

ACCESS TO INDEPENDENCE

JULY 2022 NEWSLETTER



Americans with Disabilities Act 32nd Anniversary

Access to Independence is proud to support the Americans with Disabilities Act (ADA) 32nd Anniversary. On July 26th we celebrate this important civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else.

Check out how we are celebrating the ADA anniversary by reading this newsletter!

#ADA32 #ThanksToTheADA

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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@accessto independence.org

Event #2: Emergency Preparedness Workshop

Description: Hawaii's Hurricane Season is from July to December. Everyone, including People with Disability, should be ready for such season. Most importantly, having an Emergency Preparedness Kit is a step in the right direction. Join us and get a free kit!

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@accessto independence.org

Upcoming Events

Hawaii Branch

Event #3: Transition & Diversion Expo

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

Date: 07/21/2022

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

Location: Zoom Room

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

Event #4: Youth Transition Peer Support

Description: Join us as we present what the Youth Transition Program can offer you! This program assists 14-24 years old in your transition towards higher education, employment, independence and more!

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@accesstoIndependence.org

North County 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@accesstoIndependence.org
Vivian Radam- (619)704-2435 vradam@accesstoIndependence.org

Upcoming Events

North County Branch

Event #2: 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

Event #3: 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

Event #4: 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 #5: 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

Upcoming Events

North County Branch

Event #6: 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 #7: 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

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: 07/12/2022 & 07/26/2022

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

Location: 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: 07/29/2022

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

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

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

Upcoming Events

Mission Valley Branch

Event #3: Emergency Preparedness Workshop

Description: Access to Independence and Wakeland Housing and Development Corporation are partnering to bring you an Emergency Preparedness workshop. Learn about preparing for an emergency, community resources, managing a disability, and creating your own personal plan. Sign up to attend and receive a free emergency kit! *Requests for equal access (ASL interpreter, large print, braille) should be made no later than 10 working days prior to the meeting.

Date: 07/28/2022

Time: 1:00 PM - 3:00 PM PST

Location: Talmadge Gateway Community Room

Contact: Jeffrey Najarian, Wellness Coordinator, (619) 501-9992, jnajarian@wakelandrs.org

Event #4: 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: 07/07/2022

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

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

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

Event #5: Wellness Workshop: How to Keep Going When the Going gets Tough

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: 07/21/2022

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

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

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

Event #6: Transportation & Access Group

Description: The Transportation & Access Group meets monthly to discuss mobility and access issues as it relates to transportation and public infrastructure. Group members may discuss ideas, challenges, and solutions. Access to Independence staff is there to provide education, support, and additional resources.

Date: 07/11/2022

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

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

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

Upcoming Events

Imperial Valley Branch

Event #1: Employment Skills Workshop

Description: If you would like to learn about your rights in the work environment, come join our workshop. Where you will learn about employment skills, resume building, interview preparedness and more. This workshop is open for individuals with disabilities!

Date: 07/20/2022

Time: 2:00 PM PST

Location: Zoom Room

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

Event #2: Smartphone Accessibility Features Workshop

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

Date: 07/12/2022

Time: 10:00 AM PST

Location: Zoom Room

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

Event #3: Employment & Assistive Technology Fair

Description: Join us in celebrating the Americans with Disabilities Act at El Centro Regional Medical Center's Wellness Wednesday Fair! We welcome employers and job seekers with various levels of experience, training and education. Agencies are encouraged to participate and showcase their services by providing resources and information to the public. Everyone is welcome to join!

Date: 07/27/2022

Time: 3 - 6 PM PST

Location: ECRMC Community Education Center. 3451 Dogwood Rd. El Centro CA

Contact: Karen Teran, Program Manager, 760-618-0189, kteran@accesstoindpendence.org



DISABILITY

AWARENESS & INCLUSION

CELEBRATION & FUNDRAISER

**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 !**

@JACKED UP! BREWERY

SATURDAY, JULY 30, 2022 (1- 7 PM)

800 WEST GRAND AVE. ESCONDIDO, CA 92025



July is the 32nd Anniversary of the Americans with Disabilities Act! Join us in celebrating! Our North County Branch will be hosting a fundraiser and celebration of disability awareness and inclusion at Jacked Up Brewery!

Image Description: Above: Access to Independence logo on left hand side along with cartoon images on the right with people joining hands. Image says "Disability Awareness and Inclusion Celebration and Fundraiser. Join us in supporting our cause to maximize independence among people living with disabilities in our community. Expect: Taco bar, bands, games, gifts and loads of fun. At Jacked Up! Brewery. Saturday, July 30, 2022 (1 -7 PM). 800 West Grand Ave. Escondido, CA 92025. Beneath words has Jacked up Brewery logo with colorful hands reaching up.



EMPLOYMENT & ASSISTIVE TECHNOLOGY FAIR

July 27, 2022

Join us in celebrating the Americans with Disabilities Act at El Centro Regional Medical Center's Wellness Wednesday Fair! We welcome employers and job seekers with various levels of experience, training and education. Agencies are encouraged to participate and showcase their services by providing resources and information to the public. Everyone is welcome to join!

