

ACCESS TO INDEPENDENCE

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# MAY 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: 05/04/2023

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: 05/19/2023

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: 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. Space is limited, so RSVP no later than May 18, 2023.

Date: 05/22/2023

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

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

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

MIgros@accessto independence.org

### **Event #4: 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: 05/30/2023

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

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

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

Blyle@accessto independence.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 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!

Date: 05/05/2023

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@accesstoindpendence.org](mailto:achristopher@accesstoindpendence.org)

### **Event #2: Conflict Resolution for Persons with Disabilities**

Description: Learn to identify conflict, different resolution strategies, and when to use each to get the result you want. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 05/09/2023

Time: 10:00 AM - 11:30 AM 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@accesstoindpendence.org](mailto:achristopher@accesstoindpendence.org)

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

### **Event #4: 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: 05/23/2023

Time: 10:00 AM - 11:30 AM 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@accesstoindpendence.org](mailto:achristopher@accesstoindpendence.org)

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Date: 06/01/2023

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@accesstoindpendence.org](mailto:achristopher@accesstoindpendence.org)

## Imperial Valley Branch

### **Event #1: Health and Wellness Class**

Description: Join us as The California Telephone Access Program presents on their services of providing free specialized phones and services to anyone in California who is hard of hearing, low vision, has speech, mobility or cognitive impediments. There is no age income or insurance requirement to apply for the program”.

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](mailto:jbrown@accesstoindpendence.org)



**ConnectMed** 

# CAMP COSMOS

**MAY  
6TH**



**REGISTRATION + MORE DETAILS CAN BE FOUND AT:**

**[CONNECTMED.ORG/CAMP-COSMOS/](https://CONNECTMED.ORG/CAMP-COSMOS/)**

**FUN & COMMUNITY FOR CHILDREN & TEENS WITH PHYSICAL DIFFERENCES & SPECIAL NEEDS...AND THEIR FAMILIES!**

**SAT., MAY 6TH**

**10AM - 1PM PST**

**BUCKLIN PARK**

**1350 S 8TH ST,**

**EL CENTRO, CA 92243**



**SCAN HERE TO REGISTER!**

**GAMES, ARTS  
& CRAFTS,  
PRIZES AND  
MUCH MORE!**



**ConnectMed** 

# CAMP COSMOS

**6 DE  
MAYO**

## SE DESPLAZA A IMPERIAL VALLEY!



**!!! DIVERSIÓN Y COMUNIDAD PARA LOS JÓVENES DE IMPERIAL VALLEY CON DIFERENCIAS FÍSICAS Y NECESIDADES ESPECIALES.....Y SUS FAMILIAS!!!**

PARA MÁS INFORMACIÓN E INSCRIPCIONES, VISITE [CONNECTMED.ORG/CAMP-COSMOS/](http://CONNECTMED.ORG/CAMP-COSMOS/)

**SÁB. 6 DE MAYO  
10AM - 1PM PST  
BUCKLIN PARK  
1350 S 8TH ST,  
EL CENTRO, CA 92243**



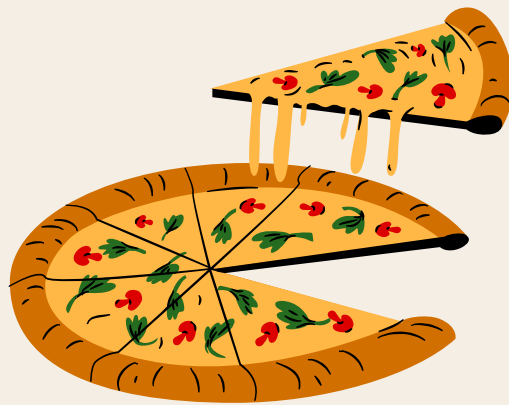
**ESCANEAR AQUÍ PARA INSCRIBIRSE**

**JUEGOS,  
MANUALIDADES,  
PREMIOS Y  
MUCHO MÁS!**



# 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!**

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### **TONY PEPPERONI PIZZERIA**

805 College Blvd,  
Oceanside, CA 92057

**ONLY JUNE 18, 2023**

**12 PM - CLOSING**

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# Apply to be on our Board of Directors!



