

ACCESS TO INDEPENDENCE

NOV. 2022 NEWSLETTER



Upcoming Events

Hawaii Branch

Event #1: Cross Disability Support Group

Description: When experiencing Hardship or 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: 11/03/22

Time: 2:00 PM - 4:00 PM HST

Location: Zoom Room

Contact: Rose Camacho, Transition & Diversion IL Services Coordinator, 808-626-5475,
RCamacho@accesstoindpendence.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: 11/22/2022

Time: 2 - 3 PM

Location: Zoom Room

Contact: Keao Wright, IL Services Coordinator, (808) 731-0878,
KWright@accesstoindpendence.org

Upcoming Events

Hawaii Branch

Event #3: Youth Transition Program Peer Support Group

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: 11/15/22

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

Location: Zoom Room

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

Event #4: Independent Living Skills Workshop

Description: Join us as we explore the AINA Program aka Independent Living Skills Program for people with disabilities in the different areas of the day-to-day activities. These skills may include Personal Care, Home Management, Financial Management, Coping Skills, and Cooking Skills. Workshop may include Advocacy for Employment, Housing, and Transportation. Most importantly, a wealth of information necessary for living in the community and participating in the community activities.

Date: 11/18/22

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

Location: Zoom Room

Contact: Maria Igras, IL Services Coordinator, (808) 369-9525

Event #5: 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: 11/28/22

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

Location: Zoom Room

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

Upcoming Events

Escondido 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@accesstoIndependence.org

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

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

Upcoming Events

Escondido Branch

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@accesstoindpendence.org

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

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

Upcoming Events

San Diego Branch

Event #1: Youth in Action

Description: Youth In Action is a place for youth (age 14-24) with disabilities to come together and share experiences, learn new skills, increase independence, and meet new people.

Date: 11/10/2022

Time: 4:00 - 5:30 PM PST

Location: 8885 Rio San Diego Drive, San Diego, CA 92108 - Conference Center, Suite 100

Contact: Ryan Frisella, rfrisella@accesstoindependence.org 619-704-2430

Imperial Valley Branch

Check out our website for upcoming events!

FDA HEARING AIDS FINAL RULE



For millions of Americans, hearing aids and the doctor's visit to get them prescribed are too expensive. About 1 in 8 people in the U.S. ages 12 and older have hearing loss in both ears, about 25% of people 65 to 74, and 50% around age 75. On average, people spend at least \$4,000 out of pocket for devices for both ears... some can cost as much as \$6,000 per ear, depending on the technology.

Last month, an Executive Order made hearing aids available over the counter without a prescription. Americans will be able to purchase more affordable hearing aids over the counter at pharmacies and stores across the country. Hearing aids now cost thousands of dollars less than they previously cost.

The final rule issued by the FDA says that adults with mild to moderate hearing loss can buy hearing aids at a store or online without a prescription exam, or audiologist fitting. FDA estimates this could lower average costs by as much as \$3,000 per pair- providing significant breathing room for the nearly 30 million Americans with hearing loss, including nearly 10 million adults under age 60. Retailers across the country are now selling over-the-counter hearing aids. Options available today or coming soon include:

- Walgreens is selling hearing aids at stores nationwide and online for \$799 per pair. According to Walgreens, comparable models sold by specialists range from \$2,000 to \$8,000 a pair.
- CVS is selling over-the-counter hearing aids on CVS.com, with varying options on model and price point. CVS will also offer hearing aids in select CVS Pharmacy locations beginning in November.
- Walmart is offering an assortment of over-the-counter hearing aids on Walmart.com, SamsClub.com, and in over 1,000 Vision Centers in Walmart stores across Colorado, Michigan, Missouri, Ohio, Pennsylvania, Tennessee, and Texas, as well as 474 Sam's Club Hearing Aid Center locations. Available products will range in price from \$199 to \$999 per pair, while according to Walmart, comparable prescription hearing aids are priced at \$4,400 to \$5,500 per pair.
- Best Buy offers nearly 20 different hearing devices online. By the end of October, it will offer hearing aids in nearly 300 stores across the country. Devices will range in price between \$200 and \$3,000.
- Hy-Vee will sell over-the-counter hearing aids online and in 34 locations across Iowa, Kansas, Minnesota, Missouri, Nebraska, and Wisconsin. Hy-Vee plans to offer hearing aids in 100 locations by the end of the year. Hy-Vee will offer four models ranging in price from \$499.99 to \$999.99.





ANNUAL CARE BASKET DRIVE

Help us provide 40 Care Baskets to families with disabilities that received Independent Living services from our center.

Sponsoring 1 basket in the amount of \$50 will provide a family of 4 with a complete holiday meal but any sponsorship helps us reach our goal of \$2000.

**8885 Rio San Diego Dr. Suite 135
San Diego, CA 92108**

Your gift is tax deductible to the fullest extent allowed by the law.

Tax ID: 51-0197097

SPONSORSHIP OPPORTUNITIES

Title Sponsor - \$2,000

- Co-branding of event with Access to Independence
- Prominent logo placement on website
- Name included in all press releases and media advisories
- Logo acknowledgement on social media and newsletters
- Logo promoted at Access to Independence San Diego location
- Logo on acknowledgement poster for event

10 Holiday Meal Sponsor - \$500

- Name included in all press releases and media advisories
- Logo acknowledgement on social media and newsletters
- Logo promoted on Access to Independence website

5 Holiday Meal Sponsor - \$250

- Name included in all press releases and media advisories
- Logo acknowledgement on social media and newsletters



SDGE FERA PROGRAM

SDG&E recognizes this is still a challenging time for many customers. Even if you have never qualified for assistance before, you may be eligible now. If you have three or more people in your household and are having a hard time paying your electric bill, you may be eligible for an 18% discount on your electric bill. To apply, call Access to Independence at **619-293-3500** or **619-704-2058**



*You may qualify for a 18% discount
on your monthly electric bill.
sdge.com/fera*



OCTOBER 2022

WE'RE HIRING

ACCESS TO INDEPENDENCE

PROGRAM MANAGER

Imperial Valley Branch

SEND YOUR RESUME TO JOBS@ACCESSTOINDEPENDENCE.ORG

The Program Manager at Access to Independence is responsible for handling several programs and all program-related projects to ensure that they are in line with the stated goal(s) of the branch and organization. Goals include local and state-wide systemic issues. For this purpose, the Program Manager must be aware of local and statewide issues that affect people with disabilities, have the capacity to organize, train consumers on effective organizing practices, and affect change through demonstrable outcomes. The Program Manager provides quality control for the organization's programs through methods that include supervising and training staff and volunteers, monitoring program activities, and ensuring intended outcomes are met. The Program Manager is the front-line representative of the branch they manage, develops strong relationships with local leaders, reports on new trends and local and statewide funding resources that will benefit the local branch. The Program Manager supports the organization's strategic direction and manages short and long-term goals. The Program Manager directly supervises and evaluates the performance of branch staff. Program Managers must be analytical about systemic issues, must demonstrate excellent communication and interpersonal skills to communicate problems and potential solutions. The Program Manager works collaboratively with the Director of Programs in the development of all new programs that includes elements of grant writing, fundraising, and data analysis relevant to the needs of all branch programs.

Qualifications:

- Master's degree in a social service or related field
- At least 5 years management experience
- 3-5 years working for a non-profit charitable organization
- Proven Fundraising experience
- Proven stakeholder engagement
- Competency in Microsoft applications using Word, Excel, and Outlook
- Bilingual

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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