



OUT & ABOUT

A Quarterly SCIL Publication

FALL 2008

Services Center for Independent Living

DONATION AND VOLUNTEER OPPORTUNITIES AT SCIL



The **Services Center for Independent Living, Inc. (SCIL)**, located in West Covina and Claremont is one of 29 Independent Living Centers in California working to eliminate attitudinal, physical, and communication barriers faced by seniors and people with disabilities. The goal is for equality in personal independence and full participation in the community.

SCIL has provided a broad range of services for persons of all ages in 22 cities in south east Los Angeles County—the East San Gabriel and Pomona Valleys—since 1980. Services include: self-advocacy train-



SCIL Advocates for Inclusion, Access, and a Barrier-Free Society

ing, an interpreters registry for the deaf, housing assistance, independent living skills training, peer counseling, Social Security and health

insurance guidance, personal assistance referrals, workshops on current issues, assistive technology, and community outreach. No other agency in our community provides the range of services they do.

To continue to provide these programs and services to seniors and people with disabilities SCIL relies upon grants, corporate support, and donations from individuals and local businesses. The latter is particularly important this year because the downturn in the economy and the related budget cuts have disproportionately impacted those we serve.

For this reason, SCIL is asking for gifts to support year-end activities. Your support, large or small, will improve the quality of life of persons who live in the cities they serve and will be acknowledged in this quarterly newsletter, Out & About.

If you have any questions regarding this donation request please contact Kari Anderson, Manager Community Services, at (909) 621-6722, ext 19 or email her at kari@scil-ilc.org.

Sharps Waste Disposal

“Beginning on September 1, 2008, State law of California Health and Safety Code Section 118286 makes it illegal to dispose of sharps waste in the trash or recycling containers, and requires that all sharps waste be transported to a collection center in an approved sharps container.” Quoted from a CA.GOV webpage.

Like many people with diabetes, insulin injections are a way of life. But what do you do with the waste? Here are some of the things I’ve researched.

The following are some of the disposal options available to you for disposal of sharps waste:

Pharmacies. Some drug store chains take back their customers’ needles, although large quantities might not be accepted.



Mail-Back Service. A list of sharps waste mail-back services authorized for use in Califor-

nia is available from the California Department Of Public Health (CDPH).

Local Household Hazardous Waste Program. Call your local household hazardous waste agency and ask if they collect needles (sharps) at their collection facilities or on household hazardous waste days. Some do, others do not. There are four places you can look for this information:

Look in the Government section of your local white pages for a household hazardous waste listing for your city or county. Call 1-800-CLEANUP (1-800-253-2687), a service of [Earth 911](http://Earth911.org). Visit the [Earth 911.org](http://Earth911.org) website.

For more information please feel free to call Corrine Garcia at (909) 621-6722 - for a location in your area.

WE NEED YOUR HELP!

TAKE ACTION!

We are hearing from reliable sources in the Capitol, that more BUDGET CUTS could happen to SSI/SSP and other Health & Human Services (including Medi-Cal) - Make A Phone Call!

... a budget deal cannot be balanced with more cuts that harm people with disabilities...

While no actual budget deal or floor votes on the State budget have been announced, there are rumors and reports that the Legislature is considering agreeing to the Governor's proposals that call for cutting the federal cost of living money due January 1, 2009 for people receiving SSI/SSP (Supplemental Security Income/State Supplemental Payment) or other cuts to that program.

There are rumors and reports of other major cuts to health and human services being considered that impact hundreds of thousands of children and adults with disabilities (including developmental), mental health needs, seniors, and low income families.

The Schwarzenegger Administration is now pushing legislators to cut the federal cost of living money (approximately \$15 per month) that is required by law to be included in SSI/SSP checks on January 1, 2009. Without a COLA, recipients must make increasingly difficult choices between paying rent, utilities, food or medicine that have very human consequences.

We need you to call your legislators to oppose this cut. Budget negotiations appear to be escalating – so it is very important for people to call their legislator right away. Get your family, friends, neighbors, co-workers and others to call too.

