

ACCESS TO INDEPENDENCE

JUNE 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: VAAIA (Blind & Low Vision) Program Expo

Description: Join us as we present what the VAAIA Program can offer you. If you are blind, low vision, and interested in the different technologies that can open up new worlds for you, this is the program for you.

Date: 06/20/2022

Time: 1100 AM - 12:00 PM HST

Location: Zoom Room

Contact: Keao Wright, Independent Living Services Coordinator, (808) 731-0878,
kwright@accesstoindependence.org

Upcoming Events

Hawaii Branch

Event #3: Housing Advocacy Kauhale Program Expo

Description: Join us as we present the many services that Access to Independence offers under the Housing Advocacy Program, aka Kauhale. A presentation on our programs and services will also be provided to help participants understand which programs their referrals may be eligible for!

Date: 06/03/2022

Time: 8:00 AM - 4:30 PM HST

Location: Kekaulike Courtyards, 1016 Maunakea St. Honolulu, HI 96817

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

Event #4: 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@accesstoindpendence.org

Event #5: Youth Transition Program OPIO Expo

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: 06/15/2022

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

Location: Zoom Room

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

North County Branch

Event #1: 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

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@accesstoindpendence.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@accesstoindpendence.org

Mission Valley Branch

Event #1: Transportation & Access Group

Description: Join us as we meet monthly to discuss mobility and access issues as it relates to transportation and public infrastructure. Group members may discuss ideas, challenges, and solutions!

Date: 06/13/2022

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

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

Contact: Nancy Vera, Program Manager, (619) 704-2443, nvera@accesstoindpendence.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: 06/24/2022

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@accesstoindpendence.org

Upcoming Events

Mission Valley Branch

Event #3: Emergency Preparedness Workshop

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

Date: 06/14/2022 & 06/28/2022

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 #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: 06/02/2022

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@accesstoindependence.org

Event #5: 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: 06/16/2022

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@accesstoindependence.org

Event #6: Youth Group

Description: Youth Group is a place for youth with disabilities to come together and share experiences, learn new skills, increase independence, and meet new people.

Date: 06/09/2022

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

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

Contact: Ryan Frisella, Youth Services Coordinator, (619) 704-2430, rfrisella@accesstoindependence.org

Upcoming Events

Imperial Valley Branch

Event #1: Health & Wellness

Description: Join us to learn about the impact of Alzheimer's. The difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors. Current research and treatments available to address some symptoms. As well as Alzheimer's Association resources!

Date: 06/16/2022

Time: 10:00 AM PST

Location: Zoom Room

Contact: Judy Brown Independent Living Services Coordinator Tel: (619) 293-3500 x 233

jbrown@accesstoindpendence.org

Event #2: Meal Planning Class

Description: Join our meal planning class. In this class you will learn the simplest, most effective system for meal planning and broken down into three key steps: selecting recipes, shopping for ingredients, and prepping your meals. Cooking and learning how to eat a healthy balanced diet is an important life skill. The healthier you are, the more you are able to do!

Date: 06/29/2022

Time: 2:00 PM PST

Location: 321 Wake Ave. El Centro CA 92243

Contact: Susana Garcia Independent Living Services Coordinator, Tel: (760)965-4199,

sgarcia@accesstoindpendence.org

Event #3: Art Expression Class

Description: Join our virtual 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. You will learn techniques in independent living skills while having fun!

Date: 06/17/2022

Time: 2:00 PM PST

Location: 321 Wake Ave. El Centro CA 92243

Contact: Susana Garcia Independent Living Services Coordinator, Tel: (760)965-4199,

sgarcia@accesstoindpendence.org

Hawaii Branch

Event #6 Job Readiness Expo

Description: Join us as we present the many services that Access to Independence offers under Job Readiness, aka Hana. A presentation on our programs and services will also be provided to help participants understand which programs one may be eligible for!

Date: 06/16/2022

Time: 2 - 3 PM

Location: Virtual Event

Contact: Nicole Bayaua, Independent Living Services Coordinator, 808-626-5458,

NBayaua@accesstoindpendence.org

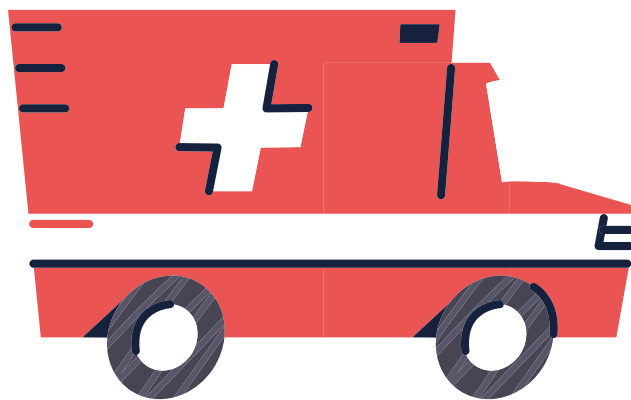
Program Highlights

Emergency Preparedness - Escondido Branch

Are you prepared for when an unexpected emergency occurs? Our Emergency Preparedness Workshop trains individuals on how to develop an emergency plan for an evacuation and/or shelter in place during a natural disaster. California experiences it's fair share of earthquakes, fires, and other natural disasters and your safety is important to us. Attend this workshop and receive a free emergency preparedness kit with items needed for a natural disaster.

