



ACCESS TO INDEPENDENCE

MAY 2024 NEWSLETTER



Upcoming Events

Hawaii Branch

Event #1: Best Buddies Friendship Walk

Description: Access to Independence will be at the Friendship Walk this year! Make sure you say HI if you see us!

Date: Saturday, 05/11/2024

Time: 8:30 AM HST

Location: Magic Island | Ala Moana Beach Park. Honolulu, Hawaii

Event #2: Youth Book Reading Club

Description: Join us for the fun and engaging activity for consumers to practice their social skills. Making friends among fellow consumers will not only increase your participation of the Opio program but will allow them to make great strides towards achieving independence.

Date: 05/24/2024

Time: 2 PM - 4 PM HST

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

Contact: Leelynn Brady, Program Manager 808-369-9524, lbrady@accesstoindependence.org

Event #3: VAC (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! This Month, we will be having an information session, to decide where this group will be headed into the future, as well as taking consumer feedback on what would like to be accomplished, and what kinds of blindness activities that would like to be achieved during the group.

Upcoming Events

Date: 05/09/2024

Time: 10 AM - 12 PM

Location: 200 N Vineyard Blvd. Ste 508, Box 4, Honolulu, HI 96817

Contact: Keao Wright, Long Term Services & Support Coordinator, 808-731-0878,
kwright@accessto independence.org

Event #4: Youth Peer Support Group Meeting

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 stepping stone for you to achieve your independence and be successful in life.

Date: 05/16/2024

Time: 2 - 4 PM HST

Location: 200 N. Vineyard Blvd, Honolulu, HI 96817

Contact: Leelynn Brady, Program Manager, 808-369-9521, lbrady@accessto independence.org

Event #5: Cross-Disability Support Group

Description: The Cross-Disability Support Group embraces individuals of all ages and backgrounds. Our monthly gatherings center on emotional support and social connection. In this welcoming space, consumers share experiences, explore coping strategies, and foster meaningful connections that go beyond boundaries. Expect a supportive community where heartfelt discussions and carefully curated activities foster emotional well-being and social bonds. From personal journeys shared by guest speakers to interactive sessions promoting open dialogue, the Cross-Disability Support Group is a place to find understanding, encouragement, and shared strength. Join us as we create connections that transcend limits, celebrating the diverse tapestry of our collective experiences.

Date: 5/29/2024

Time: 2 PM - 4 PM HST

Location: 200 N. Vineyard Blvd, Honolulu, HI 96817

Contact: Leelynn Brady, Program Manager, 808-369-9521, lbrady@accessto independence.org

Upcoming Events

San Diego Branch

Event #1: Free Adaptive CPR Training & Ambulance Tour

Description: This event is free to individuals with disability and Molina members! Anyone can learn CPR and save a life, regardless of your disability. Join us and learn how to identify an emergency and perform CPR by EMS and take a tour through an onsite ambulance. Join us! Space is limited so RSVP TODAY!

Date: 05/09/2024

Time: 2 - 3:30 pm

Location: 8885 Rio San Diego Drive, Suite 135, San Diego, CA 92108

Contact: Andrea Christopher, LTSS Coordinator, 619-704-2442, achristopher@accesstoindependence.org

Event #2: Pizza Fundraiser

Description: Mention Access to Independence or present this flyer and Tony pepperoni will give back 20% to support our north county programs from any dine-ins, pick-ups, to-go orders, or deliveries!

Date: ONLY, 05/26/2024

Time: 12 PM - CLOSING

Location: Tony Pepperoni Pizzeria. 805 College Blvd. Oceanside, CA 92057

Contact: Hermes Castro, Program Manager, 619-704-2443, hcastro@accesstoindependence.org

Event #3: Access to Independence at the Health Fair by Serene Health Group

Description: Access to Independence will be hosting a booth at the upcoming Health Fair in an effort to raise public awareness to enhanced care management and community support! This event is FREE!

Date: 05/18/2024

Time: 11 AM - 3 PM

Location: Officer Jeremy Henwood Memorial Park. 4455 Wightman St. San Diego, CA 92105

Contact: Hermes Castro, Program Manager, 619-704-2443, hcastro@accesstoindependence.org

Event #4: Access to Independence at the 2024 St. Paul's Senior & Family Resource Fair

Description: Access to Independence will be hosting a booth at the St. Paul's Conference Center! Come and learn about the services we offer!

