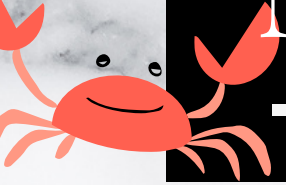


ACCESS TO INDEPENDENCE

JUNE 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: 06/01/2023

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@accesstoindependence.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: 06/16/2023

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@accesstoindependence.org

Upcoming Events

Hawaii Branch

Event #3: 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: 06/23/2023

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

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

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

Event #4: Youth Gaming

Description: Fun and engaging activities for youth consumers. An excellent opportunity to practice social skills. Making friends among fellow consumers will open the doors to make great strides towards achieving independence.

Date: 06/23/2023

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

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

Contact: Brock Lyle, Youth Services Coordinator, 808-756-9595, Blyle@accesstoindependence.org

Event #5: 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: 06/26/2023

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@accesstoindependence.org

Upcoming Events

Hawaii Branch

Event #6: Youth Financial Management Workshop

Description: Join us for our annual Financial Management workshop to learn about the different ways to balance a budget and the steps to achieve financial independence. You will learn ways to reduce monthly expenses, alternative ways to manage your finances, how to make a plan for long/short term goals, and more! Remember, it's never too early to start budgeting!

Date: 06/29/2023

Time: 11:00AM – 1:00PM HST and 2:00PM – 4:00PM PST

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

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: 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. Location accessible by Rio Vista Trolley stop on the Green Line. Space is limited so RSVP today.

Date: 06/06/2023

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@accesstoindependence.org

Event #2: How to Develop and Maintain Interpersonal Relationships

Description: Relationships matter. Learn about the different stages of interpersonal relationships and skills to develop and maintain your relationships with friends, family, coworkers, neighbors, landlords, and more. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 06/02/2023

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

Location: 8885 Rio San Diego Dr. Suite 135, San Diego, CA 92108

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

Event #3: AFN Community Needs Meeting

Description: Do you identify as having a disability? We want to hear from YOU. Access to Independence is a nonprofit committed to community integration and advocating on systemic issues in order to create barrier-free communities. Please join our Program Manager for coffee and light snacks and share your barriers, concerns, hopes, and ideas. RSVP required so please call or email today.

Date: 06/14/2023

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

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

Contact: Casey Myers, Program & Systems Change Manager, 619-704-2443, cmyers@accesstoindependence.org

Event #4: How & 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: 06/16/2023

Time: 2:00 PM - 4:00 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

Upcoming Events

San Diego Branch

Event #5: Access to Independence & California Western Community Law Project present: Free Legal Clinic for Access & Functional Needs (AFN) Community Members

Description: Free & confidential legal information, advice and referrals. All services are provided on a first come, first serve basis. Due to capacity limits, we may not be able to serve all clients who arrive. Clients are encouraged to arrive before 11:45am. Potential clients will be verbally screened for COVID symptoms and may be turned away if we feel it is necessary to protect all in attendance. Bring legal questions regarding renter's rights, debt collection, social security, and more!

Date: 06/20/2023

Time: 11:45 AM - 1:45 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 #5: CalFresh Eligibility & Application Event

Description: CalFresh has been expanded to SSI/SSP recipients! CalFresh is for people with low-income who meet federal income eligibility rules and want to add to their budget to put healthy and nutritious food on the table. This event is free for persons with disabilities and Molina members and services will be provided on a first come, first serve basis. Participants are encouraged to arrive early.

Date: 06/30/2023

Time: 2:00 PM - 4:00 PM PMPST

Location: 8885 Rio San Diego Dr. Suite 135, San Diego, CA 92108

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

Imperial Valley Branch

Event #1: Health and Wellness Class

Description: WomanHaven, A Center Family Solutions will present on their programs and services that they offer to the Imperial Valley Community to those that have suffered domestic violence and those who are homeless or at risk of homelessness. WomanHaven offers their Wellness program, Shelter Program, Walk In Center for Client Advocacy, and their Housing Program to women, men, and children from any age, gender, and ethnicity.

Date: 6/21/23

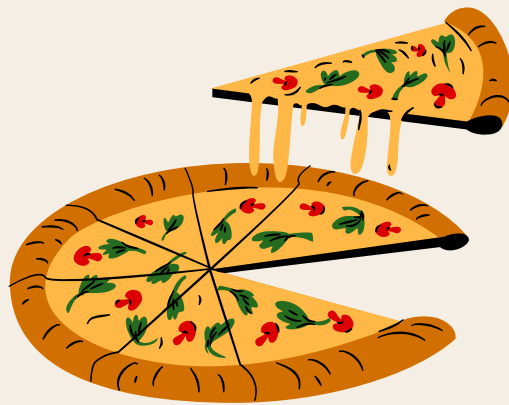
Time: 10:00 AM - 11:00 AM PST

Location: 321 Wake Avenue, El Centro, CA 92243

Contact: Judith Brown, LTSS Coordinator, 760-618-0167, jbrown@accesstoindpendence.org

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ONLY JUNE 18, 2023

12 PM - CLOSING



Health & Wellness Class – Imperial Valley



What is the Health & Wellness class?

The Health & Wellness class that Access to Independence, Imperial Valley branch offers is for people ages 55 or older who have severe vision impairment and would benefit from learning about different topics around health and wellness. Every month our office discusses a different topic and brings in presenters from other organizations in the community. Our focus is on local resources and discussions on improving the quality of your life!

Who do I contact for more information?

For more information you can contact Judy Brown, Long Term Services and Support Coordinator, at **760-768-2044** or email at **jbrown@accesstoindependence.org**



Last month, the California Telephone Access Program presented on their services to our consumers!

Image text: several consumers sit with their backs to the camera while woman at the front of the class is speaking.



CUT COSTS ON YOUR SUMMER ENERGY BILL

Summer rates go into effect June 1 and when the weather heats up, your energy use will likely rise, too. Here are some helpful tips and tools to help you conserve energy this summer and become a power pro!

1. **Shift your use:** When possible, use large heat-generating appliances such as washers, dryers and dishwashers outside of the on-peak hours of 4 p.m. to 9 p.m. – when energy rates are the highest.
2. **Get bill alerts:** Energy Alerts are an easy way to monitor your energy use and bill before it arrives. Get weekly energy use alerts or customize your notifications for when your bill reaches a dollar amount that you set.
3. **Keep your A/C fit:** Check your air conditioner's filter every 1-2 months. Dirty filters cause your system to work harder to keep you cool, wasting energy.
4. **Block the heat and hot air:** Weatherstrip and caulk drafty doors and windows to keep the cold air in and hot air out.



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

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