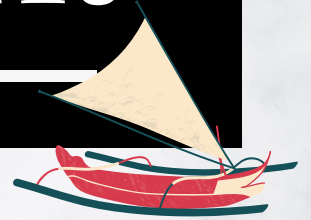


ACCESS TO INDEPENDENCE

AUGUST 2023 NEWSLETTER



Upcoming Events

Hawaii Branch

Event #1: Cross Disability Support Group

Description: When experiencing hardship and challenges in general, connecting with others in your community is imperative for many reasons but most importantly for better independent living! Join us at our monthly Cross Disability Support Group as we connect with others tackling social isolation and engaging on a virtual level. Here, one can socialize with others living with disabilities, sharing their experiences, struggles, and success. This platform is key to providing support to a diverse group of individuals as we promote a non-judgmental, positive, and fun space for engagement.

Date: 08/11/2023

Time: 2:00 PM - 4:00 PM HST

Location: Zoom Room & In Person 200 N. Vineyard Blvd #508, Honolulu, HI 83617

Contact: Alfonis Sound, Program Manager, 808-369-9521, asound@accesstoindpendence.org

Event #2: Youth Peer Support

Description: Access to Independence welcomes all youth between the ages of 14 - 24 who have a disability to join us in this monthly event as we discuss various topics relating to transitioning into adulthood, experiences of living with a disability, coping strategies, and any other issues that you feel are relevant. We hope that you will see this as a safe, non-judgmental environment that can help you along your transition all while making friends in the process. Our program will be filled with guest speakers, skills building, recreational activities, and more in order to serve as a steppingstone for you to achieve your independence and be successful in life.

Date: 08/21/2023

Time: 10:00AM - 12:00 PM HST

Location: 200 N. Vineyard Blvd #508, Honolulu, HI 83617

Contact: Brock Lyle, Youth Services Coordinator, (808) 756-9595, blyle@accesstoindpendence.org

Upcoming Events

Hawaii Branch

Event #3: Emergency Preparedness Workshop

Description: Join us for our monthly Emergency Preparedness workshops to learn about the different types of natural disasters and the steps you can take to stay safe. We will learn how to create an emergency plan, how to locate your nearest evacuation shelter, how to prepare an emergency preparedness kit, and more! All consumers who attend will receive one free emergency preparedness kit. Remember, hurricane season is July to December!

Date: 08/28/2023

Time: 2:00 PM - 3:00 PM HST

Location: Zoom Room & 200 N. Vineyard Blvd #508, Honolulu, HI 83617

Contact: Brock Lyle, Youth Services Coordinator, 808-756-9595,

Blyle@accesstoindpendence.org

Event #4: Vision Access Club

Description: Access to Independence welcomes all consumers who are visually impaired and completely blind to a peer support group that is non-judgmental, as we learn how to thrive while blind/visually impaired and navigate our environment. The intention of this club is to learn how to be a self-advocate, explore success stories, build lasting friendships, see things in a positive view, mentorship for newly blind and gain empowerment among peers. So, please join us as we learn about Career Choices, Decision Making, Structured-Discovery, Assistive Technology, Software Training and more!

Date: 08/16/2023

Time: 10:00 AM - 11:00 AM HST

Location: 200 N. Vineyard Blvd #508, Honolulu, HI 83617

Contact: Keao Wright, Long Term Services & Support Coordinator, 808-731-0878,

kwright@accesstoindpendence.org

Event #5: Youth Recreation Activities (Potluck on the Beach)

Description: Join us for a fun and engaging activity for you to practice social skills all while making friends! You will increase your participation in the Opio program and make great strides towards achieving independence!

Date: 08/26/2023

Time: 12:00 PM - 2:00 PM HST

Location: Ala Moana Beach Park, 1201 Ala Moana Blvd, Honolulu, HI, 96814

Contact: Brock Lyle, Youth Services Coordinator, (808) 756-9595,

blyle@accesstoindpendence.org

Upcoming Events

Hawaii Branch

Event #6: Independent Living Skills - Cooking Workshop

Description: Join us as we present our cooking workshop under the AINA Program, aka Independent Living Skills. To be independent, cooking is very important. Therefore, we will show case Kitchen tools and healthy cooking techniques in a clean area. Food samples can be available to those participating in person. RSVP is required no later than August 11, 2023.

