

Center for Independence of Individuals with Disabilities Newsletter Fall 2018

Emergency Preparedness

On September 28, 2018, Center for Independence of Individuals with Disabilities collaborated with the American Red Cross to educate seniors and people with disabilities on the importance of Emergency Preparedness.

We were welcomed by Village at the Crossing residents in San Bruno for our September event. We educated around 30 of their residents on how to prepare for an emergency. Many of the residents actively participated, asking questions and sharing their own knowledge and experiences.

After the presentation, attendees received 3-day emergency kits – leaving the event with wide smiles. Many thanks to the San Bruno Community Foundation for sponsoring this event. CID's next Emergency Preparedness event is set for Friday, November 9th at the San Bruno Senior Center. Please register and get better prepared!

Next Event: Emergency Preparedness Event for Seniors and Individuals with Disabilities, Friday, November 9th, 2018, 10:00 AM - 12:00 pm, San Bruno Senior Center, 1555 Crystal Springs Rd, San Bruno

FREE: Admission, Refreshments, Raffle: 3-Day Emergency Kits, Goodie Bags for the First 100 Guests

EXPERT ADVICE: Learn about preparedness topics from CID presenters and First Responders.

PLEASE RSVP BY:

Friday, November 2nd

(650) 645-1780 Ext. 115

CIDemergencyprep@gmail.com

San Mateo County's 14th Annual Disaster Preparedness Day

On Saturday, September 22nd, CID staff members Kellie Hanson, Community Work Incentives Coordinator, and Ben McMullan, Systems Change Advocate,

participated in San Mateo County's 14th Annual Disaster Preparedness Day. This year's theme was, "Prepare, Survive & Recover." The interactive day included dozens of attractions and classes, including:

- Earthquake Shake House
- Fire Trucks
- SWAT
- Smoky Hall
- Bomb Squad Robot
- Search and Rescue dog demonstrations
- Emergency response career tables
- Resource tables for local Community Emergency Response Teams (CERT) & vendors
- Classes: CPR, General First Aid and Automated External Defibrillator (AED)

About the event, event coordinator Carole Groom, SMC Supervisor for District Two, states, "The wildfires in our neighboring counties to the north, not to mention our Bay Area location, are reminders to everyone in San Mateo County that disasters and emergencies aren't events that happen in far away places. They happen here, too, which is why I'm proud the County and our partners are coming together to help us be resilient."

Disaster Preparedness Day was established after Hurricane Katrina, the costliest natural disaster in United States' history. Nearly 2,000 people were killed during Hurricane Katrina and 90,000 square miles were impacted. San Mateo Disaster Preparedness Day is an annual collaboration between the Office of Emergency Services and the Board of Supervisors.

As stated on the San Mateo County website, "It serves both as a reminder of the importance of preparedness as well as an opportunity for individuals and families to collect resources and gain comfort with emergency procedures, personnel and emergency response infrastructures."

~Kellie Hanson, Community Work Incentives Coordinator

CID and PantsUpEasy Collaboration

On October 10th, Henry and Douglas from PantsUpEasy visited CID's San Mateo office to discuss a collaboration with our Housing Accessibility Modification Program.

PantsUpEasy creates a device to help people with mobility impairments get dressed independently. Basically, it is a device to help an individual get their pants up while dressing or after using the bathroom. Recently, the County of San Mateo approved their Toilet and Wall Mount Models for HAM reimbursement, which means PantsUpEasy is free if you are eligible for our program! For more information about PantsUpEasy and our Housing Accessibility Modification Program, please visit PantsUpEasy.com or contact CID at 650-645-1780 Ext. 122.

