

News & Views

NOVEMBER 2007

CENTER FOR INDEPENDENCE OF THE DISABLED

The Time To Prepare for Disaster is NOW!

The Importance of Emergency Preparedness For Seniors and Individuals with Disabilities

by Kathleen Jacoby, Disaster Preparedness Project Coordinator



We are all familiar with the scenes played over and over again on our televisions from the Gulf Coast during Hurricane Katrina. We've had front row seats to the tsunami in Indonesia that devastated an entire region, and recently we saw the effects of wildfires in San Diego.

All these scenarios had one thing in common: Sudden events that disrupted normal everyday

living. The lessons we learned from these disasters point to the importance of having a plan of action in case of emergency BEFORE it happens. The Bay Area is due for a large natural disaster within the coming years, and there is no greater need for emergency planning than among special needs communities, including our seniors and individuals with disabilities.

Center for Independence of the Disabled (CID) in Belmont has received a grant from the Sequoia Healthcare District to provide emergency preparedness presentations to seniors and the disabled within their district, and we have put together action plans and talks for these groups free of charge. A representative of CID will go over important guidelines for staying safe in case of disaster. Presentations will include:

- How to set up an emergency support team and emergency plan in case of disaster
- Completing a personal ability self-assessment list
- Creating Carry-on-You, Home, Bedside, and Grab-and-Go Emergency Supplies, Kits.
- Providing forms and explanations to assist in this process.
- A free emergency kit to anyone attending the presentation.

Center for Independence of the Disabled is a non-profit organization whose function is to assist senior and disabled individuals lead independent lives, providing necessary services to insure that is possible at little or no cost to the recipient.

Call to arrange for **Free Presentations for Seniors and Disabled Groups**, Please contact Kathleen Jacoby at CID, at 650-595-0783, ext. 124.

From the Executive Director

The Director's Report

Kent Mickelson



A Time of Thanks and Gratitude

During the Holidays, let's take time for thanks and gratitude for all the blessings that have come our way. Here at CID we have many things to be grateful for. We are grateful for our wonderful staff of hard working, dedicated employees who do so much good for so many people with disabilities. We are thankful for our marvelous Board of Directors who give of their time to be of assistance to us in our efforts to support the Disability Community. We are also grateful to all the wonderful volunteers who add so much to make CID the success it is today. Volunteers maintain our beautiful garden, run our safety committee, help with clerical support, assist with the Volunteers in Money Management program and the Shopping Assistance for Homebound Seniors, and many other duties.

Our gratitude extends out into the community. We are very grateful for our wonderful support from the City of Belmont that supplies us with our beautiful building. We are grateful to the County of San Mateo, and the Cities of South San Francisco, Daly City, San Mateo, San Carlos, Redwood City, and Menlo Park for funding our efforts to make home accessible for people with disabilities. We are appreciative of the Sequoia Hospital District for funding our efforts to prepare people with disabilities for emergencies and natural disasters.

Thanks to the Department of Rehabilitation for their help and encouragement during the year. Thanks to the Central Labor Council and the Sheet Metal Workers Union for our wonderful heating and cooling system. Thanks to Rebuilding Together and the Stanford University Maintenance Department for our deck and improvements to the building.

And finally, we are grateful for all the people in San Mateo County who have provided financial support during 2007. Thanks for a Great Year!

TEN SELF-ADVOCACY STEPS

by Deniz Keller, Advocacy Coordinator

1. DEFINE THE PROBLEM

- What is the issue?
- Who do you have the problem with?

2. SPELL OUT THE SOLUTION

- Define your goals.
- What does "victory" look like?



3. DETERMINE YOUR RIGHTS

- Which government agency regulates what's going on?
- Locate and review appropriate regulations and procedures.
- If you need assistance understanding the material, get help from someone who is informed.
- Ask for your rights, even if you can't find the regulations to back you up.

4. FIND OUT WHO DETERMINES WHAT WILL HAPPEN

- Who makes the decisions?
- What governmental agency investigates complaints of discrimination?