Date: 08/15/2023

Time: 10:00 AM - 12:00 PM HST

Location: 200 N. Vineyard Blvd. Suite 508, Honolulu, HI 96817 & Zoom Room (HYBRID)

Contact: Maria Igros, LTSSC, (808) 369-9525, migros@accesstoindependence.org

Upcoming Events

Escondido Branch

Event #1: Benefits Counseling Program

Description: Join us and learn about how to seek and apply for benefits as well as how to self-advocate for yourself! Learn all about the application process for Social Security, CalFresh, Utilities, Section 8, In-Home Services and Supports (IHSS), Public Transportation and Healthcare!

Date: Contact Vivian for date!

Time: Contact Vivian for time!

Location: 235 W. 5th Ave. Suite 110, Escondido, CA 92025

Contact: Vivian Radam, LTSS, 619-704-2435, vradam@accesstoindpendence.org

Event #2: Adaptive Sports & Recreation

Description: You are invited to join Access to Independence in our new Adaptive Sports & Recreation program! Come get involved in our wheelchair sports that include basketball, rugby, and power soccer!

Date: Fridays and Sundays - Wheelchair Sports Open Gym

Time: Friday from 1:30 - 3:30 PM and Sunday from 10 AM - 12 PM

Location: Junior Seau Beach Community Center, 300 North Stand, Oceanside, CA 920254

Contact: Hermes Castro- (619)704-2058, hcastro@accesstoindpendence.org

Event #3: Emergency Preparedness

Description: Are you prepared for when an emergency strikes? You are invited to participate in our Emergency Preparedness training to develop an emergency plan for how you will evacuate and/or shelter in place during a natural disaster such as a fire, earthquake, or another pandemic!

Date: Every 2nd Tuesday of the Month

Time: 1 PM

Location: 235 W. 5th Avenue Suite 110 Escondido CA 92025

Contact: Vivian Radam, ILSC, 619-704-2435, vradam@accesstoindpendence.org

Event #4: Youth Program

Description: Access to Independence welcomes all youth between the ages of 14 - 24 who have a disability to join us in this monthly event as we explore the need to become more independent and pursue your goals! Each meeting will cover developing healthy habits, recreational activities, expressive arts groups, financial literacy, driving simulator and MORE!!

Date: Every month on Mondays, Thursdays, and Fridays

Time: Between 8:30 AM - 4:30 PM

Location: 235 W. 5th Avenue Suite 110 Escondido CA 92025

Contact: Gordon Wong, Youth Transition Coordinator, (619)704-2058, gwong@accesstoindpendence.org. Contact us to schedule an appointment!

Upcoming Events

Escondido Branch

Event #5: Transition & Diversion

Description: Are you ready to transition out of a residential medical institution into your own independent home? This program is for you! Let Access to Independence advocate beside you in order to transition into your community successfully!

Date: Call to schedule an appointment!

Time: Call today

Location: 235 W. 5th Ave Suite 110, Escondido, CA 92025

Contact: Suly Jimenez, Transition & Diversion Coordinator, 760-704-2058
sjimenez@accessto independence.org

Event #6: Disability Support Group

Description: Our Disability Support Group aims to provide a platform for people living with disabilities to engage around different topics related to coping, overcoming hurdles, and sharing both positive and negative experiences. We invite our consumers to engage with us in a non-judgmental virtual atmosphere to enjoy a meaningful interaction with a diverse group of individuals!

Date: Every Last Friday of the Month

Time: 1 PM - 2 PM PST

Location: 235 W. 5th Ave. Suite 110, Escondido CA 92025

Contact: Vivian Radam, ILSC, (619) 704-2435, vradam@accessto independence.org

Event #7: Voting Advocacy

Description: Join us and get information on voting registration, ensure that your voting location is fully accessible, learn about absentee ballot procedures and MORE!!

Date: Every 3rd Thursday of the Month

Time: 1:30 pm-2:30 pm PST

Location: 235 W. 5th Ave. Suite 110, Escondido, CA 92025

Contact: Suly Jimenez, Transition & Diversion Coordinator, 760-704-2058,
sjimenez@accesstiondependence.org

Event #8: Day Habilitation

Description: Join us for the first workshop in our Day Habilitation series. This workshop to learn to identify conflict and different styles of resolving it when communicating with landlords, employers, friends, family and more.

