

ACCESS TO INDEPENDENCE

OCT. 2022 NEWSLETTER



Upcoming Events

Hawaii Branch

Event #1: Transition & Diversion Outreach

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: 10/13/22

Time: 2:00 PM - 3:00 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: 10/14/2022

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: Waimanalo Senior Citizens Halāwai

Description: Access to Independence will be presenting to senior citizens at the Waimanalo Senior Citizens Club about our programs and services! All services and programs of Access to Independence will be on full display but with an emphasis on Transition & Diversion! Join us!

Date: 10/18/2022

Time: 10 – 11 AM

Location: Waimanalo Gym 41-415 Hihimanu St, Waimanalo, HI 96795

Contact: Brock Lyle, IL Skills Services Coordinator, (808) 756-9595,

Blyle@accesstoindpendence.org

Event #4: Youth (Opio) Transition Program Outreach

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: 10/17/22

Time: 1:00 PM – 2:00 PM HST

Location: Zoom Room

Contact: Brock Lyle, ILSC, 808-756-9595 or blyle@accesstoindpendence.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: 10/31/22

Time: 2:00 PM – 3:00 PM HST

Location: Zoom Room

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

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

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

Upcoming Events

San Diego Branch

Stay tune for events happening in our Mission Valley location via Instagram and Facebook!!

Imperial Valley Branch

Event #1: 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 much more!

Date: 10/26/2022

Time: 10:00 AM PST

Location: Zoom Room

Contact: Mildreth Quintero Youth Services Coordinator Direct: (760)890-4651
mquintero@accesstoindpendence.org

Event #2: Emergency Preparedness Workshop

Description: Join us for an Emergency Preparedness workshop to learn how to prepare for an event of a natural disaster. Learn about resources in Imperial County area as well as creating your own personal plan. An emergency kit will be provided for individuals who attend the workshop! Spaces are limited.

Date: 10/12/2022

Time: 4:00 PM PST

Location: Zoom Room

Contact: Mildreth Quintero, Youth Services Coordinator, (760)890-4651 or
mquintero@accesstoindpendence.org



Our Instagram page has reached over 1k followers. To celebrate this we are having a giveaway contest!

Follow us on Instagram at @accessstoindpendence to enter for a chance to win an Emergency Kit!

Compelling New York Times Documentary about Legally Blind Artist Aims to Help Expand our Definition of Blindness



The general perception out there when it comes to vision is that you either have it fully or you're completely blind. If someone loses vision, we tend to think that a switch was flipped to the off position, causing them to lose all of their vision. However, there are many instances where an individual may lose sight gradually over a long period of time. In fact, 85% of legally blind people can see some light and their vision can change throughout the day. They may be able to see a person quite well in one moment and in the next, perhaps not so much. This documentary aims to show the audience what it's like to slowly lose vision.

In the first episode of a three-part documentary series, New York Times features Yvonne Shortt – a talented sculptor who is legally blind, losing her vision slowly to an optical disease called Retinitis Pigmentosa. She is able to see some things some of the times, depending on ambient lighting, her distance from the object, where the object is in her line of vision, etc. In this episode, Yvonne starts with the question that many people tend to have when they meet her – you don't *look* blind! She shares with us the moment in her life when she realized something was wrong and what she found through further investigation and talking to five doctors – that she will lose her vision altogether in the future. In the 13 years since her diagnosis, she has developed many ways to adapt including “scanning”. She also talks about how her perceptions towards the white cane changed when she joined a support group.

In your search engine search for:
<https://youtu.be/Xo4HKyW-3hc>

Descriptive audio is available for this video. In YouTube, go to settings – audio track and select ‘English descriptive.’

Through her artwork that involves installation, sculpture, and paint, Yvonne's subjects of exploration are community, disability, race, equity, and equality.

Why You Should Stay Up to Date with Your COVID-19 Vaccines



Getting vaccinated and boosted **greatly reduces** your risk of severe illness, hospitalization, and death.



COVID-19 vaccines, including boosters, are **effective against known variants**, including Omicron.



All COVID-19 vaccines currently approved or authorized in the U.S. are **proven to be safe.**



FIND A VACCINE NEAR YOU: [WWW.VACCINES.GOV](https://www.vaccines.gov)



SIMPLE TIPS TO REDUCE ENERGY USE AT HOME

Want to stay cool and reduce your energy use at the same time? Check out these helpful tips from San Diego Gas & Electric.

- 1.Pre-cool your home.** Take advantage of lower-priced energy by using your A/C to cool your home before 4 p.m. During on-peak hours of 4 p.m. to 9 p.m., adjust your thermostat to 78 degrees or higher, health permitting.
- 2.Cool down with a fan.** Turn off fans when you leave a room as fans cool people, not rooms. During warmer months, using your ceiling fan while your A/C is on allows you to raise your thermostat around 4 degrees and maintain the same level of comfort. Run ceiling fans counterclockwise to push cool air down. In cooler months, run your fans clockwise at a low speed to draw room air up and force warm air down.
- 4.Block the sun.** During the hottest part of the day, cover windows to block the sun's heat. If you can, open windows at night and early mornings to let the cool air in.
- 5.Use small appliances.** Instead of the oven, use small appliances such as a microwave, toaster oven or slow cooker. They use less energy and won't add much heat to your home.



Podcasts We're Listening To

Disability Employment

The CDERP podcast series is about sharing information, ideas and educating the community about Disability Employment.

We cover a wide range of areas from practice, services, policy, participants, family and more.

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

OCTOBER 2022

WE'RE HIRING

ACCESS TO INDEPENDENCE

YOUTH SERVICES COORDINATOR

Escondido Branch

SEND YOUR RESUME TO JOBS@ACCESSTOINDEPENDENCE.ORG

Under the supervision of the Program Manager, the primary goal of the Youth Transition Services Coordinator is assisting persons with disabilities aged 14-24 to reach consumer-driven goals related to enhancing, improving or maintaining their independence through the provision of programs offered at the CIL and connecting people to community services. The Youth Transition Service Coordinator performs various duties in support of Access to Independence mission as well as all programs and may also have unique duties and responsibilities associated with a particular grant.

Qualifications:

- Lived experience; preferred
- Associate's or Bachelor's degree in a related field; preferred but not required
- Bilingual, American Sign Language certified; preferred
- Successful clearance of Background/DOJ Live Scan and proof of a valid driver's license and current automobile insurance and/or ability to get around the community as necessary

In order to succeed in this role, candidates must have proven experience or interest in the following:

- Establishing trusting, collaborative relationships with consumers to help them achieve their goals
- Identifying consumer skills, training needs and other resources
- Community outreach
- Commitment to the philosophy of Independent Living, including consumer-control, peer support, self-determination, equal access, individual and systems advocacy
- Crisis intervention
- Resourcefulness about local and national resources that benefit people with disabilities and their family
- Logical problem-solving techniques
- Positive interactions with persons of diverse disabilities, diverse socio-economic backgrounds and education

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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

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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

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

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