Before it's TOO LATE CALL NOW! No one knows for certain when a budget deal will be made - but we need to let the leaders of both houses - and your own legislator know that a budget deal cannot be balanced with more cuts that harm people with disabilities, mental health needs, seniors and low income families.

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Calls can be made with a toll-free number (888) 268-4334 to any Assembly Member or Senator in your area. We



need a fair balancing of this avoidable deficit crisis with a combination approach that will not balance the budget on the backs of our consumers.

Consumer Corner

I love to start my days with up-lifting stories. Here is one I hope brightens your day as well.

I have been working with a Spanish speaking gentleman, age 45, who lives in Ontario with his wife and daughter. He injured his back at work in 2004 and has not been able to work since then. They have been living on what his wife can earn cleaning houses and many days have not had enough to eat.

He was denied benefits twice by the Social Security and he had his hearing on June 10th and had been waiting for the results since then. This last Thursday he called me around 9:15am crying to ask if I had received a letter from SSA because he had received a letter that he tried to read that stated he had been denied. He tried to read it over the phone but I could not really understand what he was reading.

I consoled him as best I could by telling him that I usually get my copy of the letter the following day and that once I received it I would call him to explain his options. He continued crying because he did not know how they were going to pay their rent, buy food and pay the rest of their bills. After a while he hung up with my feeling sorry for himself.

No more than 15 minutes later I noticed that the mailman coming my way and he came into my office with a letter. This

CAARR Institute Graduates

The California Association of Addiction Recovery Resources, CAARR, graduated the first class of people who are Deaf. Seven students who are Deaf graduated after completing 155 hours of course work.

SCIL's very own advocate, Scot Myers, was honored as one of the seven graduates. All seven students who completed the course will provide presentations to the Deaf community regarding alcohol and drug addiction, treatment, and recovery services in California. For more information please contact CAARR by phone at (916) 338-9460 or visit www.caarr.org.

CONGRATULATIONS SCOT!

was unusual because he always delivers the mail in the afternoon. As he came in I mentioned this and he told me that he had a special delivery letter for my neighbor and decided to deliver the mail for our facility as well since he was already here. So, he handed me the letter which was from SSA.

I opened the letter that was from the ruling Judge with the decision on this gentleman's case. The first thing that I noticed was that it read "Fully Favorable".

I read the whole decision which confirmed that the judge could not understand how SSA could have denied this person who because of his back problem can not even stand up, bend over, squat or sit down. The judge stated that he was not giving any weight to any of the information and analysis that had been done by the state doctors and was awarding our consumer benefits back to 2004.

I immediately called our consumer and relayed this information to him and he could not believe that he had so totally misunderstood what the letter said. From that point forward I could feel a complete change in him.

I hope you all feel as inspired by this story as I did. Have a wonderful day today. Paul Hernandez, Senior Advocate

OUTABOUT

executive musings...

New to the position of Executive Director of the Services Center for Independent Living (SCIL) last November, I was surprised to learn that over 20% of those we have been asked to serve in southeast Los Angeles County are Asian-Americans—significantly higher than the state's and LA county's averages of 12.5% to 13.0% respectively. I was even more surprised to learn that we (SCIL) had little to next to no contact with the Asian-American Community. This, I felt, was something requiring my immediate attention.

So . . . I put on my thinking cap. How could I reach these communities? Flash! I had contact with a number of Asian-Americans in my role of instructor in the Biomedical Sciences program at the University of California-Riverside. Pursuing that thread in May, I put out a call inviting Asian-American pre-med students at UCR to serve an eight-week internship with us in July and August 2008 for the purpose of determining the meaning of "Disability" in

the various Asian cultures and ways to interact with/improve services for persons with disabilities in the Asian-American communities served by SCIL. I expected one or two students would reply—seven (7) indicated an interest and five (5) completed the internship—each from a different cultural group—Chinese, Japanese, Korean, Vietnamese, and Filipino. We had an exciting time learning together and have collected a number of references about the impact of disability on members of different Asian societies.