Date: Every 3rd Wednesday of the Month

Time: 1 - 3 PM

Location: 235 W. 5th Ave. Suite 110, Escondido, CA 92025

Contact: Vivian Radam, ILSC, 619-704-2435, Vradam@accessto independence.org

Upcoming Events

San Diego Branch

Event #1: How and Why to Participate in Your Community

Description: This is a free workshop for persons with disabilities and Molina members. Learn ways and places to get involved with your neighborhood and make change in your community. Location accessible by Rio Vista Trolley stop on the Green Line. Space is limited so RSVP today.

Date: 08/04/2023

Time: 2:00 PM - 3:30 PM PST

Location: 8885 Rio San Diego Dr. Suite 100, San Diego, CA 92108

Contact: Andrea Christopher, Long Term Services & Support Coordinator, 619-704-2442, achristopher@accesstoindpendence.org

Event #2: Know Your Voting Rights Event for People with Disabilities

Description: Join us for an informative event to learn about your rights, identify which political issues matter to you, what local politician's roles entail, and how to register and/or vote in the next election. This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 08/10/2023

Time: 2:00 PM - 3:30 PM PST

Location: 8885 Rio San Diego Dr. Suite 100, San Diego, CA 92108

Contact: Andrea Christopher, Long Term Services & Support Coordinator, 619-704-2442, achristopher@accesstoindpendence.org

Event #3: Keep It Cool - BINGO

Description: Keep it cool with a game of bingo (prize for winner). Learn where and how to get a free fan, tips on staying cool, cool zones and fire risks. This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 08/15/2023

Time: 12:00PM - 1:30PM PST

Location: 8885 Rio San Diego Dr. Suite 100, San Diego, CA 92108

Contact: Andrea Christopher, Long Term Services & Support Coordinator, 619-704-2442, achristopher@accesstoindpendence.org

Event #4: How to Shop, Cook, and Clean with a Disability

Description: Join us for a workshop learning the most essential daily living skills adapted for individuals with disabilities. Whether you are newly disabled, living independently for the first time or just want a refresher. Join us and learn something new. Space is limited so RSVP today! This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 08/22/2023

Time: 10:00 AM - 11:30 AM PST

Location: 8885 Rio San Diego Dr. Suite 100, San Diego, CA 92108

Contact: Andrea Christopher, Long Term Services & Support Coordinator, 619-704-2442, achristopher@accesstoindpendence.org

Upcoming Events

Imperial Valley Branch

Check out upcoming events next month!



ACCESS TO INDEPENDENCE OF SAN DIEGO

Access to Independence of San Diego is an official drop box location for the FIRST time! Anyone voting in the County District Four Special Election may drop off their ballot during our office hours Monday - Friday, 8:30 AM - 4:30 PM now through voting day, August 15!

On election day, we will be open from 7 AM - 8 PM to accept ballots!

This month, voters of San Diego County's District 4 will have the chance to elect a new supervisor- weighing in on who should represent them in county government. Whoever, they elect will play a key role in shaping county policy on public health, housing, homelessness, transportation, climate, and more.

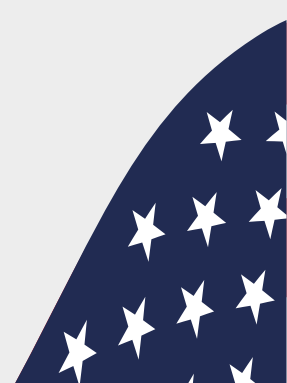
Residents of these communities are eligible to vote in this election:

- | | | | |
|-------------------------|-----------------------|---------------------|--------------------|
| Azalea Park | Crest - Dehesa | Montezuma Mesa | Skyline |
| Bankers Hill | Encanto | Normal Heights | Spring Valley |
| Bay Terraces | Grantville (portions | North Park | University Heights |
| Birdland | of) Kearny Mesa | Oak Park | Valencia Park |
| Casa de Oro & Mt. Helix | Kensington - Talmadge | Old Town | Webster |
| Chollas Creek | La Mesa | Paradise Hills | |
| City Heights | Lemon Grove | Rancho- San Diego | |
| Civita | Linda Vista | Rolando | |
| Clairemont (Bay Ho, | Mid-City | Rolando Park | |
| Bay Park, Clairemont | Mission Hills | SDSU Mission Valley | |
| Mesa, N. Clairemont) | Mission Valley | Serra Mesa | |

The following are the candidates running for Supervisor of District 4.



