



# NEWS & VIEWS

## INVITATION

*We cordially invite you to meet our Board of Directors, Staff and Consumers at:*

### OPEN HOUSE 2003

October 16th

4:00 to 7:00 PM

875 O'Neill Ave. in Belmont

The Center for Independence of the Disabled is entering its 24th year of serving people with disabilities in San Mateo County. We are celebrating the year by holding an open House on October 16th. The Open House 2003 will feature displays by our staff on the various services offered by CID. It will also be a time to honor individuals and organizations that have made significant contributions during the year. The most important organization to be honored is the City of Belmont. Refreshments will be served.

## From the Executive Director

### Kent Mickelson

This is a good time to thank the CID Board of Directors for their hard work during 2003. President Dave Lawrence, Vice President Percy Jones, Secretary Nancy Levitt, Treasurer Patti Solomon-Rice, and members Sally Melanephy and Sheila Kelly have volunteered their time to keep CID strong. Many Thanks to All!



There are also many more volunteers that help CID in its mission to help people with disability live more independent and productive lives. Volunteers are critical in the volunteers in Money Management (VIMM) and Shopping Assistance for Someone who is Homebound (SASH). CID also uses volunteers to answer telephones and help put out the quarterly newsletter. A Very Big Thank You to all the volunteers who assist CID in helping others!

## ADVOCACY

by Leon Buist  
*Advocacy Coordinator*



Persons with disabilities all-too-often experience exclusion and discrimination in society over accessible and affordable housing, health services, transportation, employment opportunities, and other issues. We at CID are dedicated to assist and empower individuals and/or groups with disabilities who encounter exclusion or discrimination. In individual advocacy we assist individuals in rectifying injustices they have experienced in specific or unique circumstances. In systems advocacy we focus on enacting social change through policies or legislation which affects numerous individuals and the disability community at large. CID advocacy training meetings are held the second Monday of each month from 3:00 p.m. to 5:00 p.m. Contact Leon, ext. 119 or Nicole Cortichiato, ext. 113 for further information.



## CID Wants You!

CID is looking for new members for the Board of Directors. Candidates should have a strong commitment to helping people with disabilities and a willingness to volunteer their time and energy. The Board's regular meetings are held on the second Monday of each month at 6:30 p.m. People with disabilities and people with strong community contacts are encouraged to apply! Application is available at the CID Website:<http://www.cidbelmont.org> or call Arsie or Kent at 650-595-0783.

**YOU CAN HELP CID BY DONATING YOUR CAR!**  
CID is now accepting vehicle donations of cars and trucks. You will get a receipt for as a tax donation. Call Steve Freier, AT Coordinator at (650) 595-0783 ext. 115 for more details.



## RAY'S CORNER

By Ray Pittsinger  
Program Manager

### ADA News

The Air Carrier Access Act of 1986 prohibits discriminatory treatment of people with disabilities in air travel and applies to both domestic and foreign air carriers. Enforced by the U.S. Department of Transportation, the law covers a range of issues, including boarding assistance and access features in newly built aircraft. A toll-free hotline is now available to provide guidance on the rights of air travelers with disabilities under the law and to help resolve disability-related air travel service problems. The hotline is 1-800-778-4838 voice, or 1-800-455-9880 TTY.

## Personal Attendant Program

by Judith Duisenberg  
PAP Coordinator

Attendant Care can significantly improve the lives of people with disabilities. An attendant can easily be the most important factor in a person's life! Without someone to activate his or her intentions, a person with a disability can become non-functioning. Attendant requirements vary according to the personality and severity of the disability of the person being helped.

A competent attendant can make the difference between remaining in one's home and having to move into an assisted living facility in a strange and unfamiliar environment!



## SPECIAL RECOGNITION!

CID would like to give special recognition to two of our volunteers:

**Drew Rice & Denis O'Brien**

For their unselfish time and effort in helping front desk. Good luck to you both!



## From the Desk of

Jamie Dunn  
Coordinator,  
Daly City Branch

The Northern San Mateo County Branch of the Center for Independence of the Disabled is located at 355 Gellert Boulevard in Daly City. The office is just down the hall from the local Social Security office. Many consumers wait until the last minute to ask CID staff for help. If you have work to do with the Social Security Administration, call the CID office and make an appointment to meet with Jamie, Marsha or Kathy as soon as possible. We can help you prepare for initial interviews with Social Security Representatives, and we can tell you what to bring to the meeting. We can help you fill out applications for disability benefits or assist you in preparation for hearings or appeals.

Making an appointment ASAP will give you plenty of time to get your information together and get your forms filled out correctly. It will also cut down on your stress because you will have help and support as you go through the process. Our telephone number in Daly City is: 650-991-5124. We look forward to helping you!