Next steps: The student interns will share their findings in a poster presentation at the American Health Care Congress in October; are working with local contacts they made to plan and present a one day conference on the "Disability and the Asian-American Family" in January 2009; and are preparing articles that will raise the awareness of others—in particular, health care professionals—about how to work with persons with disabilities in Asian cul-

tures. The organizational goals are to recruit one or two representatives from the local Asian-American communities to serve on SCIL's Board of Directors; form an advisory council to guide our agency in its work with Asian-Americans; and, eventually, locate a satellite office in the Walnut/Rowland Heights area staffed by persons who can serve as role models for the Asian-American disability community.

Your assistance in achieving these goals is welcome.

*Dr. Lee**tidbits...*

CONSUMER RECOGNITION LUNCHEON

We invite all SCIL consumers to attend our annual Consumer Recognition Luncheon on Dec 18 from 11-2 at the Alexander Hughes Community Center, 1700 Danbury Road, Claremont.

We are looking for creative individuals to join the Consumer Recognition Luncheon Committee. We would love your help! Contact Kari at (909) 621-6722 to sign up.

MARK YOUR CALENDARS

SCIL will be closed on November 27 and 28 for the Thanksgiving Holiday.

2009 ENTERTAINMENT BOOK SALE!



SCIL is selling the East San Gabriel Entertainment book for \$20. Proceeds go to our center to assist people

with disabilities. If you purchase the Entertainment Coupon Book before **December 23, 2008**, up to 50% of the proceeds will go to help **SCIL**.

Give us a call or stop by and purchase your book. You can also visit www.entertainment.com/ [email](mailto:scil@entertainment.com) to purchase an Entertainment Coupon book. Be sure to enter my Seller Number, 244635, so my group gets credit. Call Kari at (909) 621-6722 for more info.

ASSISTIVE TECHNOLOGY

During the months of November and December, we will be revamping the schedule to best serve our consumers and cities served by SCIL. Please look for our revised schedule in the winter newsletter or contact Corrine Garcia at our Claremont office with any Assistive Technology questions you may have. In addition, there is the AT Network www.atnet.org 1.800.390.2699 or 1.800.900.0706 TTY.

LIVING WELL WITH A DISABILITY

The Living Well With a Disability 8 week workshop began on October 16th. It is not too late for you to live your best life. Please contact the SCIL office at (909) 621-6722 to find out what you can do to start living a healthier life today.

Services Center for Independent Living

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LABEL

Change Service Requested

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Advertise Your Business in the next "Out&About": Business Card and Coupon Space Available

Over 300,000 residents in the San Gabriel Valley are living with a disability. SCIL offers an array of direct services specifically designed to address the needs of people with disabilities and community services. Our goal is to eliminate the barriers to access and inclusion for people with disabilities through education and advocacy.

Every quarter SCIL produces and distributes this newsletter that covers a wide variety of topics that provide information and education to people with disabilities

THANK YOU!

SCIL would like to thank the Economy Shop for their gracious donation. Your donation will help us continue our efforts and advocacy for a barrier-free society.

Take an Additional \$5 Off Your Next \$50 Purchase

YOUR BUSINESS NAME HERE

Space is still available for your Business Ad or Coupon in the next "Out&About" Newsletter. Contact Kari at (909) 621-6722 or kari@scil-ilc.org to find out how.

throughout the San Gabriel Valley. Circulation also incorporates our community partners which consist of resident sponsors, philanthropists, local business, and non-profit colleagues.

We would like to invite you to place a business card ad our coupon in our Winter 2008 Newsletter. Your tax-deductible donation will help us continue providing

critical services in 22 cities throughout the San Gabriel Valley.

If you would like to have your coupon, business card or custom ad highlighted in our Winter 2008 Newsletter please contact Kari Anderson at (909) 621-6722. We look forward to creating a community partnership with you.