



ACCESS TO INDEPENDENCE

MARCH 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: 03/02/23

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@accesstoindependence.org

Event #2: 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: 03/17/2023

Time: 12 - 1 PM

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: Day at the Capitol

Description: Join us for this great opportunity to meet your legislators at the capitol! Discuss disability-related issues/concerns and meet with other concerned citizens. Activities include welcome & orientation, meet with Legislators, House & Floor Sessions, and learn about the public access room!

Date: 03/02/2023

Time: 8 AM - 2 PM

Location: Hawaii State Capitol, 415 S Beretania St. Honolulu, HI 96813

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: 03/27/2023

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: VIP Club (Visually Impaired Club)

Description: We welcome 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: 03/10/2023

Time: 2 - 3 PM HST

Location: Zoom Room with AUDIO*

Contact: Keao Wright, Independent Living Services Coordinator, (808) 731-0878,

kwright@accesstoindependence.org

Upcoming Events

Hawaii Branch

Event # 6: Micronesia Youth Summit

Description: Join us for a great opportunity for the Micronesia Youth to explore and find out the different services available to people with disabilities at Access to Independence.

Date: 03/11/2023

Time: 9 AM - 5 PM HST

Location: University of Hawai'i at Manoa Campus Center Ballroom 2465 Campus Road

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

blyle@accesstoindpendence.org

Event #7: 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 is required no later than March 20, 2023.**

Date: 03/24/2023

Time: 10 AM - 12 PM HST

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

Contact: Maria Igros, Independent Living Services Coordinator, (80) 369-9525,

MIgros@accesstoindpendence.org

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

Upcoming Events

Escondido Branch

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 92024

Contact: Hermes Castro- (619)704-2058, hcastro@accesstoindependence.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@accesstoindependence.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@accesstoindependence.org. Contact us to schedule an appointment!

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

Upcoming Events

Escondido Branch

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@accesstoindpendence.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@accesstoindpendence.org

Upcoming Events

San Diego Branch

Event #1: Conflict Resolution Workshop

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: 03/03/2023

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@accesstoindpendence.org

Event #2: Conflict Resolution Workshop

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: 03/14/2023

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@accesstoindpendence.org

Event #3: Developing & Maintaining 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: 03/17/2023

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@accesstoindpendence.org

Event #4: Developing & Maintaining 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: 03/28/2023

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@accesstoindpendence.org

Upcoming Events

Imperial Valley Branch

Event #1: Health & Wellness Class

Description: Join us as Carla Diaz from California Rural Legal Assistance (CRLA) will present on

A. Description of CRLA services (El Centro office)

B. Medicare -the basics (Part A, B, D, and C)

C. New 2022 Medi-Cal Asset Limit

D. How to prevent Medicare hospice fraud.

Date: 03/15/2023

Time: 10 AM PST

Location: 321 Wake Ave. El Centro, CA 92243

Contact: Judy Brown, Long Term Services & Supports Coordinator, (760) 618-0167,

jbrown@accesstoindpendence.org

Event #2: SDSU- Imperial Valley Resource Fair

Description: Join us for the Student Accommodation Services Center Ribbon Cutting Ceremony!

The ribbon cutting will take place from 11 AM - 1 PM followed by disability awareness activities from 1 - 4 PM/ Food and beverages will be provided!

Date: 03/08/2023

Time: 11 AM - 4 PM PST

Location: 720 Heber Ave, Calexico, CA 92231

Contact: Judy Brown, Long Term Services & Supports Coordinator, (760) 618-0167,

jbrown@accesstoindpendence.org

Benefits Counseling Program – Escondido



What is the Benefits Counseling Program and what services does this program provide?

The Benefits Counseling Program teaches our consumers on how to seek and apply for benefits as well as how to self-advocate for yourself while navigating different public benefits. You will learn all about the application process for Social Security, CalFresh, Utilities (SDG&E), Section 8, In-Home Services and Supports (IHSS), Public Transportation, and Healthcare! The purpose of this program is to empower individuals with knowledge on seeking, applying, and self-advocating for community resources.

What are the eligibility requirements to enroll in the program?

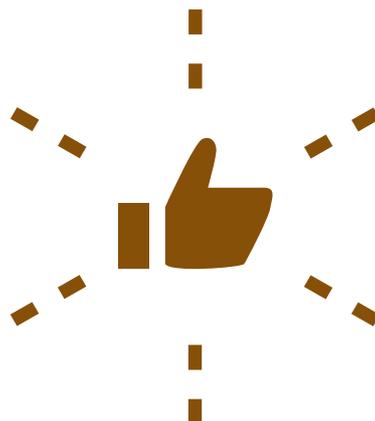
To be eligible for this program, person must be living with a disability and reside in North County San Diego. There is no age requirement for this program.

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

Once found eligible, our Independent Living Services Coordinator, Mrs. Vivian Radam, will contact you and schedule a meeting. Each meeting will be on a one-on-one basis.

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

People can contact **Vivian Radam, Independent Living Services Coordinator, 619-704-2435 or email vradam@accesstoindpendence.org**





WINTER ENERGY-SAVINGS TIPS FOR YOUR BUSINESS

There are a variety of ways to save money when it comes to your business's energy use. Try these tips to help trim your winter energy bills.

1. Adjust your thermostat. When you're in your office or workplace, set the thermostat as low as is comfortable. At night or when you're out of the office, turn it back 10 – 15 degrees to save around 10% a year. Invest in a smart thermostat and enroll in SDG&E's Smart Thermostat Program. You'll be rewarded \$50 for each thermostat you register (up to four thermostats). Get details at sdge.com/Business-Thermostat.

2. Tune your HVAC. Just as a tune-up for your car can improve gas mileage, an annual tune-up of your heating and cooling system can improve efficiency and comfort. Schedule a no-cost energy audit at sdge.com/BES. You may also receive installed energy-efficient products at no cost or a discount!

3. Weatherize your business. Insulate your facility and caulk drafty doors and windows to help prevent heat from escaping. Insulating your business also helps keep the cool air in during the warmer months.

4. Upgrade your lighting. Using LED lighting could help your business save year-round. They are also sturdier and safer than incandescent bulbs.

5. Switch off or power down your electronic devices on unused equipment when not in use. Turning off one computer and monitor nightly and on weekends can save up to \$80 a year – savings like those can really add up! Also, use smart power strips.

Get more helpful winter energy-saving and safety tips at sdge.com/MyBusiness.

MARCH 2023

WE'RE HIRING

ACCESS TO INDEPENDENCE

LONG TERM SERVICES & SUPPORT COORDINATOR

Imperial Valley Branch

SEND YOUR RESUME TO 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: Long-Term Supports & Services Coordinator - Imperial Valley

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

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