## Apply Today!

Access to Independence is seeking applicants to serve on our Board of Directors. The Board of Access to Independence is responsible for establishing and supporting the vision, mission and values of the organization, providing financial and legal oversight to the organization, fundraising and delegating to the Executive Director.

We currently have open seats in all of our county/districts that include Honolulu (2 seats), Imperial County (4 seats, one per district), San Diego County (5 seats, one seat per district).

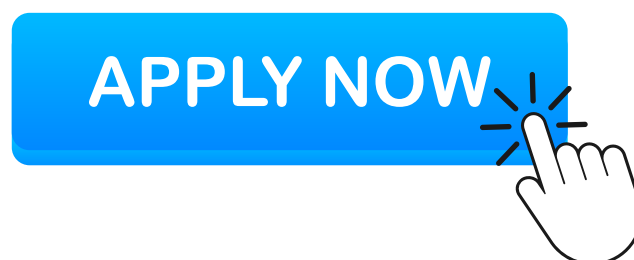
A majority of our directors must be people with disabilities, their families, or their advocates. If you're a current consumer, previous consumer, previous employee, or community partner, we encourage you to apply!

## Where to apply?

To apply visit [www.accesstoindependence.org](http://www.accesstoindependence.org) and scroll down to the bottom of the page where you will find a section to apply. You can also visit:

<https://forms.office.com/r/kFWbPBEQ9e>

This link will take you directly to the application.





## SAVE ENERGY WITH SDG&E'S SMART THERMOSTAT PROGRAM

With the potential of another hot summer on the horizon, now is the perfect time to explore ways to keep your home at a comfortable temperature while minimizing energy costs.

One practical and cost-effective solution is SDG&E's Smart Thermostat Program. Earn a \$50 incentive for each smart thermostat you purchase and install (up to two thermostats) and enroll in SDG&E's Smart Thermostat Program. By participating in the program, you're also contributing to a more sustainable future.

Smart thermostats make it easy for you to control your HVAC system from anywhere using your smartphone or other connected devices. Smart thermostats allow you to create personalized schedules and temperature settings – which can help reduce energy use when you're not at home or during off-peak hours. Learn more about SDG&E's Smart Thermostat Program at [sdge.com/thermostat](https://sdge.com/thermostat).

Earn a \$50 incentive when you buy  
and install a smart thermostat!



[sdge.com/thermostat](https://sdge.com/thermostat)

MAY 2023

# WE'RE HIRING

**ACCESS TO INDEPENDENCE**

## **LONG TERM SERVICES & SUPPORT COORDINATOR**

**Imperial Valley Branch**

**SEND YOUR RESUME TO [JOBS@ACCESSTOINDEPENDENCE.ORG](mailto:JOBS@ACCESSTOINDEPENDENCE.ORG)**

Under the supervision of the Program Manager, the primary goal of the LTSS Coordinator is to assist persons with disabilities reach consumer-driven goals related to enhancing, improving or maintaining their independence through the provision of programs as well as connecting consumers to community services and options. The LTSS Coordinator facilitates educational workshops aimed at improving, reducing, or eliminating societal stigmas about disability with the purpose of empowering people and cultivating a new generation of life-long advocates. The LTSS Coordinator must have vast knowledge of local and national resources, entitlement programs and benefits specific to people with disabilities and seniors. The LTSS 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:

- • Associate's or Bachelor's degree in a related field with a combination of lived experience, preferred
- • 3 years' experience in social service industry or related field in lieu of work experience
- • Bilingual, American Sign Language certified; preferred but not required

Apply today on [Indeed.com](https://www.indeed.com)!

## **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](mailto:jobs@accesstoindpendence.org)**

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

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