

OUT & ABOUT

A Quarterly SCIL Publication

Services Center for Independent Living

SPRING 2008



Lisa Kodmur from LA Care Health Plan hosted an intense two day training on November 15th and 16th at LA Care's corporate office in Downtown Los Angeles. Dr. Craig Ravesloot led the discussion. LA Care incurred all the cost of this training and invited the entire SCIL staff to learn about their program, "Living Well with a Disability". Our goal is for consumers in our service area to learn about the program and become involved in an effort to enrich their lives. LA Care is diligently collaborating with the SCIL office so that we can offer this program to interested consumers.

We will begin offering classes in the next few months. We encourage you to contact Kari Anderson if you wish to be added to our program list. We will contact you once we have our first class scheduled. We are extremely excited about this new program and we know you will be too once you have experienced "Living Well with a Disability".

The Living Well with a Disability Program is an eight-week workshop using goal setting and problem solving as the framework for developing healthy lifestyles. Most of us practice healthy living when we have meaningful activities we want to do, so the Living Well workshop begins with *why* we want to be well. Subsequent sessions concentrate on developing tools and skills for healthy living, including healthy reactions and communication, managing depression, information seeking, physical activity, nutrition, and advocacy.

Living Well participants report improvement in outlook and positive changes in daily activity, such as new recreational pursuits or returning to school. Many learn they can pursue meaningful goals despite limitations, and finally, a sense of belonging develops as participants feel accepted and encouraged by peers.

*The healthier you are,
the more you are able to do.*

IMPACT & AT COLLABORATING

SCIL received a small grant from the City of Pomona to provide Assistive and Adaptive technology to children between the ages of 4-8 living in the City of Pomona. Corrine Garcia, Assistive Technology Program Manager, has been working with Marlene Mathis, writer of the Grant; to provide these services to the community.

Little Jerson Perla came to our office with his mother Evelyn after hearing Kari Anderson speak about the IMPACT Program in the City of Pomona thanks to



Luann Lovejoy Furman Parent Support Counselor. Jerson was in need of a pair of glasses to meet his lifestyle. Jerson is a 4-year-old active child who has been diagnosed with autism. Medi-Cal incurred the cost for a pair of glasses earlier this year but as all children are active they were broken in less than a months time. SCIL was able to provide Jerson with a pair of adaptive glasses that are almost indestructible and that he can now see and play, as he wants.

INSIDE THIS ISSUE

SCIL Name Change.....	4
Dr. Lee's Executive Musings.....	2
Tidbits.....	3

Gas Prices - Impact on CARE Program Participants

In 2005 The Gas Company extracted some lower-priced stored gas and decided to pass the savings on to CARE customers over a three year period. These additional discounts have been passed on to CARE customers' winter bills for the past two years.

For the third and final winter season, CARE customers' will receive the additional discount through February 2008. We ask that you advise your clientele of the end of the discount in February so that they may plan ahead should cold weather continue.

executive musings...



Governor Schwarzenegger delivering the State of the State Address in Sacramento.

As we prepare to go to press with this issue of **Out & About**, I am engaged in discussions at the local, county, and state level concerning Governor Schwarzenegger's proposed budget cuts. A reduction of 10% across the board appears to be an evenhanded way to deal with the anticipated shortfall in the year ahead. The concern, however, is that cuts for 2008-09 are a prelude for more cuts in 2009-10 and the future. We appear to be on the brink of a downward spiral that is gaining momentum and, as so often happens, those who are the most vulnerable are likely to suffer the most.

This morning, February 15th, we learned there had been a preemptive strike! Not waiting until the new budget year, our elected officials in Sacramento are recommending immediate budget cuts in specific areas – healthcare, social services, and transportation.

My reading of each of these proposals leads me to conclude that the disability community will be disproportionately impacted by the proposed cuts, because the

members are served by more than one agency and through a variety of programs. That said, what can those of us involved in the Independent Living Movement do to assure the Quality of Life of our members?

First, we have mounted an effort to tell our personal stories to those in positions of responsibility, emphasizing the effect specific cuts will have on individuals.

Second, we are looking at alternative sources of funding for state funded programs.

Third, we are meeting with our local legislators to make them aware of the issues from our perspective, as well as the consequences of the proposed legislation.

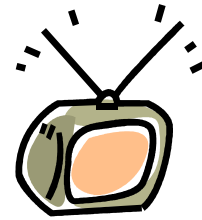
Fourth, we are examining opportunities outside the state/federal funding realm.

I welcome your input and involvement in these efforts. Change is both frightening and threatening. We must remain in control of our lives. We must be a major player in determining the future. Together, we can!



Dr. Lee

Feds share coupons to help TV transition



Beginning Feb. 18, 2009, anyone who does not own a digital set and still gets their programming via over-the-air antennas will no longer

receive a picture. The converter boxes are expected to cost between \$50 and \$70 and will be available at most major electronics retail stores. The National Telecommunications and Information Administration will begin accepting requests for two \$40 coupons per household to be used toward the purchase of the boxes. Viewers who have satellite or cable service will not need a box.

