

You're Invited!

We cordially invite you to meet our board of directors, staff and consumers at our



ANNUAL OPEN HOUSE

OCTOBER 26TH
4:00 TO 7:00 PM
875 O'NEILL AVENUE IN BELMONT

The Center for Independence of the Disabled is entering its 27th year of serving people with disabilities in San Mateo County. We are celebrating the year by holding an Open House on October 26th. The Open House will feature displays by our staff about the various services offered by CID.

The Power of You!

by Deniz Keller, Advocacy Coordinator

Voting is the foundation of our democracy and an important civil right. As citizens, it is our responsibility to cast our votes and participate in the governing communities. The policies that are developed and implemented have an impact on us every day. Independent living centers encourage the disability community to become a powerful political voice through voting.

According to the United States 2000 Census there are 54 million Americans with disabilities and with 35 million at voting age. 17.5 million voting-aged Americans with disabilities have a significant disability, however nearly 16 million of these individuals are not registered to vote! If Americans with disabilities voted at the same rate as the rest of the population, there would have been 4 million more votes cast in the

(Continued on Page 2)

From the Executive Director

Kent Mickelson

Director's Report

Making Big Changes for People with Disabilities



Systems Change and Advocacy are very important services offered by the Center for Independence of the Disabled (CID). What is the difference? Advocacy is helping an individual to meet their goals. Systems Change is when you manage to make things better for a large group of people. Example: Getting an individual a curb cut they need is advocacy. Getting a curb cut for a number of people is Systems Change. Systems Change is harder to do and generally takes much longer to accomplish.

Systems Change efforts at CID are spearheaded by Deniz Keller, the Systems Change Coordinator. She works with CID Board members, Staff members, and consumers to bring about change in a big way. Her efforts are aimed at state and federal legislators, City and county government officials, SamTrans and Caltrain Transportation Systems, Social Security, and many more.

Would you like to join in the CID Systems Change efforts? All kinds of help is needed. You could send letters and/or e-mails to public officials. You could attend meetings and speak out on disability issues. You could attend those meetings and cheer on others who are speaking out. You could help plan systems change strategies and choose systems change priorities.

There are many ways that you could help lend your support for systems change efforts at CID. If you would like to get involved, contact Deniz Keller at 595-0783 ext. 113 and ask how you can help.

2000 presidential elections. This could have made a significant impact on the last election!

We are in the year 2006 and we need to demonstrate to our legislators that the disabled community is involved and is a powerful force in our communities! Choose your future by voting! Here are 4 simple steps to voting:

SIMPLE STEPS TO VOTING

1. Register or Re-register to Vote (on or before October 23, 2006):

- Pick up a voter registration card in person at the Department of Elections, local public libraries, some City and County offices, the Department of Motor Vehicles, post offices and at CID.
- Have a registration card mailed to you by calling Phone number for your local Department of Elections or email your request to Email address for your local Department of Elections.
- Download a registration card online at the California Secretary of State's website at www.ss.ca.gov/elections/electionsvr.htm
- If you mail in your registration card the Department of Elections recommends that you mail it at least one month prior to the election to avoid postal delays.



2. Absentee Voting:

- The absentee ballot application is printed on the back of the Voter Information Packet - fill it out and mail it in.
- Request an absentee ballot application by fax at FAX number for your local Department of Elections.
- Requests for an absentee ballot must be received by the Department of Elections by 5:00pm on October 31, 2006.
- Absentee ballots must be received by the Department of Elections or a polling place by 8:00pm on November 7, 2006.

3. Early Voting Centers in San Mateo County

- Early Voting begins approximately two weeks prior to November 7th. Check your local newspaper or call the Elections Office at 650-312-5222 / TTY 650-522-8905 for exact times and locations.
- The Department of Elections will provide a ballot at the time you come in to vote.

4. Vote at the Polls on November 7, 2006

INFORMATION & REFERRAL SCHOLARSHIP ASSISTANCE PROGRAM

The scholarship assistance program is designed for citizens who may find paying for activity fees a financial hardship.

