



ACCESS TO INDEPENDENCE

FEB. 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: 02/02/23

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: We welcome 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: 02/17/2023

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: Living Well at Home

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

Date: 02/24/2023

Time: 3 - 4 PM

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

Contact: Maria Igros, Independent Living Services Coordinator, (80) 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: 02/27/2023

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@accessto independence.org

Escondido Branch

Event #1: Brad Rich Invitational

Description: You are invited! The first tournament hosted by the Naval Medical Center San Diego Wolfpack Wheelchair Basketball Team was in 2013, at the time it was known as the home tournament for the team. Today, it is known as The Brad Rich Invitational. This year's tournament will include some of the BEST wheelchair basketball teams from across the nation!

Date: 02/03/2023 - 02/05/2023

Time: ALL DAY EVENT starting at 8 AM

Location: The ARC at San Diego State University. 5301 55th St. San Diego, CA 92182

RSVP: No RSVP Needed. Admission is FREE

Upcoming Events

Escondido Branch

Event #2: 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 #3: 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 #4: 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 #5: 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 #6: 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@accesstoindpendence.org

Event #7: 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 #8: 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@accesstoindpendence.org

Event #9: 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: How & Why to Participate in Your Community

Description: Everyone deserves to have their voice heard. Participants in the workshop will learn how and why to actively participate in their community including overcoming obstacles. Space is limited so please RSVP today. Participants will receive a free A2I tote bag with PPE.

Date: 02/03/2023

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: How & Why to Participate in Your Community

Description: Everyone deserves to have their voice heard. Participants in the workshop will learn how and why to actively participate in their community including overcoming obstacles. Space is limited so please RSVP today. Participants will receive a free A2I tote bag with PPE.

Date: 02/13/2023

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: How to Develop & Maintain Interpersonal Relationships

Description: Professional and personal relationships matter. Learn how to become a better listener, how and why to develop and maintain relationships with friends, family, coworkers, neighbors, landlords, and more. Space is limited so please RSVP today. Participants will receive a free A2I tote bag with PPE.

Date: 02/17/2023

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: How to Develop & Maintain Interpersonal Relationships

Description: Professional and personal relationships matter. Learn how to become a better listener, how and why to develop and maintain relationships with friends, family, coworkers, neighbors, landlords, and more. Space is limited so please RSVP today. Participants will receive a free A2I tote bag with PPE.

Date: 02/28/2023

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

San Diego Branch

Event #5: Youth in Action at San Diego Sockers

Description: Access to Independence welcomes all youth (age14-24) who have a disability to share a special night out at the San Diego Sockers game and meet new people! RSVP by Friday, January 24th for tickets. Scholarships available!

Date: 03/04/2023

Time: 6:45 PM

Location: Pechanga Arena, 3500 Sports Arena Blvd, San Diego, CA

Contact: Ryan Frisella, Youth Transition Coordinator, 619-704-2430,
rfrisella@accesstoindpendence.org

Imperial Valley Branch

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



KRISPY KREME DOZENS TO SUPPORT

Access to Independence of San Diego



\$15 PER DOZEN



50% DONATED BACK



ORDER BY February 28



<https://www.groupraise.com/offer-campaigns/6651>

Doughnut lovers ❤️, we have a treat for you...
Charitable (so guilt-free), fresh to order (and perfectly glazed), dozens!! Access to Independence of San Diego just launched a GroupRaise x Krispy Kreme Digital Dozen fundraising campaign. From now until February 28, 2023, 50% of orders will be donated back to our cause when you purchase your doughnuts using our fundraising sales page. \$15.00 per dozen!!

👉 Check it out here!

<https://www.groupraise.com/oc/6651-krispy-kreme/5T5YNX>

or Click [HERE](#)

(Scroll to the top of the newsletter and click on 'Accessible File' to use clickable link)

#krispykreme #doughnuts #groupraise #digitaldozen
#accesstoindpendenceofsandiego #donuts
#fundraiser

Daily Habilitation Workshop Escondido



What is the Daily Habilitation Workshop Series and what services does this program provide?

The Day Habilitation Workshop Series assists members in acquiring, retaining, and improving self-help, socialization, and adaptive skills necessary to reside successfully in their community. These services include trainings on how to use public transportation, personal skills development in conflict resolution, community participation, developing and maintaining interpersonal relationships, daily living skills (cooking, cleaning, shopping, money management) and community resource awareness such as police, fire, or local services to support independence in their community.

