

ACCESS TO INDEPENDENCE

SEPT. 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: 9/1/22

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: 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: 9/26/22

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

Location: Zoom Room

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

Upcoming Events

Hawaii Branch

Event #3: Youth Transition Program Expo

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: 9/15/22

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

Location: Zoom Room

Contact: Brock Lyle, Independent Living Services Coordinator, 808-756-9595,
blyle@accesstoindpendence.org

Event #4: Job Readiness Program Expo

Description: Join Access to Independence as we present the many services offered under the Job Readiness Program, aka Hana Program! This is an excellent platform for guest speakers as well that will shed some light on the pathway to employment. Once in a while, you can also hear success stories from those that have landed their jobs. A presentation on our programs and services will also be provided to help participants understand which programs is best for them.

Date: 9/28/2022

Time: 2 - 4 PM

Location: Zoom Room

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

Event #5: Independent Living Skills Cooking Workshop

Description: Join us as we unveil our cooking workshop under the AINA Program, aka Independent Living Skills. We will show case kitchen tools, clean cooking area, cooking techniques, and Healthy cooking. Food samples can be available to those participating in person. Space is limited, so RSVP is required.

Date: 9/27/2022

Time: 10 AM - 12 PM

Location: Zoom Room & 200 N. Vineyard Blvd. Suite #508, Honolulu, HI 96817

Contact: Maria Igros, IL Services Coordinator, (808) 369-9525, MIgros@accesstoindpendence.org

Event #6: 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: 09/02/2022

Time: 2 - 3 PM

Location: Zoom Room

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

Upcoming Events

Hawaii Branch

Event #1: Mō'ili'ili Community Center Outreach

Description: Access to Independence will be collaborating on an outreach effort with Mō'ili'ili Community Center where the center will be welcoming the community members to attend and learn more about what Access to Independence has to offer them. While all services and programs of Access to Independence will be on full display, the main areas of interest will be focused on VAAIA and Transition & Diversion program.

Date: 9/21/22

Time: 10:00 - 11 AM

Location: 2535 S King St. Honolulu, HI 96826

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

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

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

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: 09/13/2022

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

Location: Conference room, 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: 09/30/2022

Time: 10:00 AM - 12 PM PST

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

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

Event #3: 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: 09/01/2022

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

Location: Zoom Room

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

Event #5: Whole Person Wellness Workshop: Creating the Life you Desire

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: 09/19/2022

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

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

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

Upcoming Events

Imperial Valley Branch

Event #1: Health & Wellness Class

Description: Join us as California Hands & Voices CPRC, CARES (Community, Advocacy, Resources, Empowerment Support) presents the services their organization provides to empower families with children and young adults with disabilities! This parent-driven organization provides resources needed to help families and people with disabilities from birth to age 26 navigate the special education system and other service systems.

Date: 09/15/2022

Time: 10:00 AM PST

Location: Zoom Room

Contact: Judy Brown Independent Living Services Coordinator Direct: (760)618-0167
jbrown@accesstoindpendence.org

Event #2: Youth 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: 09/20/2022

Time: 3:00 PM PST

Location: Zoom Room

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

Event #3: Employment Skills Workshop

Description: If you would like to learn about your rights in the work environment, come join our workshop! This workshop you'll meet guest speaker, Ryna Gutierrez from the Department of Rehabilitation and learn about employment skills, resume building, interview preparedness and more! This workshop is open for individuals with disabilities.

Date: 09/22/2022

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

7 Reminders for the General Election

By: Office of Elections

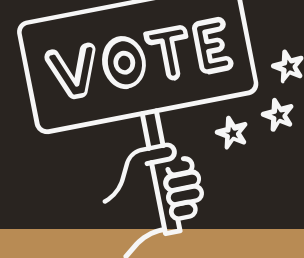
2022

Ahead of the 2022 General Election on Nov 8, we have a few key reminders for Hawaii voters

1. Hawaii is a vote-by-mail state. As a registered voter, your General Election ballot will conveniently arrive in your mailbox. Gone are the days of carving out time to vote at your assigned polling place. Hawaii voters are automatically mailed a ballot for every election.
2. Check that your voter registration is current. Visit elections.hawaii.gov or call (808)453-VOTE (8683) to verify that your voter registration is accurate. By law, ballots cannot be forwarded through the mail, so if you have moved or changed your mailing address,



Access to Independence



3. Vote your ballot. You can expect to receive your ballot by October 21 for the General Election. Read the instructions, mark your ballot with a blue or black pen, seal it in your return envelope, and sign the envelope.