Voter's Choice Act

In September 2016, Governor Jerry Brown signed the Voter's Choice Act (VCA) to make voting more accessible for people with disabilities and other minority groups. San Mateo is one of five counties that implemented the VCA in the primaries. November 6th will be the first time it is implemented in the general election. As in the primaries, people will have three options for voting this November:

1. Vote by Mail - All registered voters should have already receive a ballot in the mail along with postage paid return envelope. Once completed, the ballot can be mailed back to the elections official in the return envelope.
2. Drop-off - Voters also have the option of dropping off their ballot at one of twenty drop-off locations in addition to the 24-hour drive-up drop box location at 40 Tower Road in San Mateo. Drop-off boxes will be checked periodically and ballots will be taken to the appropriate elections official.
3. Visit a Vote Center - Voters will have the option of going to one of 39 Vote Centers in San Mateo County, which have replaced polling places. Residents can visit any Vote Center in the county and cast a vote in person, register and vote on the same day, drop-off a ballot, use an accessible voting machine, and get help and voting materials in multiple languages. Vote center will be open 29 days before election day.

For details on drop-off locations or Vote Center locations and hours visit:
www.shapethefuture.com

AmazonSmile

Thank you for supporting Center for Independence of Individuals with Disabilities. Your shopping makes a difference. Amazon donates to Center for Independence of Individuals with Disabilities when you shop at smile.amazon.com, and select Center for Independence.

Transition to Independence Fair

The 5th Annual Transition to Independence Fair was held at Mills High School on Saturday, October 20th. CID is one of 13 organizations in San Mateo County to organize the event. Around 300 attendees were able to interact with 40 to 50 agencies that provide higher education, job training, day programs, living options, and health services for people with disabilities. The event also featured six workshops covering Travel Training, Assistive Technology, Conservatorship, Transition Panel, Sex Ability, and Voting. In addition to the wealth of information we provide to the students entertainment is also offered throughout the day. Entertainment included West Bay Sextet and the FHAR Drumline, a drumline comprised of musicians with disabilities.

For the second year in a row, we enjoyed the Advocates, a band made up of musicians with disabilities. The band did not fail to impress attendees as they socialized with old and new friends while enjoying a pizza lunch. Jasper Farms also joined us with their comfort animals that support people with disabilities or individuals facing difficult family situations, such as domestic violence. Attendees were able to meet some of the animals, including bunnies and goats and learn more about comfort animals.

The Transition Fair has been happening for 5 years, and we have no intention of stopping now. For those of you that were able to make the event this year we thank you and hope to see you next year. We also encourage those who were unable to attend this year to join us next year for a day of education and entertainment. Also if you care to suggest a school near you that may be willing to host the Transition to Independence Fair in the future, please contact Ben McMullan, CID's Systems Change Advocate at 650-645-1780 ext. 201.

Peer Support Group

When: Thursdays 10am–12pm

Location: Center for Independence, 2001 Winward Way Ste 103, San Mateo, CA 94404

Potential discussion topics include: Living with and accepting a disability, family and relationship difficulties, employment and housing issues.

If interested in joining the group, contact: Alex Madrid, 650-645-1780 ext 203, alexm@cidsanmateo.org

Center for Independence of Individuals with Disabilities:

Locations

San Mateo Office: 2001 Winward Way San Mateo, California 94404, Tel: 650.645.1780 Fax: 650.645.1785 TTY: 650.522.9313

San Bruno Branch Office: 1590 El Camino Real, Suite C San Bruno, California 94066, Tel: 650.589.8994 Fax: 650.589.8995 TTY: 650.589.8170.

Our services include:

- ADA Consulting
- Housing Modification
- Counseling & Peer Support
- Independent Living Skills
- Training
- Information & Referral
- Systems Change Advocacy
- Assistive Technology
- Financial Benefits
- Counseling
- System Reuse Program

Please call, email, or stop in for more information.

CID's mission is to provide support services, community awareness, and systems change advocacy to promote full and equal community integration and participation for people with disabilities in San Mateo County.

For accessibility, this publication is available in alternative formats upon request. Please contact our office for details

Interested in receiving this quarterly newsletter via email? Sign up on our website! We promise to NEVER send you spam or share your email with anyone.