What are the eligibility requirements to enroll in the program?

To be eligible for this program, person must be experiencing homelessness, have exited homelessness in the last 24 months, are at risk of homelessness or institutionalization whose housing stability could be improved through participation in a day habilitation program.

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

Once found eligible, our Independent Living Services Coordinator will contact member and schedule a meeting to create an independent living plan that outlines all services to be provided along with time frames.

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**





NATURAL GAS PRICES AT HISTORIC HIGH

Natural gas prices are at a historic high and winter bills could soar due to extraordinary market conditions nationally. SDG&E has programs and services to help mitigate these increases. Visit sdge.com/assistance or sdge.com/asistencia to find out if you qualify for debt forgiveness, one-time payments, monthly bill discounts and more. And, for more information, you can read this article on SDG&E's NewsCenter page at sdgenews.com.

Wholesale prices for natural gas – a major source of fuel for winter home heating and electric generation – continue to surge and drive household energy bills higher nationwide. SDG&E does not mark up the cost of gas it buys for its customers so they do not make a profit from these rising market prices. SDG&E recognizes that no one wants to see their energy bills go up, especially now. Still, SDG&E also recognizes its responsibility to be transparent with its customers and help prepare them for higher energy bills this winter.

SDG&E has natural gas energy-saving tips to help you save on your bill during the cold weather.

1. **Block the chill:** Caulk and weather-strip around drafty doors and windows. Use a door sweep, door sock or towel at the bottom of doors with a gap.
2. **Keep your furnace and air filters clean:** Check furnace filters once a month and replace them regularly. A dirty air filter can increase your energy costs and cause problems with your equipment.
3. **Set your ceiling fan to run clockwise:** This causes the fan to produce an updraft, forcing the hot air that rises to your ceiling down and into the rest of the room. In the summer, you can switch the fans to counterclockwise to keep the room cool.
4. **Schedule a no-cost SDG&E gas appliance check:** Book your appointment at sdge.com/MyAccount or on SDG&E's mobile app available in the App Store or Google Play.
5. **Lower your thermostat:** Try lowering your thermostat a few degrees and throwing on a cozy sweater and socks. Invest in a smart thermostat. There are rebates on sdge.com/rebates.



NATURAL GAS PRICES AT HISTORIC HIGH

6. Lower your water heater thermostat: Lowering the thermostat on your water heater to 120°F, if possible, will save energy and avoid scalding. Check out water heater rebates on sdge.com/rebates.
7. Use the “energy saver” switch on your dishwasher and set it on a low temperature setting when feasible. Think about turning off the heat drying cycle – you don’t need it! Also, run full loads only and turn the appliance off after the dishes are washed. Run it during off-peak hours before 4 p.m. or after 9 p.m.
8. Try out meal prep: Take advantage of an already-warm oven by cooking multiple things at once or in big batches. Whether you have a natural gas oven or electric, you’ll save money on your bill – and have a well-stocked fridge with quick meals to boot.
9. Clear blocked vents: The arrangement of the furniture and appliances in your home may block vents and restrict air flow. The natural gas heating system is likely working harder because it’s harder to heat your home when vents are blocked.
10. Keep your blinds and curtains open during the day and closed at night: During the day, keep them open to let the sunlight and warmth in. When the sun goes down, close them to keep the warm air in.
11. Make sure your home is well-insulated: Without good home insulation, the hot air your natural gas heating system emits can escape through cracks, doors, windows, the attic and garage.
12. Reduce the use of personal heaters: Space heaters use up a lot of energy and they’re an inefficient way to warming up large areas. If you want to heat up a small space, consider a radiant personal heater which is more energy-efficient than other models.



NATURAL GAS PRICES AT HISTORIC HIGH

13. Keep vents and interior doors open to promote airflow: It is commonly thought that closing vents and doors to unused rooms will reduce energy use, but air will build up inside of your ducts because there will be less vents available to release that air. The increased pressure in your ducts will make it harder for your air handler to blow air into the ducts and the restricted airflow will cause efficiency problems similar to a dirty air filter. Also, if your ducts have leaks, the increased pressure in your ducts will push air out of those leaks and force your system to work longer to compensate.

Visit [sdge.com/MyEnergy](https://www.sdge.com/MyEnergy) for more bill-saving and energy management resources.



FEBRUARY 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: 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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