Date: 6/1/2024

Time: 9 AM - 12 PM

Location: 2557 3rd Ave. San Diego, CA 92103

Contact: Hermes Castro, Program Manager, 619-704-2443, hcastro@accesstoindependence.org

Upcoming Events

Imperial Valley Branch

Event #1: Art Expression Class

Description: Join our Art Expression Class where you will ignite your creativity. A way to engage with peers in a positive environment while expressing your thoughts through art. Where you will learn techniques in independent living skills, while having fun!

Date: 05/22/2024

Time: 2 - 3:00 PM

Location: 321 Wake Ave, El Centro CA 92243

Contact: Susana Garcia, LTSS Coordinator, 760-965-4199, sgarcia@accesstoindpendence.org

Event #2: Health & Wellness Class - California Telephone Access Program (CTAP)

Description: Come join Presenter Sandra Lambarri as she introduces the California Telephone Access Program (CTAP). Discover the range of specialized phone services CTAP offers to Californians facing challenges such as hearing loss, low vision, speech difficulties, limited mobility, or cognitive impairments!

Date: 05/15/2024

Time: 10 AM - 11:00 AM

Location: 321 Wake Ave, El Centro CA 92243

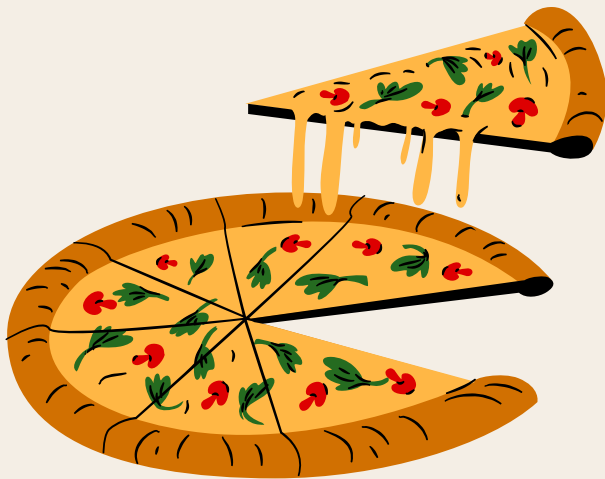
Contact: Judy Brown, Transition & Diversion Coordinator, 760-965-4199, jbrown@accesstoindpendence.org

PIZZA

FUNDRAISER



**DONATE
TODAY**



**MENTION ACCESS TO INDEPENDENCE OR PRESENT THIS FLYER AND
TONY PEPPERONI WILL GIVE BACK 20% TO SUPPORT OUR NORTH
COUNTY PROGRAMS FROM ANY DINE-INS, PICK UPS, TO-GO ORDERS, OR
DELIVERIES!**

TONY PEPPERONI PIZZERIA

805 College Blvd,
Oceanside, CA 92057

ONLY MAY 26, 2024

12 PM - CLOSING



MAY IS MENTAL HEALTH AWARENESS MONTH

Talking more freely about mental health and continuing to reduce stigma around getting treatment are hallmarks of this annual observance.

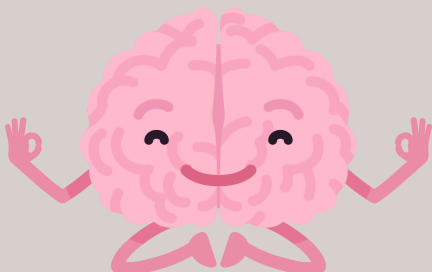
Mental Health Month is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the impact mental illness and addiction have on society.

TIPS TO BOOST YOUR MENTAL HEALTH

1. **Start your day with a cup of coffee.** Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.
2. **"You don't have to see the whole staircase, just take the first step."** MLK Jr. Think of something in your life you want to improve, and figure out what you can do to take a step in the right direction.
3. **Experiment** with a new recipe, write a poem, paint or work on a project. Creative expression and overall well-being are linked.
4. **Spend time with a furry friend.** Time with animals lowers the stress hormone – cortisol, and boosts oxytocin – which stimulates feelings of happiness.

