

ACCESS TO INDEPENDENCE

# APRIL 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: 04/06/23

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: 04/21/2023

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: 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: 04/10/2023

Time: 2 - 3 PM HST

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

Contact: Keao Wright, Independent Living Services Coordinator, (808) 731-0878, [kwright@accesstoindpendence.org](mailto:kwright@accesstoindpendence.org)

### **Event #4: Transition & Diversion Outreach**

Description: Join us as we present some service updates that Access to Independence offers under the Transition & Diversion program, aka Ho`olilo. We will include the other active programs and services to help participants understand which programs they or their referrals may be eligible for! This is especially true for those in need of services to avoid or transition from skilled nursing facility, rehabilitation hospitals, and acute-care hospitals to community-based living.

Date: 04/19/2023

Time: 2 - 3 PM HST

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

Contact: Rose Camacho, Transition & Diversion Services Coordinator, 808-626-5475, [RCamacho@accesstoindpendence.org](mailto:RCamacho@accesstoindpendence.org)

### **Event #5: Independent Living Skills - Financial Management**

Description: Join us as we present Financial Management under Independent Living Skills aka the AINA Program. We will introduce how to do a Financial Worksheet, how to Save money and other related matters about Financial Management.

Date: 04/20/2023

Time: 1 - 2 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@accesstoindpendence.org](mailto:MIgros@accesstoindpendence.org)

# Upcoming Events

## Hawaii Branch

### **Event #6: 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 stepping stone for you to achieve your independence and be successful in life.

Date: 04/21/2023, Every 3rd Friday of the Month

Time: 12 – 1 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@accesstoindpendence.org](mailto:blyle@accesstoindpendence.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: 04/24/2023

Time: 2 – 3 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@accesstoindpendence.org](mailto: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](mailto: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 92025

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



# Upcoming Events

## San Diego Branch

### **Event #1: How & Why to Participate in Your Community**

Description: Everyone deserves to have their voice heard. Learn what community projects are and how to get involved with something your passionate about to change or grow your community. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 04/14/2023

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 #2: How & Why to Participate in Your Community**

Description: Everyone deserves to have their voice heard. Learn what community projects are and how to get involved with something your passionate about to change or grow your community. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 04/11/2023

Time: 10:00 PM – 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)

### **Event #3: FREE Adaptive CPR Training & Ambulance Tour**

Description: This event is FREE to individuals with disabilities 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: 04/28/2023

Time: 2:00PM – 3:30PM 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: San Diego Transit & Age Friendly Mobility Workshop**

Description: Join us for this FREE event for individuals with disabilities and Molina members. Learn how to safely use San Diego transit with any disability and at any age! Space is limited so RSVP today.

Date: 04/21/2023

Time: 2:00PM – 2:40PM 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)

# Upcoming Events

## San Diego Branch

### **Event #5: How to Make Changes in Your Community**

Description: Everyone deserves to have their voice heard. Learn what community projects are and how to get involved with something you're passionate about to change or grow your community. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 04/04/2023

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)

### **Event #6: How to Make Changes in Your Community**

Description: Everyone deserves to have their voice heard. Learn what community projects are and how to get involved with something you're passionate about to change or grow your community. Participants will receive a free A2I tote bag with PPE. Space is limited so please RSVP today!

Date: 04/14/2023

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 #7: 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: 04/18/2023

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)

### **Event #8: Age Friendly Mobility Presentation**

Description: Join us for a step by step process for our senior riders on how to use San Diego transit, including purchasing a pronto card, the costs, navigation, and other low cost services available for seniors across San Diego. In addition, we also will be covering other aspects of the urban environment.

Date: 04/21/2023

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

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

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





# **"WE SERVE ALL DISABILITIES, THEY SERVE ALL FOOD" FUNDRAISER**

**APRIL 28, 2023**

**TIME: ALL DAY**

**LAZY DOG RESTAURANT & BAR  
1202 CAMINO DEL RIO N.  
SAN DIEGO, CA 92108**

Join us for good times and a good cause!  
Access to Independence of San Diego promotes the full participation of people with disabilities to help maintain, sustain, and maximize independence. Present this flyer for 15% of your bill to be donated to Access to Independence. Join us on the dog-friendly patio for prizes, information on our services and upcoming workshops, and to meet staff!

For more information contact: Casey Myers,  
Program Manager, 619-704-2443,  
[cmyers@accesstoindependence.org](mailto:cmyers@accesstoindependence.org)



# Upcoming Events

## Imperial Valley Branch

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

Description: Angie Pena and Felissa Nunez from San Diego Regional Center (SDRC) “The San Diego Regional Center (SDRC) provides a variety of services to persons with developmental disabilities, their families, and the community. During this workshop you will learn who is eligible for regional center services, what services are provided, and how to apply for these services”.

