

ACCESS TO INDEPENDENCE

JULY 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: 07/06/2023

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

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

Contact: Rose Camacho, Transition & Diversion IL Services Coordinator, 808-626-5475,
RCamacho@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: 07/21/2023

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

Location: Zoom Room & In Person 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: 07/24/2023

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@accessto independence.org

Event #4: Computer Literacy Workshop

Description: Join us for a workshop that aims to teach you the common components associated with a computer, common software applications, troubleshooting tips, how to stay safe online, and accessibility features.

Date: 07/20/2023

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

Location: k200 N. Vineyard Blvd #508, Honolulu, HI 83617

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

Blyle@accessto independence.org

Event #5: Independent Living Skills - Wellness Workshop

Description: Join us as we present our WELLNESS workshop focusing on WELLBEING under the AINA program, a.k.a. Independent Living Skills. Here we can learn, share ideas and experiences on how to deal with real life activities. More importantly, we exchange a wealth of information while living independently & be active in the community.

Date: 07/18/2023

Time: 1:00 PM - 2:00 PM HST

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

Contact: Maria Igros, Long Term Services & Supports Coordinator - 808-369-9525,

MIgros@accessto independence.org

Upcoming Events

Hawaii Branch

Event #6: Vision Access

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: 07/19/2023

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

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

Contact: Keao Wright, Long Term Services & Support Coordinator, (808) 731-0878,
kwright@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@accesstoIndependence.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@accesstoIndependence.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@accesstoIndependence.org

Upcoming Events

San Diego Branch

Event #1: Public Transit for Older Adults and People with Disabilities

Description: This is a free workshop for persons with disabilities and Molina members. Learn how to get around San Diego without a car by using public transit and rideshare services. Participants receive a free PRONTO pass. This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 07/21/2023

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 Servies & 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: 07/27/2023

Time: 10:00 AM - 11:30 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: Conflict Resolution Workshop

Description: Learn to identify conflict, different resolution strategies, and when to use each to get the result you want. This event is open to Molina members and individuals with a disability. Space is limited so RSVP today! This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 07/07/2023

Time: 2:00PM - 3:30PM 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: 07/11/2023

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

San Diego Branch

Event #5: Free Movie Screening: Crip Camp: A Disability Revolution

Description: In honor of DISABILITY PRIDE MONTH, you are invited to a free movie screening and refreshments followed by an open discussion. A groundbreaking summer camp for teens with disabilities proves so inspiring that a group of its alumni join the radical disability rights movement to advocate for historic legislation changes. This event is accessible by the Rio Vista Trolley stop on the Green Line.

Date: 07/25/2023

Time: 1:00 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@accesstoindependence.org

Imperial Valley Branch

Check out upcoming events next month!



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>



Doughnuts for a great cause!! Access To Independence is giving you the best reason to indulge in a dozen (or two) Krispy Kreme doughnuts. Until August 10, 2023, 50% of your order will be donated back to Access To Independence when you purchase via our fundraising sales page! Simply buy online, visit your local store & redeem using your code. Treat yourself or even gift them to friends and family here:

<https://www.groupraise.com/oc/11372-krispy-kreme/5T6CVW>



BENEFITS OPTIONS COUNSELING PROGRAM

Medi-Cal Renewal Deadlines are fast approaching. If you need assistance with renewing your Medi-Cal, understanding your benefits, securing a provider, or applying for financial assistance for healthy and nutritious food, schedule your appointment today.

Call or email LTSS Coordinator Andrea Christopher to schedule a one-on one appointment at 619-704-2442 or achristopher@accesstoindependence.org

JULY 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



ENERGY SAVINGS FOR RENTERS AND HOMEOWNERS

To help its customers keep their energy costs down, SDG&E launched a new program for renters and owners of single-family homes. The Residential Energy Solutions (RES) program has no income restrictions. Eligible customers receive no-cost upgrades such as smart thermostats, low-flow showerheads, brushless fan motors, HVAC services like air duct testing and sealing – and more. SDG&E has contracted with Synergy Companies to provide customers with energy efficiency audits from their experts. Customers can request a home visit at sdge.com/RES or by calling (888)272-8394.

SDG&E offers other assistance programs, too:

- Neighbor-to-Neighbor – customers may receive up to \$600 toward their past due energy bill
- CARE – customers can save 30% or more off their energy bill
- FERA – customers can receive an 18% discount on their electricity bill
- ESA – no-cost energy-efficiency upgrades to income-qualified customers
- Golden States Rebates program – incentives of \$20 – \$500 to buy high-efficiency water heaters, smart thermostats or room air conditioners
- Arrearage Management Payment (AMP) Plan – debt forgiveness for past due bills for CARE and FERA customers

To learn more about SDG&E's bill assistance programs, visit sdge.com/assistance.



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)