4. Sign your ballot return envelope. The return envelope must be signed for the ballot to be counted. The signature on your return envelope is compared to the signature on your voter registration record. If the signature matches, your ballot is accepted and recorded to ensure only one ballot is counted for you.

5. Ballot must be received by 7:00 PM on November 8. Voted ballots can be returned by mail or dropped off at a Voter Service Center or Ballot Drop Box within your county. Visit <https://elections.hawaii.gov/voter-service-centers-and-places-of-deposit/>. Ballots received after the deadline cannot be counted.

6. Sign up to receive ballot alerts. Avoid missing the ballot return deadline by signing up for free ballot alerts! Visit hawaii.ballottrax.net or call (808)453-VOTE (8683) for assistance with enrolling. You can choose to receive text, email, and voice alerts for when your ballot is on its way, and reminders to return your ballot as the deadline approaches.

7. Assistance is available. If you're in need of assistance with casting your ballot, consider the following options:

- Visit a voter service center to cast your vote using accessible voting equipment. For more information, visit: <https://elections.hawaii.gov/voter-service-centers-and-places-of-deposit/>. Interested in learning more about the equipment? Check out this video here: www.youtube.com/watch?v=_GA0kzJrM-s
- Request an alternate format ballot and mark your ballot using your personal compatible device. Voters with special needs may opt-in for the electronically transmitted ballot through the Online Voter Registration System or by submitting a Voter Registration Application. To view a sample alternate format ballot, visit: <https://elections.hawaii.gov/wp-content/uploads/Hawaii-Demo-Primary-Ballot.html>

Remember, you have the right to ask for assistance in the registration and voting process. If you need assistance completing a voter registration application, using the Online Voter Registration System, or marking ballot, you are permitted to have a trusted individual, like a family member or caregiver, provide you with the help you may need.

Be mindful that to maintain the integrity of the election process, Hawaii law does not permit your employer, an agent of your union, or a candidate to provide assistance.

Election officials are committed to making sure your vote counts and safeguarding Hawaii's elections. If you have any questions, please feel free to give us a call at 808)453-VOTE (8683)

COVID-19 VACCINATION

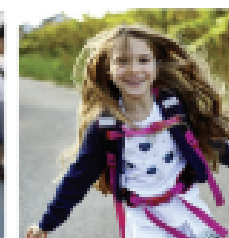
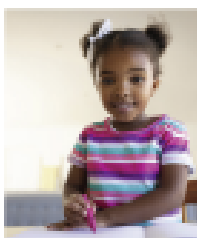
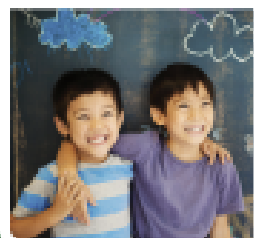
IS THE BEST WAY TO HELP PROTECT CHILDREN AGAINST SEVERE COVID-19



COVID-19 VACCINES are now available and recommended for **children 6 months and older**. With children in school, COVID-19 vaccination is the best way to help protect them from severe illness.

Just like adults, COVID-19 can cause long-term health problems, hospitalization, and even death in children with or without underlying health conditions. Children who have previously had COVID-19 should still get vaccinated, as vaccination offers added protection.

Encourage parents to contact their health care provider, local health department, pharmacy, or visit **VACCINES.GOV** to find a vaccine for their children.



cdc.gov/coronavirus



SIGN UP FOR STATEWIDE FLEX ALERT NOTIFICATIONS AND HELP STRENGTHEN THE GRID

Did you know you can make a difference when it comes to rotating power outages? This summer, as temperatures rise and there is higher energy demand, you can help prevent rotating outages by conserving energy when a Flex Alert is called.

Flex Alerts are triggered by the state's power grid operator, California ISO, when demand for energy is expected to exceed what is needed to power the state. This is particularly true in the summer when more Californians turn on their air conditioning, which puts more demand on the grid.

When a Flex Alert is called, customers are asked to voluntarily postpone higher energy-consuming activities until the Flex Alert has ended. This action could help the grid when it's especially stressed and help avoid rotating outages. Simple steps, like turning off unused lighting or precooling your home before a Flex Alert begins, can make a big difference.

Sign up for Flex Alert notifications so you know when your conservation is critical. To learn more about Flex Alerts and sign up for notifications, visit FlexAlert.org.



Podcasts We're Listening To

Disability Done Different- Candid Conversations

Join DSC's podcast series with hosts, Roland and Evie Naufal as they chat with interesting guests who have carved their own path in the disability sector - revealing battle scars, imparting wisdom and talking straight about their journeys.

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

SEPTEMBER 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

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](#)

Follow us on Facebook: [@Accesstoindpendence](#)