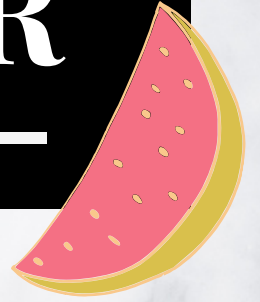


ACCESS TO INDEPENDENCE

AUGUST 2022 NEWSLETTER



Upcoming Events

Hawaii Branch

Event #1: Cross Disability Support Group

Description: In times of a Pandemic or Hardship 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 provide support to a diverse group of individuals as we promote a non-judgmental, positive, and fun space for engagement.

Date: Every First Thursday of the Month

Time: 2:00 PM - 3:30 PM HST

Location: Zoom Room

Contact: Rose Camacho, Transition & Diversion IL Services Coordinator, 808-626-5475,
RCamacho@accesstoindependence.org

Event #2: 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: Every Last Monday of the Month

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

Location: Zoom Room

Contact: Brock Lyle, ILSC, 808-756-9595 or blyle@accesstoindependence.org

Upcoming Events

Hawaii Branch

Event #3: Youth Transition Program Expo

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: Every 15th of the Month

Time: 1:00 PM - 2:00 PM HST

Location: Zoom Room

Contact: Brock Lyle, Independent Living Services Coordinator, 808-756-9595,
blyle@accesstoindpendence.org

Event #4: Senior Safety Conference

Description: In collaboration with Honolulu Police Department, this Senior Safety Conference is the 13th Annual Aloha No Na Kupuna - Access to Independence will be on the ground to share with participants about all the programs available to people with disabilities for free.

Date: 8/23/2022

Time: 8 AM - 1 PM

Location: Koolau Ballroom & Conference Center

Contact: Nicole Bayaua, IL Services Coordinator, (808) 626-5458, NBayaua@accesstoindpendence.org

Event #5: Independent Living Skills Workshop Expo

Description: Join us as we explore independent living skills for people with disabilities in the different areas of the day-to-day activities. These skills include personal care, coping, money management, social skills, home management and cooking skills. This may also include education and training necessary for living in the community and participating in the community activities.

Date: 8/22/2022

Time: 2 - 3 PM

Location: Zoom Room

Contact: Maria Igros, IL Services Coordinator, (808) 369-9525, MIgros@accesstoindpendence.org

Event #6: Bento Fundraiser

Description: Access to Independence invites you to participate in our upcoming fundraiser! Make a purchase of any Bento order and enter to win in a raffle! Prizes include gift cards, household items and much more!!

Date: 08/27/2022

Time: Pick up from 10 AM - 1 PM

Location: Soto Mission of Hawaii, 1708 Nuuanu Ave. Honolulu, HI 96817

Contact: Alfonis Sound, Program Manager, 808-369-9521, asound@accesstoindpendence.org

Upcoming Events

Escondido Branch

Event #1: Disability Awareness & Inclusion Celebration & Fundraiser

Description: Join us in supporting our cause to maximize independence among people living with disabilities in our community! Expect: Taco bar, bands, games, gifts & loads of fun!

Date: 7/30/2022

Time: 1 - 7 PM

Location: 800 West Grand Ave. Escondido, CA 92025

Contact: Hermes Castro, Program Manager, 619-704-2058

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@accesstoindpendence.org

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

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@accesstoindpendence.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@accesstoindpendence.org

Upcoming Events

Escondido Branch

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

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

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

Mission Valley Branch

Event #1: Emergency Preparedness Workshop

Description: Join us for an Emergency Preparedness Workshop to learn how to prepare in the event of an emergency. Learn about community resources, managing a disability, and creating your own personal plan.

Date: 08/09/2022

Time: 10:00 AM - 11:30 AM PST

Location: Conference room, 8885 Rio San Diego Dr. Unit 135 San Diego, CA 92108

Contact: Angie Bagnas, Community Education Coordinator, (619) 704-2448,
abagnas@accesstoindependence.org

Event #2: Artistic Expression Workshop

Description: Join us for our art class and explore your creativity and connect with others through artistic expression. Learn about art techniques and expression in a positive and supportive environment.

Date: 08/26/2022

Time: 10:00 AM - 12 PM PST

Location: Conference room, 8885 Rio San Diego Dr. Unit 135 San Diego, CA 92108

Contact: Angie Bagnas, Community Education Coordinator, (619) 704-2448,
abagnas@accesstoindependence.org

Event #3: Peer Support Group

Description: The monthly peer support group is a welcoming, positive and encouraging safe place to share and connect with others who have similar life experience. Guest speakers and a variety of engaging activities will provide a starting point for further discussion related to living with a disability.

Date: 08/04/2022

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

Location: Zoom Room

Contact: Angie Bagnas; Community Education Coordinator; (619) 704-2448
abagnas@accesstoindependence.org

Event #5: Whole Person Wellness Workshop

Description: This whole-person wellness program is offered in a group setting where participants increase self-empowerment by embracing better habits to enhance healthy living and independence. This workshop will help you communicate, advocate, reach your goals, stay persistent, and inspire you to eat well and be active!

Date: 08/17/2022

Time: 10:00 AM - 11:30 AM PST

Location: Conference room, 8885 Rio San Diego Dr. Unit 135 San Diego, CA 92108

Contact: Andrea Christopher, IL Services Coordinator, (619) 704-2442,
achristopher@accesstoindependence.org

Upcoming Events

Mission Valley Branch

Event #6: Youth Group Hangout

Description: Join our youth group to chat about the Americans with Disabilities Act (ADA). Learn about the history of the ADA with your youth peers with a power-point discussion led by Youth Services Coordinator, Ryan Frisella.