- More than 50 million Americans struggle with mental health conditions.
- Rates of youth depression rose from 12.9% to 25.2% from the pre-pandemic period to 2021.
- Most Americans lack access to adequate mental health treatment, as 54.7% of adults with mental illnesses did not receive care in the last year.
- Members of LGBTQ+ community are almost three times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder.
- Annual prevalence among U.S. adults, by condition: anxiety disorders: 19.1%, major depressive episode: 8.3%, posttraumatic stress disorder: 3.6%

Taken from Mental Health America.



Taken by Magellan Health.

Count on In-Home Supportive Services?

Renew your Medi-Cal!



Medi-Cal



Count on In-Home Support Services?

Do you or a loved one receive In-Home Supportive Services (IHSS)? Medi-Cal renewals are happening now. Respond quickly if you get a yellow envelope in the mail. Keep your Medi-Cal to keep IHSS coverage. Learn more at KeepMediCalCoverage.org

WE'RE HIRING

Are you ready to be part of something extraordinary? We are thrilled to announce that our wonderful organization is expanding, and we are on the lookout for passionate individuals to join our dynamic team!

Now Hiring:

1. **Long-Term Services and Supports Coordinator (Location: Hawaii)**
2. **Information and Assistance Coordinator (Location: Hawaii)**
3. **NEW!! Youth Coordinator (Location: Hawaii)**

Why Join Us? At Access to Independence, we take pride in fostering a positive and collaborative work environment. Our team is not just colleagues; we are a family that supports and uplifts one another. By joining us, you'll become an integral part of an organization dedicated to making a meaningful impact on the lives of those we serve.

Benefits:

- Competitive salary
- Comprehensive health and wellness benefits
- Opportunities for professional development
- A supportive and inclusive workplace culture
- The chance to contribute to impactful programs and initiatives

How to Apply: Ready to take the next step in your career? You can apply for these exciting opportunities in two simple ways:

- Visit our Indeed job postings.
- Email your resume to jobs@accesstoindependence.org.

Don't miss the chance to be part of our incredible journey! We encourage candidates from diverse backgrounds to apply. Help us continue making a difference in the communities we serve.

If you have any questions or need further information, please feel free to reach out to us at accessmedia@accesstoindependence.org

Join us in shaping a brighter future! We look forward to welcoming new members to our fantastic team.



ENERGY-EFFICIENT APPLIANCES MAKE A SPLASH IN WATER CONSERVATION

California has a reason to celebrate! It has been declared drought-free thanks to a year of epic rains. But it's still important to conserve water. Water and energy are closely connected. It takes energy to heat water, so you can save money on your energy bill when you use less water.

Energy-efficient appliances offer many benefits when it comes to conserving both water and energy. Here are some key advantages:

- 1.Reduced energy use: Energy-efficient appliances typically consume less electricity compared to their conventional counterparts. For example, energy-efficient washing machines and dishwashers use advanced technologies such as improved insulation, better compressor designs or more efficient motors, which can result in significant energy savings over time.
- 2.Lower energy bills: By using less energy, energy-efficient appliances can lead to lower energy bills. Although the initial purchase price of these appliances might be higher, the long-term savings on energy bills can often outweigh the upfront cost.
- 3.Water conservation: Many energy-efficient appliances, particularly those used for washing clothes or dishes, are designed to use less water without sacrificing performance. For instance, high-efficiency washing machines typically use sensors and advanced water delivery systems to optimize water use, leading to significant water savings.
- 4.Environmental benefits: Reduced energy and water use translate into lower greenhouse gas emissions and a smaller ecological footprint. By choosing energy-efficient appliances, you contribute to mitigating climate change and conserving natural resources.
- 5.Future-Proofing: As energy efficiency standards continue to evolve and regulations become stricter, investing in energy-efficient appliances can future-proof your home against potential increases in energy costs or changes in regulatory requirements.

Overall, energy-efficient appliances offer a compelling combination of financial savings, environmental benefits and improved performance, making them a smart choice to reduce energy and water consumption.

San Diego Gas & Electric

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: Independent Living Assistive Technology Coordinator Mission Valley, Program Manager Mission Valley, and Transition & Diversion Escondido Branch.

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

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