You won't want to miss out on this great opportunity...

Interested in learning more? Reach out to Vivian Radam, Independent Living Services Coordinator, (619)704-2435, vradam@accesstoindependence.org





GET VACCINATED EVEN IF YOU HAD COVID-19 AND THINK YOU ARE IMMUNE

You should get a COVID-19 vaccine even if you already had COVID-19. No currently available test can reliably determine if you are protected after being infected with the virus that causes COVID-19.

Getting a COVID-19 vaccine after you recover from infection with the virus that causes COVID-19 provides added protection to your immune system. People who already had COVID-19 and do not get vaccinated after their recovery are more likely to get COVID-19 again than those who get vaccinated after their recovery.

Routine Medical Procedures and Screenings

Most routine medical procedures and screenings can be performed before or after COVID-19 vaccination. However, if you are due for a mammogram, ask your doctor about when you should get a vaccine. Some experts recommend getting your mammogram before being vaccinated or waiting four to six weeks after getting your shot. People who have received a COVID-19 vaccine can have swelling in the lymph nodes (lymphadenopathy) in the underarm near where they got the shot. This is more common after booster or additional doses than after the primary vaccination series. It is possible that this swelling could cause a false reading on a mammogram.

Talk to your doctor if you have any questions or concerns about getting vaccinated before or after any routine medical procedures or screenings.

At the Vaccination Site

Before you arrive, contact the site where you will be vaccinated or review your appointment confirmation email for details about your vaccination appointment.



- **When getting a vaccine, you or your child and your healthcare provider will need to wear masks that cover your nose and mouth.** Stay 6 feet away from others while inside and in lines. Learn more about protecting yourself when going to get your COVID-19 vaccine.
- **You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you or your child received.** Each approved and authorized COVID-19 vaccine has its own fact sheet that contains information to help you understand the risks and benefits of receiving that specific vaccine. Learn more about different COVID-19 vaccines.
- **After getting a COVID-19 vaccine, you or your child should be monitored on site for at least 15 minutes.**

After Getting a COVID-19 Vaccine

- After getting a COVID-19 vaccine, you or your child should be monitored on site for at least 15 minutes.
- People may experience side effects after getting a COVID-19 vaccine.
- If you are getting a COVID-19 vaccine that requires two doses, be sure to schedule an appointment for your second shot.

Booster Shot

Everyone ages 12 years and older should get a booster after completing their primary series in order to stay up to date on their COVID-19 vaccines. A booster shot enhances or restores protection against COVID-19, which may have decreased over time.

For information on where to get vaccinated visit: www.myturn.ca.gov



REDUCE YOUR USE EVENT HOURS ARE CHANGING

When you use energy matters, especially if you are on an SDG&E pricing plan that has a Reduce Your Use event day component. This is when customers may be asked to reduce their energy use between certain hours to help ease the strain on the power grid.

Effective June 1, 2022, Reduce Your Use hours are changing from the previous hours of 2 p.m. – 6 p.m. to the new hours of 4 p.m. – 9 p.m. When a Reduce Your Use event is called, the price of electricity from 4 p.m. – 9 p.m. will significantly increase. If you're not able to reduce your energy use during these hours, it may impact your monthly bill.

If you are on an SDG&E Reduce Your Use pricing plan, it is important that your communication preferences are up to date. You will receive notifications when a Reduce Your Use event day is called and it is time to conserve. Up to 18 events can be called per year.

Not sure if you are on a pricing plan with a Reduce Your Use component? Sign into My Account on myaccount.sdge.com to review your pricing plan and find ways to save. You can also sign up for energy use alerts and notifications.



Podcasts We're Listening To

The Accessible Stall with Kyle & Emily

Casual conversations and friendly arguments about both light and heavy everyday disability topics, with two good disabled friends who often have different takes on disability issues.

Listen to this podcast on Spotify or Apple Podcasts

Imperial County



WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders



SAVE THE DATE

WORLD ELDER ABUSE AWARENESS DAY

IN-PERSON CONFERENCE

TUESDAY, JUNE 21, 2022 | 8:30 AM TO 12 NOON

Registration details to follow

This event is presented by a community-based team of government and community organizations in Imperial County that are committed to addressing abuse, neglect and exploitation of elders through enhanced collaboration and coordination of community resources to professionals, caregivers and interested individuals.



Imperial County World Elder Abuse Awareness Day

Save the Date

Tuesday, June 21, 2022

8:30 AM to 12 PM

Registration details to follow

This event is presented by a community-based team of government and community organizations in Imperial County that are committed to addressing abuse, neglect, and exploitation of elders through enhanced collaboration and coordination of community resources to professionals, caregivers, and interested individuals.

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>

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