**Q. Would you like to meet interesting people within your neighborhood or in your community?**

**Q. Are you ready to give of yourself?**

**A.** Be a Volunteer and find out how you can turn your daily routine to an exciting time of your life...

Interested? Then please call Sally Pierotti, SASH (Shopping Assistance)/VIMM (Money Management) Coordinator at (650) 595-0783 Ext. 117 for more information.

## The California 250% Working Disabled Program for MediCal



by Jay Swee (BPAO)

**MediCal** has a California 250% Working Disabled Program. This means that if you are disabled, working, and have a "high share of cost" (SOC) for MediCal

... you may earn up to 250% of the federal poverty level (guidelines) of \$8980/yr. ... that is... (\$8980.80 X 250% = \$22,450/yr.) of "countable" income (**\$1,870.83/mo.**) and qualify for a MediCal buy-in that greatly reduces your share of cost. SSDI and SSI are exempted and all you have to do is be working and earning more than \$1. Come and get it!

People, this means that if you, say, have a \$500 SOC for MediCal because you receive \$1100/mo. SSDI, you can meet the above earnings limits **or** go to work earning, say \$10/week or (\$1 to \$600/mo), and qualify for a ... **get this... a \$20 premium payment per month!**

This is serious money folks! Slightly higher premium rates apply for higher earnings but this is a great deal to look into. Call Jay at (650) 595-0783 or call MediCal at (650) 802-5018. Don't let yourself pay that high, out of pocket, share of cost for your medications

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## Money Now Available for Housing Accessibility Modification (HAM) Program

- Phyllis Ridgley, HAM Coordinator

We have started our new fiscal year and now have money to provide service to low-income residents of San Mateo County. Home Modifications can be made whether the individual owns their home or is renting. If you know of a person with a disability who can benefit from this service, please refer them to us.

The most common types of modifications we provide are: grab bars, rails, ramps, toilet safety frames, and hand held showers etc.

If you have any questions please give us a Call at 650-595-0783 and ask for Phyllis ext. 121 or Marta ext. 118.

## ABOUT ONE THIRD OF THE 43 MILLION AMERICANS WITH DISABILITIES WORK; MILLIONS MORE ARE CAPABLE AND WILLING TO WORK.

by Ray Pittsinger, Program Manager

The San Mateo County Mayors' Committee for Employment of People With Disabilities promotes employment and advancement of people with disabilities. Information and training on the Americans with Disabilities Act (ADA) and the benefits of employing people with disabilities is available to employers, public and private agencies and the general public. Get involved in opening doors to employment and career opportunities for people with disabilities. For more information contact any of the following agencies or individuals:



- George Archambeau, Project Hired (408) 557-4313
- Simon Day, RCH Inc. Employment & Training Services (415) 665-4109 x1329
- Linda Gomes, California Employment Development Department (EDD) (650) 802-5000
- Jim Grier, Work Transition Services (650) 871-8888
- Jess Miller, WorkAbility III at Canada College (650) 306-3157
- Carmen O'Keefe, Vocational Rehabilitation Services (VRS) (650) 802-6477
- Ray Pittsinger, Center for the Independence of the Disabled (650) 595-0783
- Darlene Rutkowski, California State Department of Rehabilitation (415) 904-7151
- Michael Schocke Caminar/CLC, JOBS PLUS (650) 558-4395
- Bert Vergara, Community Gatepath (650) 259-0197
- Jeanette Ward, Community Liaison to Commission on Disabilities (650) 728-7476

# Information and Referral

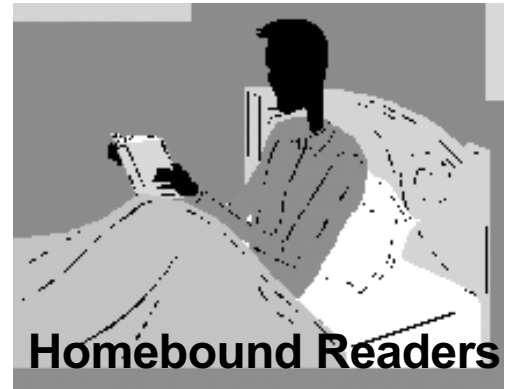
By: Marta Florez

## Pet Loss Group



The Peninsula Humane Society and the Society for Prevention of Cruelty to Animals have worked together to form a pet loss support group for the public.

Chris Kenworthy, PHD and a licensed therapist, volunteers to facilitate the group. The group will meet every second Thursday at the Peninsula Humane Society. For more information contact Malu Trahn at (650) 340-7022 Ext. 344.



## Homebound Readers

The Burlingame Library is offering an outreach program to serve Burlingame residents who are unable to come to the library. An outreach coordinator will work to find formats that match the reading tastes of the members.

Available are books, magazines, books on tape, and books on CD's. Volunteers will deliver materials to outreach members every two weeks. For more information contact Jan Eustis at (650) 556-7473

**Center for Independence  
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## CID NEWS & VIEWS

The Center for Independence of the Disabled (CID) will serve qualified consumers without regard to ability, race, age, religion or gender.