To request a coupon, consumers can apply online at www.dtv2009.gov starting Tuesday. The government also has set up a 24-hour hotline to take requests, 1-888-DTV-2009 (1-888-388-2009).

Social Security Benefits- Don't Loose Hope

If you have been waiting and felt like giving up there is light at the end of the tunnel. Senior Advocate Paul Hernandez has been meeting with consumers on a regular basis concerning social security claims and playing the waiting game. Recently he has had an influx of hearings. This month alone he has four hearings with Social Security. The Social Security Administration is trying to clean-up the backlog and allowing judges to make determinations based on medical documentation without court proceedings. This can be great news so don't give up. To contact the Social Security Administration about your claim contact them directly at 1.800.772.1213

SCIL STAFF

Dr. Lee Nattress
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Christie Mullikin-Jones
Finance Manager

Corrine Garcia
Assistive Technology Program Manager

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Marlene Mathis
Systems Change Advocate

Paul Hernandez
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Advocate

Anita Brown
Volunteer

Stephanie Torrez-Anderson
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tidbits... **SECTION 8 HOUSING**

After years of working with our Program Manager Andrew Rountree our consumer, Gary Jensen finally received his section-8 voucher so he can now live independently in the City of La Puente. Congratulations Gary!

VOLUNTEERS WANTED

SCIL is looking for energetic, motivated volunteers. Please call Kari at (909) 621-6722 if you are interested in helping people living with disabilities in our community.

SCIL WORKSHOP

Thursday April 24th,
1 – 3 pm in Claremont.

Please RSVP to Anita Brown by April 17th.

Whether you pay taxes or not, you may still be eligible to receive the Economic Stimulus Bill payment in the amount of up to \$600. Come to our workshop and find out if you qualify. Refreshments will be served. If you have additional questions regarding this bill, you can contact the IRS Taxpayer Assistance Center for face-to-face help in El Monte at (626) 312-5138.



Thank you Some Crust Bakery for donating such delectable pastries each week to our consumers. 119 Yale Ave., Claremont, CA 91711.

RETRACTION

In our fall newsletter we inadvertently listed the wrong phone number to our satellite office in West Covina. The correct number is **626.337.8868**. We apologize for any inconvenience this typo may have caused you. Our satellite office is open by appointment Monday thru Friday from 8 to 5 where staff on site is bilingual in English and Spanish.

VOTING

Voter Assistance Hotline
1-800-345-VOTE

Protection & Advocacy, Inc. (PAI) also provides Election Day Voter Hotline for people with disabilities. PAI's hotline is equipped to receive voice and TDD calls. The toll-free number for voice calls is 1-800-776-5746. The toll-free number for TDD calls is: 1-800-781-4546. The Election Protection Hotline number is: 1-866-OUR-VOTE, and is also equipped to handle English and Spanish speaking callers.

June 3 - State Primary Election:

to help narrow down the candidates to one from each political party and to vote on state ballot measures. Your personal ballot may also include local candidates and measures depending on where you live.

November 4 - General Election:

to choose a President and other elected representatives and vote on state and local ballot measures and candidates.

VIDEO RELAY COMING TO SCIL

Dear Deaf Consumers, Video Relay coming soon. Look for our Summer newsletter for details!

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SCIL Is Back

The Independent Living Center, ILC, has changed its name back to Services Center for Independent Living or **SCIL**.

In an effort to promote consistency, the California Foundation for Independent Living asked that all 29 of their affiliate agencies, including ours, change their name to the Independent Living Center a few years back. Unfortunately, this new name caused confusion in our communities and did not adequately represent the fundamental purpose of our agency.

With the guidance of Dr. Lee, SCIL Executive Director, and the Board of Directors, we are excited about our homecoming to our former name. SCIL simply describes what our agency does for consumers, it is a **Services Center** providing information about **Independent Living**.

SCIL In Your Community -Assistive Technology Schedule

Pomona - Palomares Community Center
499E. Arrow Hwy, Pomona, CA 91767,
909-620-2301
First Tuesday of the each Month,
9 am – 12 noon

Azusa - Senior Center
740 N. Dalton Ave., Azusa, CA 91702
626-812-5204
Second Tuesday of each Month,
9 am -12 noon

El Monte - Jack Crippen Senior Center
3120 N. Tyler Ave., El Monte, CA 91731
626-580-2210
First Wednesday of each Month,
12 non -2 pm

Baldwin Park - McNeil Senior Center
1400 Baldwin Park Blvd., Baldwin Park,
CA 91706
626-813-5245
Third Thursday of each Month,
10:30 am -1 pm

La Puente - La Puente Senior Center
16001 E. Main St., La Puente, CA 91744
626-855-1585
Second Monday of each Month,
9 am.- 12 noon

West Covina - Cortez Senior Center
2501 E. Cortez Ave., West Covina, CA
91790, 626-331-5366
Fourth Thursday of each Month,
9 am - 12 noon

Diamond Bar - Diamond Bar Center
1600 S. Grand Ave., Diamond Bar, CA
91765, 909-839-7070
Third Friday of each Month,
9 am - 1 pm

Walnut
Walnut Community Center
21215 La Puente Rd., Walnut CA 91789
909-598-6200
Second Wednesday of each Month
10 am– 1 pm