Location/Time

**ECRMC Community Education Center
3451 Dogwood Rd. El Centro**

3 - 6 PM



To register, contact:
Karen Teran,
Program Manager,
Direct (760)618-0189,
kteran@accesstoindependence.org

Image Description: Text says "Employment & Assistive Technology Fair. July 27, 2022. Join us in celebrating the Americans with Disabilities Act at El Centro Regional Medical Center's Wellness Wednesday Fair! We welcome employers and job seekers with various levels of experience, training and education. Agencies are encouraged to participate and showcase their services by providing resources and information to the public. Everyone is welcome to join! Location/Time: ECRMC Community Education Center. 3451 Dogwood Rd. El Centro. 3 PM - 6 PM. To register contact: Karen Teran, Program Manager, direct (760)618-0189, kteran@accesstoindependence.org. Image on bottom left shows a cartoon character of a man holding a magnifying glass up to a screen as if to search for jobs. To the right of the screen is a brief case.

Program Highlights

Voting Advocacy - All Branches

Are you planning to vote this midterm? We have an entire program that is dedicated to reducing barriers to the ballot and assisting consumers with registering to vote and voting in person by absentee ballot.

Voting is a critical instrument to enabling all people, including people with disabilities, to feel like they are part of the system. The changes that we've been making over the years in relationship to state and national laws, have really been affected by our ability as disabled people to vote and to participate in the overall process.

We are committed to ensuring that no person is denied the right to vote. It is our responsibility to ensure that all people who are eligible to vote out of the 60 million disabled people in the U.S. not only see themselves as having the right to vote but will participate in this fight to end barriers to voting.

Interested in learning more? Reach out to Andrea Brunye at accessmedia@accesstoindpendence.org





POST-VACCINE COVID-19 CASES

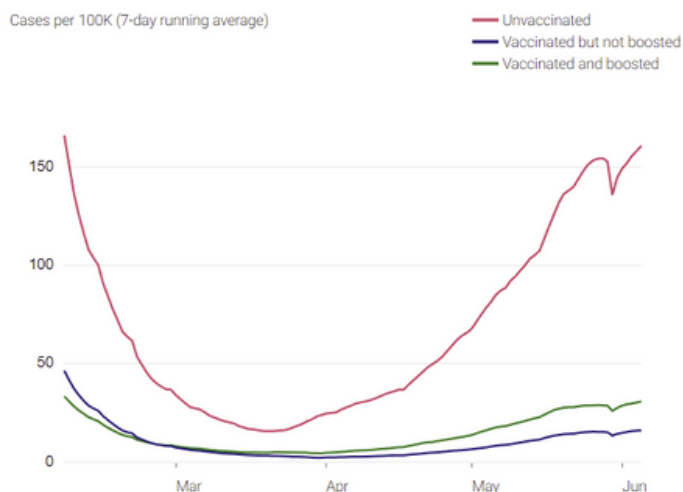
Post-vaccination cases are individuals who are fully vaccinated and have a positive SARS-CoV-2 molecular (e.g. PCR) test 14 days or more after they have completed their full one-dose or two-dose COVID-19 vaccination series. They are also referred to as vaccine breakthrough cases.

Unvaccinated and vaccinated data

Vaccines prevent serious illness, save lives, and reduce further spread of COVID-19. As more people are vaccinated, the virus is less likely to spread, mutate, and potentially become even more dangerous. Vaccines will help put an end to the pandemic.

From May 30, 2022 to June 5, 2022, unvaccinated people were **5.2 times more likely** to get COVID-19 than people who received their booster dose.

From May 30, 2022 to June 5, 2022, unvaccinated people were **5.2 times more likely** to get COVID-19 than people who received their booster dose.



[Unvaccinated and vaccinated cases, hospitalizations, and death source data](#) Data is updated on Fridays.

Schedule your COVID-19 vaccine today.
Visit myturn.ca.gov



EVER WONDER WHAT YOU'RE PAYING FOR IN YOUR SDG&E BILL?

The rising cost of energy is straining a lot of Southern California households. SDG&E hears your concerns and wants you to know what you are paying for. Supplying power to the community includes the cost of energy production, delivering that energy, plus the costs of building and maintaining infrastructure that ensures clean, safe and reliable energy in the future.

Why is SDG&E's pricing higher than other utilities?

1. We use a higher amount of renewable energy to address climate change than other utilities
2. We have developed the nation's leading wildfire safety program to keep communities safe
3. Technology subsidies required by the state and paid for by customers, such as Net Energy Metering, increases electricity costs for customers without solar by about \$260 per year
4. Legislative mandates that account for about 24% of electricity rates
5. We make improvements to ensure the power grid remains safe and reliable

Your energy bill is impacted by weather, how much energy you use and energy market conditions. What you may not know is that your energy bill is also impacted by regulatory proceedings at the California Public Utilities Commission (CPUC). SDG&E, alongside consumer advocates and other key stakeholders, participates in many CPUC proceedings throughout the year. SDG&E works aggressively to reduce the energy cost burden on its customers while continuing the pursuit of California's ambitious climate goals.

The price SDG&E pays for electricity and natural gas is the exact same price our customers are charged. There is no markup of any kind and SDG&E makes no profit on energy procurement. There are no quick fixes for lowering the cost of energy, but SDG&E provides several programs for those needing payment assistance. Learn more at sdge.com/assistance.

To learn more about SDG&E's energy pricing, visit sdgeratesinfo.com.



Podcasts We're Listening To

Disability Talk by Shayne Marks

In my podcast series, I chat about my daily experiences living with a disability within the NDIS, and also chat with some interesting people who work in the disability sector or have a disability.

To listen to this podcast, search for it in the Spotify 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

Follow us on Instagram: [@accesstoindpendence](https://www.instagram.com/accesstoindpendence)

Follow us on Facebook: [@Accessstoindpendence](https://www.facebook.com/Accessstoindpendence)