Qualifying San Mateo youth residents may apply for a 25% or 50%, 75% fee waiver. Adults may apply for 25% or 50% waivers for recreation classes, trips or excursions or one time special events, certain limitations may apply.

Interested Persons are asked to fill out an application for scholarship assistance available at any community center and city hall. Complete instructions and information are included with the applications form.

The scholarship assistance program is funded partially by donations from citizens desiring to make recreation available to all residents. For more information please call (650) 522-7400.

CID Consumer Organizes Citizens Concerned About Chloramine (CCAC) to Fight Ill Effects of Chloramine in Drinking Water

by David Mon

Chloramine was first introduced as a substitute for chlorine into the Hetch Hetchy water system that serves San Francisco, San Mateo, and Santa Clara Counties by the San Francisco Public Utility Commission in February, 2004.

Shortly afterwards, many residents began to experience adverse health reactions including skin rashes; welts; blistering, cracking, and peeling skin; bleeding; burning sensations; and scarring; respiratory symptoms that included sneezing, wheezing, coughing, nasal and sinus conditions, asthma, and bronchitis; as well as digestive complaints including symptoms associated with acid reflux and irritable bowel syndrome (IBS).

In response to the negative side effects that she was experiencing, as well as the potential environmental impacts of the wide-spread use of chloramine in the water supply that include the destruction of wildlife habitats and the killing of fish, reptiles, and other marine life, Denise Johnson-Kula sought answers. In the process, she connected with other Bay Area individuals who had similar complaints.

The ongoing documentation of the symptoms people were having as anecdotal evidence began. Research studies regarding both the risks posed to the environment and individual health were located. Little is known about long-term effects, and whether Chloramine is a potential carcinogen. The group that was formed filed complaints with cities and counties, water companies, and utility departments. In January, 2005, the group filed an injunction against the San Francisco Public Utilities Commission. CCAC was granted non-profit status in May, 2005.

The greatest danger from exposure to chloramine comes from bathing, showering, and breathing it in enclosed places rather than from drinking it.

For additional information about Chloramine, and to find out how you can become involved in the fight to see that it is removed from our drinking water, contact Denise Johnson-Kula at 650-328-0424, or visit the CCAC website, www.chloramine.org.

HOLIDAY FOOD BOX & TOY DISTRIBUTION



The Holiday Season will soon be upon us. If you are a family who is in need of assistance for the Holiday Season, please call early and get on our Holiday Wish List. Please call Marta at (650) 595-0783 Ext. 118



RAY'S CORNER

by Ray Pittsinger, Program Manager

Barrier Removal: How To Determine What Is Readily Achievable

“Readily achievable” means easily accomplished and able to be carried out without much difficulty or expense. Determining if barrier removal is readily achievable is, by necessity, a case-by-case judgment. Factors to consider include:

1. The nature and cost of the action;
2. The overall financial resources of the site or sites involved; the number of persons employed at the site; the effect on expenses and resources; legitimate safety requirements necessary for safe operation, including crime prevention measures; or any other impact of the action on the operation of the site;
3. The geographic separateness, and the administrative or fiscal relationship of the site or sites in question to any parent corporation or entity;
4. If applicable, the overall financial resources of any parent corporation or entity with respect to the number of its employees; the number, type, and location of its facilities; and
5. If applicable, the type of operation or operations of any parent corporation or entity, including the composition, structure, and functions of the workforce of the parent corporation or entity.

New Employees at CID



Carrie Field is the new receptionist at CID. Carrie started at CID on September 7th. We feel that her past experience in customer service will be a valuable asset in her new position. She says, “I look forward to serving you well.” She and her husband Bill

have 32 year old twin daughters, and have lived in Redwood City most of their lives.



Deniz Keller is our new Advocacy Coordinator. Deniz speaks three languages including Italian and Turkish. This comes as no surprise since she was raised in Turkey and has also lived in Italy. Since her arrival at CID in July Deniz has already had a major

success in influencing a crucial 60 Day No-Fault Eviction Bill in the Assembly which is favorable to the disability community – Bill AB-1169.

Assistive Technology - Making a Difference

by Steve Freier, Assistive Technology Coordinator

I recently had the challenge of trying to assist a consumer who felt “housebound.” He had used a manual wheelchair most all of his life and had been renting a home in the San Mateo hills for almost three years.