Janessa Goldbeck Paul McQuigg Monica Montgomery-Steppe Amy Reichert





KRISPY KREME DOZENS TO SUPPORT

Access To Independence Hawaii Branch



\$15 PER DOZEN



**OVER 50%
DONATED BACK**



ENDS August 10

ORDER

<https://grouprai.se/krispykreme11372sb>

 GroupRaise

AUGUST 2023



WE'RE HIRING

ACCESS TO INDEPENDENCE

YOUTH COORDINATOR

Imperial Valley Branch **and** Escondido Branch (FULL-TIME)

SEND YOUR RESUME TO JOBS@ACCESSTOINDEPENDENCE.ORG

Under the supervision of the Program Manager, the primary goal of the Youth Transition Coordinator is assisting persons with disabilities aged 14-24 to reach consumer-driven goals related to enhancing, improving or maintaining their independence through the provision of programs offered at the CIL and connecting youth to community services. The Youth Transition Coordinator facilitates educational workshops aimed at improving, reducing, or eliminating societal stigmas about disability with the purpose of empowering consumers and cultivating a new generation of life-long advocates. The Youth Transition Coordinator must have vast knowledge of college-related resources, vocational programs available locally and youth-related services offered locally and nationally. The Youth Transition Coordinator performs various duties in support of Access to Independence mission and may also have unique duties and responsibilities associated with a particular grant.

Qualifications:

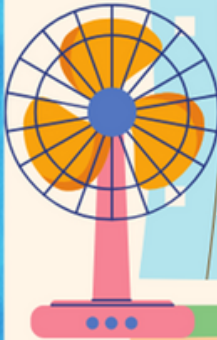
- High School graduate and lived experience, preferred, or;
- Associate's or Bachelor's degree in a related field with a combination of lived experience
- Peer-to-peer experience
- Bilingual, American Sign Language certified; preferred but not required



Top 5 Energy-Saving Tips

Cool down with a fan:

- Use ceiling and tabletop fans to cool off, and leave the thermostat at a higher temperature. Turn fans off when you leave a room as fans cool people, not rooms.



Block direct sunlight in the summer:

- Close window coverings or shade exposed windows with solar shade screens, reflective films or awnings.



Stream on the right device:

- When streaming content, choose the smallest device that makes sense for the number of people watching. Game consoles can use 10 times more power than streaming through a tablet or laptop.



Take Advantage of Super Off-Peak Hours:

- On our most popular Time-of-Use pricing plan, TOU-DR1, energy is priced lowest during the super off-peak hours of 9 p.m. to 6 a.m. on weekdays & before 2 p.m. on weekends and holidays.

Keep Your A/C Filter Clean:

- Check your air conditioner's filter every 1-2 months. Dirty filters cause your system to work harder to keep you cool, wasting energy.



 Save for later

sdge.com/MyEnergy

A message from our community partner, @SDGE: When summer temperatures rise, so does the use of air conditioners. This could lead to higher electricity bills. Here's energy-saving tips to help you keep cool and save. Learn more at sdge.com/MyEnergy.

Access to Independence is seeking your input!

If you are between the ages of 14-24 and have a disability or you are a parent of a child with a disability, we want to hear from you! Your feedback will help us improve our Youth Program to benefit our community in a meaningful way. For San Diego residents, visit:

<https://www.surveymonkey.com/r/YouthandParentYouthSurvey2022TYR57K6> to complete a brief survey.

For Hawaii residents, visit:

<https://www.surveymonkey.com/r/HawaiiYouthSurvey2022CQDL5NK>

Access to Independence is Hiring!

Open positions: Long-Term Supports & Services Coordinator - Imperial Valley

To apply, send your resume to jobs@accesstoindpendence.org

Follow us on Instagram: [@accesstoindpendence](https://www.instagram.com/accesstoindpendence)

Follow us on Facebook: [@Accessstoindpendence](https://www.facebook.com/Accessstoindpendence)