Date: 04/19/2023

Time: 10 - 11 AM PST

Location: 321 Wake Ave. El Centro, CA 92243

Contact: Judy Brown, Long Term Services & Supports Coordinator, (760) 618-0167,  
[jbrown@accesstoindpendence.org](mailto:jbrown@accesstoindpendence.org)

# Driving Simulator– Escondido



## Call us today! (619)704-2056

Getting a driver's license is one of the most significant milestones in a person's life. It means freedom, independence, adventure, and responsibility. The goal is to make getting a Driver's license a fun experience while learning the road rules of defensive driving skills!

With the help of our Driving Simulator Rig, with 3 monitors a Beginner Driver Education Curriculum BDE (aimed to help students become the best drivers possible), and road rules (a guide to help students pass the driving test theory exam and road test), consumers will have a fun experience to obtaining their driver's license and open the door to independence, adventure, and responsibility.

## Who can I contact to learn more about the driving simulator?

Individuals should contact Gordon Wong, Youth Transition Coordinator, 619-704-2056 or email [gwong@accesstoindependence.org](mailto:gwong@accesstoindependence.org)

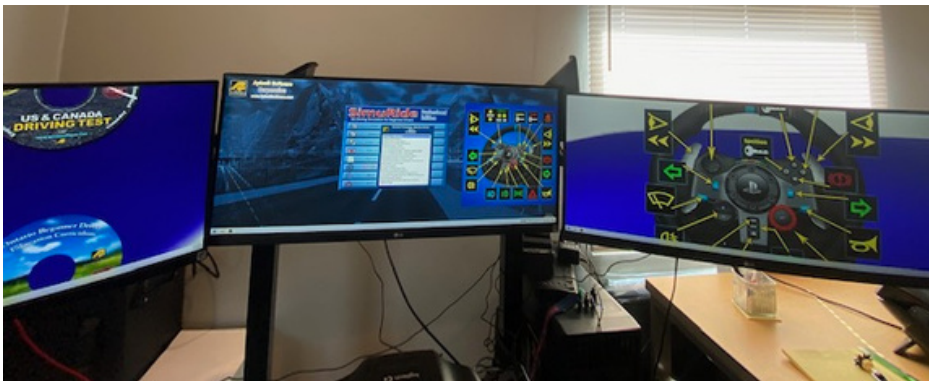


Image text: Image on the left shows 3 monitor screens.

Image text: Image below shows driving simulator rig set up.



Image text: Image below shows the backs of two individuals and person on the left is using driving simulator rig while person on the right is watching over.



## **SDG&E PROVIDES \$16 MILLION TO HELP CUSTOMERS WITH BILL ASSISTANCE**

SDG&E is funding a new \$10 million program to support local nonprofit, community-based organizations (CBOs) that provide essential services to vulnerable customers. It's also increasing funding by \$6 million for its Neighbor-to-Neighbor bill assistance program.

Additionally, to help its customers keep their energy costs down, SDG&E launched a new program for renters and owners of single-family homes. The Residential Energy Solutions (RES) program has no income restrictions. Eligible customers receive free products such as smart thermostats, low-flow showerheads, brushless fan motors, HVAC services like air duct testing and sealing – and more. SDG&E has contracted with Synergy Companies. Customers can request a home visit from an energy efficiency expert at [synergycompanies.com](http://synergycompanies.com) or by calling (888)-272-8394. Visit [sdgenews.com](http://sdgenews.com) for more information.

SDG&E offers other assistance programs:

- LIHEAP – utility bill help that ranges from a few hundred up to a few thousand dollars.
- CARE – customers can save 30% or more off their energy bill
- FERA – customers can receive an 18% discount on their electricity bill.
- ESA – no-cost energy-efficiency upgrades to income-qualified customers
- Golden States Rebates program – incentives of \$20 - \$500 to buy high-efficiency water heaters, smart thermostats or room air conditioners.
- Arrearage Management Payment (AMP) Plan – debt forgiveness for past due bills for CARE and FERA customers

To learn more about SDG&E's bill assistance programs, visit [sdge.com/assistance](http://sdge.com/assistance) or [sdge.com/asistencia](http://sdge.com/asistencia).



APRIL 2023

# WE'RE HIRING

**ACCESS TO INDEPENDENCE**

## YOUTH 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 Youth Transition Services Coordinator is assisting persons with disabilities aged 14-24 to reach consumer-driven goals related to enhancing, improving or maintaining their independence through the provision of programs offered at the CIL and connecting people to community services. The Youth Transition Service Coordinator performs various duties in support of Access to Independence mission as well as all programs and may also have unique duties and responsibilities associated with a particular grant.

### **Education and Work Experience:**

- Training and volunteer work in a related field and/or lived experience accessing disability related services as a youth with a disability.
- Associate's or Bachelor's degree in a related field with a combination of lived experience, preferred
- Bilingual preferred, American Sign Language certified; preferred, but not required

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



APRIL 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)**