5. PREPARE YOUR CASE

- Get your paperwork and documentation in order.
- Keep a notebook of phone conversations.
- Plan a strategy.
- Try to separate feelings from facts.

6. PLAN

- Write an agenda.
- Practice presenting your case to a friend or advocate.

7. ACT

- Bring a friend or advocate for support.
- Have them take notes.
- Go over your agenda.
- Be assertive, but not aggressive.
- Take a break if you need it.
- Propose having another meeting, if necessary.

8. EVALUATE THE RESULTS

- Check your notes.
- What was the outcome?
- How do you feel about what happened?
- Talk about the experience and the results with a friend or advocate.

9. FOLLOW-UP

- Take necessary follow-up steps.
- Decide what to do next.
- Keep your spirits up throughout the process.

10. CELEBRATE WITH FAMILY AND FRIENDS

- Even small victories should be celebrated.
- Congratulate yourself for a job well done!

NEW PEER COUNSELOR JOINS CID STAFF

CID welcomes Lynn Del Bene to the fold in the position of Peer Counselor. Lynn recently moved to San Mateo County from Grants Pass, Oregon where she has a 25 year background in counseling and related services.



Over the past few years she worked as a crisis case manager, in housing, obtaining benefits, money management and medication management. She used Strength Based Case Management to assist clients in learning and using independent living skills. She has also coordinated services with other programs and agencies as necessary.

In March of 1993, Lynn obtained a Bachelors of Science Degree-emphasis on Psychology from Southern Oregon University, Ashland, Oregon (Formerly Southern Oregon State College).

A Perfect Fit Improves Driving Safety

by Steve Freier, Assistive Technology Coordinator



Driving today is more difficult than ever before; more traffic, higher speeds and impatient drivers. Getting in your car is hazardous at any age, but with the changes brought about by aging, seniors are particularly at risk. The trouble is often a poor "fit" in the car, making it harder for you and your car to work well together. CarFit, a new program, can make you safer and more comfortable behind the wheel.

The free, 15-minute CarFit session evaluates how loss of strength, flexibility and range of motion, together with height and weight changes, can impact your driving safety. After the assessment, you get a written list of recommended adjustments or adaptive devices. Some changes are simple ones. Others, may require training by a driver rehabilitation specialist to make sure they work correctly for you. Some solutions are: • Larger panoramic rear and sideview mirrors, • Pedal extenders, • Leverage car door handles for easier opening, • Seat and back support cushions for comfort and improved sight line, • Hand controls.

Find out if you and your vehicle are a good fit. Contact your local AAA online at <http://www.aaa.com> to find a CarFit program in your local area.

STROKE AWARENESS

by: Arsie Tuquero-Zacarias

What is a Stroke? A stroke is a brain attack and is caused by a clot that decreases blood flow and oxygen to the brain or by a ruptured blood vessel (bleeding) that disrupts blood flow and oxygen to the brain. Blood clots & bleeds results in death/injury of brain cells. The damaged brain cells can cause paralysis, speech impairment, memory loss, and more.

Steps to reduce your stroke risk:

- Stop smoking.
- Maintain a healthy blood pressure of less than 120/80.
- Exercise regularly - 30 to 60 minutes a day.
- Maintain a healthy cholesterol level.
- Maintain a healthy blood sugar level.
- Eat healthful food.
- Maintain a proper weight for your height.
- Visit your doctor regularly.

Signs of having stroke:

- Change in vision. Blurred vision, sudden loss of sight in one or both eyes.
- Difficulty with speech - slurred or difficult speech, loss of words, difficulty understanding words.
- Weakness. Clumsiness or loss of strength in face, hand, arm & leg on one side of the body.
- Loss of sensation in face, hand, arm or leg on one side of the body.
- Severe headache.
- Dizziness. Severe and sudden change in head position.
- Shortness of breath.

Action:

- Call 911 immediately! A few minutes can make a big difference!
- See your doctor as soon as possible.