Date: 08/11/2022

Time: 2:00 PM – 3:30 PM PST

Location: Zoom Room

Contact: Ryan Frisella, Youth Services Coordinator, 619-704-2430, rfrisella@accessto independence.org

Imperial Valley Branch

Event #1: Smartphone Accessibility Features Workshop

Description: Join us for some education on different accessibility features that are available in your android or apple devices. You will learn how to set up your phone with different accessibility features based on your unique needs.

Date: 08/10/2022

Time: 11:00 AM PST

Location: Zoom Room

Contact: April Quintero, Assistive Technology Coordinator, (760)618-0163 or aquintero@accessto independence.org

Event #2: 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: 08/23/2022

Time: 1:30 PM PST

Location: 321 Wake Ave, El Centro, CA 92243

Contact: Susana Garcia, Independent Living Services Coordinator at (760) 965-4199 or by email at sgarcia@accessto independence.org

Event #3: All you Need to Know About College Workshop

Description: Join us for some education on all you need to know about college. You will learn about college applications, deadlines, requirements, fees, scholarships, FAFSA and many more.

Date: 08/30/2022

Time: 11:00 AM PST

Location: Zoom Room

Contact: Mildreth Quintero, Youth Services Coordinator, (760)890-4651 or mqintero@accessto independence.org



ACCESS
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ACCESS TO INDEPENDENCE

Fundraising Bento Sale



AUGUST 27, 2022

PICK UP TIME: 10 AM - 1 PM

PICK UP LOCATION
SOTO MISSION OF HAWAII
1708 NUUANU AVE. HONOLULU HI 96817
FRONT PARKING LOT*

** ALL BENTOS COME WITH RICE, KOUME, LONG RICE, 2 APPETIZERS AND A DRINK**
UNCLAIMED BENTOS WILL BE DONATED.

SHRIMP TEMPURA AND MOCHIKO CHICKEN B20	\$15
TERIYAKI BEEF AND CHICKEN KATSU B22	\$15
BREADED GARLIC FISH AND MEAT JUN B25	\$15
SALMON AND BREADED GARLIC FISH B29	\$16

TICKETS ON SALE BETWEEN AUG. 1 -19

FOR MORE INFO. CONTACT: ALFONIS SOUND,
PROGRAM MANAGER, 808-369-9521 OR EMAIL
ASOUND@ACCESSTOINDEPENDENCE.ORG

Success Story Highlight

Transition & Diversion (Ho`olilo Program)

Ms. Allison is a 30-year-old-female. She was referred to Access to Independence (A2I) by REHAB Hospital of the Pacific. She has a physical disability due to a spinal cord injury. She depends on a wheelchair to enter and exit her home, of which was not designed for wheelchair access. She needed assistance in getting a ramp to access her home safely. Ms. Allison is limited financially, and her medical insurance does not cover an access ramp. Without the ramp, every time Ms. Allison has to enter or exit her home, it is a struggle and major challenge that could lead to further risk or injury. However, with the help of A2I and the collaboration with her parents and staff from the REHAB, A2I was able to successfully coordinate and build Ms. Allison the ramp she needed for health and safety. Consumer is able to use her ramp to safely access her home. Ms. Allison and her parents are so grateful and thankful for all the hard work, dedication and time well spent to make this project a success!

**For more information on the Program,
please contact: Rose Camacho,
Transition & Diversion IL Services
Coordinator,
RCamacho@accesstoIndependence.org,
(808) 369-9521 EXT 506**

**Image Text: Photo shows a white room with
an access ramp to enter the door.**





FIND A TESTING SITE

Getting tested and treated for COVID-19 is confidential and available to everyone.

Locate a testing site near you by visiting myturn.ca.gov/testing.html

Then click “Learn more” to schedule an appointment (if one is needed) and see other testing guidelines for that location. Some locations that test for COVID-19 can also prescribe medication to eligible people who test positive.

You can also talk to your healthcare provider about getting tested and treated for COVID-19.

For more information about when to get tested, visit www.covid19ca.gov/get-tested/





GET PAID TO CONSERVE ENERGY WITH SDG&E'S POWER SAVER REWARDS PROGRAM

Help make California's energy grid stronger, safer and more reliable for all Californians this summer – and get paid for it too! The Power Saver Rewards program rewards you for lowering your electricity use when energy is in high demand. This summer, it pays to be flexible. Here is how it works. Increased demand for cooling on hot summer days strains the electrical grid and creates a higher risk of power outages. If you are eligible and can reduce your energy use during a Power Saver event between the peak hours of 4 p.m. – 9 p.m., you may receive a bill credit. The more energy you conserve, the more you can save!

Participation is voluntary and there is no penalty if you are unable to conserve energy. It's a win-win because you'll save on your monthly energy bill and contribute to a cleaner environment. Visit sdge.com/PowerSaver to enroll or find out more about the program.



Podcasts We're Listening To

Disarming Disability

Nicole Kelly and Sarah Tuberty powerfully deconstruct disability through candid conversations with experts exploring topics related to disability. They look to educate, empower, voice, and build a more inclusive society.

To listen to this podcast, search for it in the Apple Podcasts app.

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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