

ACCESS TO INDEPENDENCE

# JAN. 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: 01/05/23

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: Transition & Diversion Outreach

Description: Join us as we present the services that Access to Independence offers under the Transition & Diversion program, aka Ho`olilo. The presentation of programs and services will help participants understand which programs their referrals may be eligible for!

Date: 01/19/2023

Time: 2 - 3 PM

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

# Upcoming Events

## Hawaii Branch

### **Event #3: Youth Transition 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: 01/20/2023

Time: 12 - 1 PM

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

Contact: Brock Lyle, Independent Living Services Coordinator, (808) 756-9595,  
blyle@accesstoindependence.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: 01/30/2023

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 Transition Services Coordinator, 808-756-9595 or  
blyle@accesstoindependence.org

### **Event #5: Wellness Workshop**

Description: Join us as we present our WELLNESS workshop focusing in on Personal Care under the AINA Program, aka Independent Living Skills. Here we can learn, share ideas and experiences on how to deal with Personal Care as part of Daily Living activities. More importantly, we exchange a wealth of information necessary for living independently & be active in the community.

Date: 01/23/2023

Time: 1:00 - 2:00 PM HST

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

Contact: Maria Igros, Long-Term Services & Support ILSC- 808-369-9525,  
MIgros@accesstoindependence.org

# Upcoming Events

## Hawaii Branch

### Event #6: Youth Financial Management Workshop

Description: Join us as we continue our Financial Management Workshop to learn the different languages of credit, understanding bank statements, how to make long-term/short-term goals, and participate in a guided exercise of making our very own budget!

Date: 01/27/2023

Time: 10:30 AM - 11:30 AM

Location: Zoom Room

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

Blyle@accessto independence.org

## Escondido Branch

### Event #1: Wheelchair Sports in North County

Description: Are you interested in trying wheelchair sports? Here's your chance! Join us in North County San Diego for Wheelchair Sports (Basketball, Rugby, and Power Chair). Open Gym will be on Fridays from 1:30 - 3:30 PM and Sundays from 10 AM - 12 PM beginning January 6, 2023

Date: 01/06/2023

Time: 1:30 PM - 3:30 PM

Location: The Junior Seau Beach Community Center, 300 North Strand Oceanside, CA 92054

RSVP: Hermes Castro, Program Manager, 619-704\*2059, hcastro@accessto independence.org

### Event #2: Disability Support Group

Description: During these times connecting with others and expanding our support network are key to living well. To combat social isolation and find support, our Disability Support Group aims to provide a virtual 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 First Tuesday of the Month & Every Third Tuesday of the Month

Time: 10:00 AM - 11:30 AM (1st Tuesday) & 1:30 PM - 3 PM (3rd Tuesday)

Location: Zoom Room

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

Vivian Radam- (619)704-2435 vradam@accessto independence.org

# Upcoming Events

## Escondido Branch

### Event #3: Grupo de Apoyo

Description: Durante estos tiempos, conectarse con otros y expandir nuestra red de apoyo es clave para vivir saludablemente. Para combatir el aislamiento social y encontrar apoyo, nuestro Grupo de apoyo para personas discapacitadas tiene como objetivo brindar una plataforma virtual para nuestros participantes se involucren en diferentes temas relacionados a la salud, la superación de obstáculos y el intercambio de experiencias tanto positivas como negativas. Invitamos a nuestros consumidores a interactuar con nosotros en una atmósfera virtual sin prejuicios para disfrutar de una interacción significativa con un grupo diverso de personas.

Date: Cada último martes del mes

Time: 1 PM - 2:30 PM PST

Location: Zoom Room

Contact: Hermes Castro, 619-704-2058, [hcastro@accesstoIndependence.org](mailto:hcastro@accesstoIndependence.org)

### Event #4: Youth Support Group

Description: Our youth support group aims to provide a virtual platform for youth living with disabilities to engage around different topics related to transitioning into adulthood, coping, overcoming hurdles, and sharing both positive and negative experiences related to living with disabilities. We invite you to engage with us in a nonjudgmental, virtual atmosphere, and enjoy a nice chat and opportunity to socialize with other youth in our community!

Date: Every First Wednesday of the Month

Time: 3 PM - 4:30 PM PST

Location: Zoom Room

Contact: Hermes Castro, (619)704-2058, [hcastro@accesstoIndependence.org](mailto:hcastro@accesstoIndependence.org)

### Event #5: Emergency Preparedness Workshop

Description: Join us as we provide training on how to develop an emergency plan for an evacuation and/or shelter in place during a natural disaster, such as fire or earthquake! You will leave with training with your own Emergency Preparedness kit provided by Access to Independence

Date: Every 2nd Wednesday of the Month

Time: 10:30 AM - 12:00 PM PST

Location: Zoom Room

Contact: Hermes Castro- (619)704-2058, [hcastro@accesstoIndependence.org](mailto:hcastro@accesstoIndependence.org)

Vivian Radam- (619)704-2435 [vradam@accesstoIndependence.org](mailto:vradam@accesstoIndependence.org)

# Upcoming Events

## Escondido Branch

### **Event #6: Live & Thrive**

Description: Welcome to our peer facilitated, whole-person wellness program for people living with disabilities! Through our Living Well with Disabilities workshop curriculum, participants in a group setting develop an empowerment strategy by embracing better habits to ensure and enhance healthy-living and independence.