Source: Peninsula Stroke Association

New Volunteers at CID!

CID has recently attracted many new volunteers for whom we are very thankful. Without volunteers, many projects could not be accomplished in a timely manner - such as filing, and preparing and mailing out this newsletter! We are thankful for the following people at this time: Ani Tateossian, Kenny Gabe, Andriana Gutierrez, Maria Carranza, Janet Diamond and Joshua Blum.

Our gratitude extends especially to Raleigh Smedley and Gary Olson who have so generously given of their time and talent to create and maintain our beautiful garden and also helped so much with our general building maintenance and helped in so many ways.

And what would the CID office be without the happy smiles of Linda Hill, a steady regular who has helped us immensely in so many ways in recent months! Thanks to you all!



Branch Office Staff Available for Coastside Meetings

Beginning in November, a CID branch staff member will be available to meet with consumers on the second and fourth Friday afternoons each month in Half Moon Bay.

Appointments will be available from 2 to 4 pm, at the Senior Coastsiders, 535 Kelly Ave. Call the Branch office at (650) 991-5124 to schedule your appointment in Half Moon Bay!

Daly City Branch Office Welcomes Marsha Ramirez Back to CID



CID is happy to welcome Marsha Ramirez back as the "newest" staff member at our branch office in Daly City. Some of you may remember Marsha from her prior time at CID. Marsha is now available again four days per week to assist with the full range of CID's services.

Marsha's colleague in Daly City, Kelly Harp, says "it's great to have Marsha sharing in the effort to serve consumers in the north county and coast-side. She adds a lot of perspective, based on her experience of doing the job from 2002 to 2005."

Marsha and Kelly said that they are "both looking forward to expanding outreach and networking efforts in the area." To contact Marsha or Kelly, call the branch office at (650) 991-5124.

CID Joins Efforts with HICAP

CID Daly City branch staff member, Kelly Harp was recently trained to assist persons with questions about Medicare programs, eligibility, etc., through the state's free Health Insurance Counseling and Advocacy Program (HICAP). Free and confidential one-to-one Medicare counseling sessions can be arranged by calling HICAP at (800) 434-0222. HICAP counseling is available at sites throughout the county.

Donate Your Old Car to CID!

Donate Your old car to CID and receive a tax write-off. Your donation will help CID! A HUGE THANKS goes out to the many of you who have already donated! CID is more prosperous because of you! It's really easy and fast. To donate, call Steve Freier at (650) 595-0783 ext. 115



CRISIS INTERVENTION & SUICIDE PREVENTION CENTER INFORMATION

A person might be suicidal if he or she:

Crisis Line:
650-579-0350 or
1-800-273-TALK

Parent Support Line:
1-888-220-7575

Drug & Alcohol Helpline:
650-575-3950

Youth Website:
www.onyourmind.net

- Is preoccupied with death
- Gives away prized possessions
- Has attempted suicide before
- Has had recent severe losses
- Has trouble eating or sleeping
- Increases their use of alcohol, drugs
- Prepares for death by making out a will
- Loses interest in hobbies, work, etc.
- Takes unnecessary risks
- Talks about attempting suicide
- Withdraws from friends

Think, Communicate, Mobilize

by Jim Stinehoff, Emergency Services Coordinator

In spite of your best planning, sometimes a personal support network must be created on the spot to give assistance in a regional emergency. Foreexample you may find yourself in a shelter and needing to assemble help. You are leading the response for immediate assistance. It is important that you:



- 1) Think critically and perhaps creatively about what you will need, how you want it done, and what kind of persons you would select. To make your best decisions, remain calm and focused;
- 2) Communicate regularly the objectives you have established and how they can best be carried out with the support network you have assembled; and
- 3) Mobilize the network by encouraging teamwork and communications.

Center for Independence of the Disabled



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The Center for Independence of the Disabled will serve qualified consumers without regard to ability, race, age, religion, gender or sexual orientation. CID is fully accessible to programs and facility.

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