and facilities in both the public and private sectors. While great improvements have come in areas that include access for people with disabilities to public places, transportation and public awareness, there is still work to do in many areas and social and economic gaps still exist between the 54 million Americans with disabilities and those without. As you work with Idaho Home Choice participants, remember the Medicaid benefits that are available to those who have a disability. The Aged and Disabled Waiver allows a person to receive services in their home, rather than a skilled nursing facility and the Developmental Disabilities Waiver allows for increased flexibility and choices for enrollees who traditionally would receive services in an intermediate care facility. Medicaid also has the "Medicaid for Workers with Disabilities Program" which is health insurance for people who work and who have a disability. If you have any questions about these Medicaid benefits please give me a call. Thank you so much for all you do for the Idaho Home Choice Program and check out the ADA 25th Anniversary celebrations going on around our state!

Tammy Ray - IHC Project Manager

## WHAT SARAH HAS TO SAY

I can't begin to tell you all how wonderful it has been to work with each of you and to have been part of such an amazing program. Idaho Home Choice has given me a new perspective in so many parts of my life. Each person's story has been unique and inspiring and I come away from this program as a better person. I will continue to be passionate about Idaho Home Choice and I will continue to share the information with anyone and everyone I can. In addition to the way it has touched me personally, IHC has also given me the tools I needed to progress professionally.

I will still be at Medicaid but as a project manager. In my new position I will get to work on a variety of projects for Medicaid and hopefully it will bring me back to working with many of you in the community. As Tammy searches for the perfect person to coordinate the program I will continue to assist as needed so please do not hesitate to get a hold of me.

Again, thank you to each of you for being great to work with and for everything you do for the people of Idaho.

Thank you,  
Sarah Spaulding

## TRAINING TIPS - April is Alcohol Awareness Month

Alcohol awareness is the key to community change, personal and family recovery. For 29 years the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has been improving and saving lives through prevention, treatment and recovery. Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Alcohol and prescription drug problems, among adults 60 and older is one of the fastest growing health problems facing the country. Yet, the situation remains underestimated, underidentified, underdiagnosed, and undertreated. The result of this is that thousands of older adults who need treatment for alcohol abuse do not receive it. The Alcohol and drug problems among older adults is something that few talk about, deal with or even treat. Here are a few reasons for the silence:

- Health care providers tend to overlook alcohol or drug problems among older people, mistaking the symptoms for dementia, depression, or other problems common to older adults.
- Older adults are more likely to hide their alcohol or drug use and less likely to seek professional help.
- Many relatives of older individuals with substance use disorders, particularly their adult children, are living in denial or ashamed of the problem and choose not to address it.

Visit the NCADD website for information about Alcohol abuse. <http://ncadd.org/index.php>

Cite: National Council on Alcoholism and Drug Dependence, Inc. www.ncadd.org. 2015.



### Question of the Month:

*What is Idaho RADAR ?*

It is a Regional Alcohol Drug Awareness Resource Center that provides a substance abuse disorders, prevention and treatment information clearinghouse. Materials are provided free of charge to Idaho Residents. You can find more information at: <https://radar.boisestate.edu/about-us/>

## SHOUT OUTS!

**A shout out to all of you! - Sarah**

**As of 4/7/2015**

**We have transitioned...**

**260**

[Back to the Top](#)