He contacted CID Assistive Technology Department for assistance because his driveway leading to the sidewalk was so steep that it posed a danger to him in the wheelchair. His wife told me that he had become very depressed and despondent because he did not have the freedom to independently get out anymore.

We brainstormed for creative solutions such as a ramp and even a power-winch. The ramp would not work in the space, and the power winch was deemed too dangerous and costly. Insurance restrictions ruled out shifting to a power chair because he would not be eligible for manual chairs in the future if he changed over.

Recycling to the Rescue! Our problem was answered when someone called CID to donate a power scooter they no longer needed. Normally we do not accept donations of this kind, but in this case I was able to connect the donor directly to the consumer, and the scooter was delivered within a few days to the delight of all concerned!



Recently I received a call from the consumer’s wife, who reported that her husband was given a new lease on life. She states, “I can’t thank you enough for securing a scooter for my husband, Wayne. The scooter has enabled my husband to get on the beach in Santa Cruz, go to a hill in Golden Gate Park above the lake that looks down over the waterfall and Chinese Pagoda, and enjoy the many beautiful sights of the Bay Area, that were otherwise out of range of his manual chair.”

The donated power-scooter made all the difference to him and the quality of his life, showing just how important it is for all of us to recognize that our acts of kindness do make a difference in the lives of others who need assistance.

For information about how you can recycle your unused technology such as wheelchairs, stairglides, elevators or even hospital beds, contact Steve Freier. Even if we can’t use it, we can refer you to another agency that can. 650-595-0783 ext. 115

Last Minute Assistance Available to File for Homeowner’s or Renter’s Assistance Credit

The State of California is still accepting applications for the 2005 Renter’s and Homeowner’s Assistance Credit thru October 15, 2006, and possibly longer.

If you are disabled or over age 62, and either rented or owned your home in San Mateo County in 2005, and had household income under \$40,811, you may qualify for a credit of up to \$347 depending upon your income.

If you would like assistance in filing for this credit, please contact David Mon, Area Work Incentive Coordinator at 650-595-0783 ext. 127 to schedule an appointment as soon as possible.

Center for Independence of the Disabled



875 O'Neill Avenue
Belmont, CA 94002

TEL: 650-595-0783
TDD: 650-595-0743
FAX: 650-595-0261

<http://www.cidbelmont.org/>

NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit No. 107
Belmont, CA
94002



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.

CID NEWS & VIEWS

CID NEEDS VOLUNTEERS!

CID needs volunteers to help disabled individuals in San Mateo County with these two programs:

- o **SASH** serves people who are unable to leave their homes or unable to lift or carry groceries. Some people have diminished sight or a physical challenge and cannot lift heavy objects.
- o **VIMM** volunteers are trained to help individuals with basic money management; including help sorting and paying bills and organizing a simple bookkeeping system.

*Please give of your time;
Your efforts WILL be appreciated!*

To become a volunteer please contact **Sally Pierotti**,

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



WHAT CAME TO BE CALLED "AMERICA"

By 1492 people had lived in the Western Hemisphere for tens of thousands of years. For much of this time it is believed that they experienced virtually no recorded, sustained contact with other parts of the world -- Europe, Africa, or Asia.

Millions of people lived in an area some five times the size of Europe. In strikingly diverse habitats and climates they developed possibly the most varied and productive agriculture in the world. Their lifestyles and belief systems differed widely and they spoke hundreds of distinct languages.

Throughout the hemisphere, states and centers of high civilization had risen and fallen. The dynamic Mexica (Aztec) and Inca empires were still expanding at this time and internal migration and warfare were common. The peoples did not see themselves as part of an entity. Only later would this area be given a unifying name - America - and the people labeled "Indians" by Europe.

We have focused on five geographical areas of the region to represent the variety and complexity of peoples and cultures before 1492: the Caribbean, Middle America, the Andean region, the South Atlantic, and North America. In order to understand what came to be called America we are often dependent on European observations.

In commemoration of : **"Columbus Day"**
Arsie Tuquero-Zacarias, Administrative Assistant