Date: Every Third Tuesday of the Month

Time: 1:30 PM - 4:00 PM PST

Location: Zoom Room

Contact: Vivian Radam, (619)704-2435, vradam@accesstoindependence.org

### **Event #7: Expressive Arts Workshop**

Description: Participants are invited to explore their creativity and the therapeutic benefits of artistic expression within a positive & supportive group environment. Come use this space as a creative outlet and connect with peers throughout San Diego County. Each workshop will have a different positive, thought-provoking theme related to our mission & building independent living skills.

Date: Every Last Friday of the Month

Time: 1:00 PM - 2:30 PM PST

Location: Zoom Room

Contact: Vivian Radam, (619)704-2435, vradam@accesstoindependence.org

### **Event #8: Support & Able-Community Education Workshops**

Description: Learn about the variety of benefits, programs and resources available to you in your community! These monthly virtual meetings focus on positively influencing our consumers and empowering them to lower the barriers related to transportation, housing, employment, disability benefits, finances and much more!

Date & Time: Varies (reach out to staff below)

Location: Zoom Room

Contact: Vivian Radam- (619)704-2435, vradam@accesstoindependence.org

# Upcoming Events

## San Diego Branch

### **Event #1: Day Habilitation Workshop Series: Daily Living Skills**

Description: Join us to develop or maintain essential daily life skills, including cooking, cleaning, shopping, and money management.

Date: 01/06/2023

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 Support & Services Coordinator, 619-704-2442, [achristopher@accesstoindependence.org](mailto:achristopher@accesstoindependence.org)

### **Event #2: Day Habilitation Workshop Series: Daily Living Skills**

Description: Join us to develop or maintain essential daily life skills, including cooking, cleaning, shopping, and money management.

Date: 01/10/2023

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

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

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

### **Event #3: Day Habilitation Workshop Series: Conflict Resolution**

Description: Join us to develop or maintain essential conflict resolution skills in personal and professional relationships.

Date: 01/20/2023

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 Support & Services Coordinator, 619-704-2442, [achristopher@accesstoindependence.org](mailto:achristopher@accesstoindependence.org)

### **Event #4: Day Habilitation Workshop Series: Conflict Resolution**

Description: Join us to develop or maintain essential conflict resolution skills in personal and professional relationships.

Date: 01/24/2023

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 Support & Services Coordinator, 619-704-2442, [achristopher@accesstoindependence.org](mailto:achristopher@accesstoindependence.org)

## Imperial Valley Branch

**Check out our website for upcoming events in January! :)**

# ANNUAL CARE BASKET DRIVE



On behalf of Access to Independence, we want to extend a heart-felt thank you to our sponsors to making this fundraiser successful. Your generous contributions helped make our vision a reality. Thank you!!

## SPONSORS

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**Budget Furniture**

**Angela Noyes**

**Brandon Noyes**

**Sonia Picos**

**Korina Castrejon**

**Wendell Bass**

**Kevin Reyer**

**Vicki Tilton**

**Lucas Myers**

**Kirby Myers**

**Julio Lugo**

**Mark Agostino**

**Pinkie Oliver**

**Jean Farrington**

**Andrea Brunye**



## REBATES

The new Golden State Rebates give qualifying customers rebates toward the purchase of energy-efficient products such as smart thermostats, gas tank water heaters, heat pump water heaters and more. Learn more at [sdge.com/rebates](https://sdge.com/rebates). #sdge #SDGEassist



# Welcome back rebates!



Save money on select appliances with Golden State Rebates, now live at [sdge.com/rebates](https://sdge.com/rebates).

Los nuevos reembolsos de Golden State brindan a los clientes calificados recibir reembolsos para la compra de productos de eficiencia energética, como termostatos inteligentes, calentadores de agua con tanque de gas, calentadores de agua con bomba de calor y más. Obtenga más información en [sdge.com/rebates](https://sdge.com/rebates). #sdge #SDGEassist



# iReembolsos disponibles!

Ahorre dinero en electrodomésticos seleccionados con Golden State Rebates, ahora en vivo en [sdge.com/rebates](https://sdge.com/rebates).



# Transition & Diversion Program Imperial Valley



## What is the Transition & Diversion program and what services does this program provide?

The Transition & Diversion Program are 2 programs we offer aimed at keeping people out of institutional settings. This would include hospitals, skilled nursing facilities, acute rehab centers and even the foster care system. Services include support for those currently in any of the institutionalized settings mentioned here. Support includes working with the consumer and medical staff in the discharge planning process. Safe housing is established that might include assessing the home for accessibility. Where it is found that the home might not be accessible, home modification services might be provided. For those assessed with needing personal assistance services, the process is started and in the interim, these services are offered through our program. Other support includes basic furnishing of the home, 1st month's groceries, rental and utility support, moving and storage support and ongoing follow-up services to ensure a safe and permanent transition. The Diversion program offers the same supports with the difference being that a person is not currently in an institutional-setting but assessed to be 'at-risk'.

## What are the eligibility requirements to enroll in the Transition program?

Must be currently in an institutional setting.

## What are the eligibility requirements to enroll in the Diversion program?

Must be assessed and deemed 'at-risk'.

## What should I expect once I am enrolled in this program?

Once found eligible, our Transition/Diversion Coordinators will meet with an individual and together, create an independent living plan that outlines all services to be provided along with time frames. Once a transition is complete, our Transition/Diversion Coordinators will continue to follow-up with the individual to ensure that all supports continue to be relevant and useful.

## Who can I contact for more information or to send a referral?

People can contact **Access to Independence at (760)768-2044** and ask for **Susana Garcia**, Transition/Diversion Coordinator.

OR you can find our referral form online at [www.accesstoIndependence.org](http://www.accesstoIndependence.org)



JANUARY 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

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

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