

Center for Independence of Individuals with Disabilities

Newsletter Winter 2018-2019

Consumer Highlight: Sue

CID's AT department recently received a large number of rollators. I did not have any pending requests, so I put an ad on Craigslist. Leidyn replied to the post and we set a time to meet at our storage so she could check out the rollators for her mom, Sue. Sue is a pleasant 90 years young woman who is trying to stay mobile. She has a conventional walker, but the rollator will allow her to travel further and rest when needed. We got a rollator and had her try it out.

Sue's friend is in the hospital now and needs a rollator as well. I gave them a second rollator for Sue's friend and they donated \$20.00 to CID as a thank you for the second rollator. I want to thank Sue and Leidyn for being such great and appreciative consumers.

~Vincent Lopez, Assistive Technology Coordinator

Project Sentinel and CID Housing Clinic

Project Sentinel and Center for Independence hosted the first joint Housing clinic on Wednesday, January 23, 2019 at CID's San Bruno office. At this clinic, Project Sentinel lawyers answered questions about disability discrimination, accommodation in housing and much more. About 10 people came in for assistance. Attendees learned their rights, got answers to their questions and enjoyed food that Project Sentinel provided. Project Sentinel is interested in doing this again in the near future.

Housing Accessibility and Modification Program

CID has funding available for its Housing Accessibility Modification Program in the City of South San Francisco. The program helps with the installation of grab bars, hand-rails, stair-lifts, ramps and other modifications to make homes accessible and safe. Free of cost to income qualified consumers. For more information, please contact Lisa at 650-645-1780 Ext. 122.

Cub Scout Troop 27 and CID

Recently, CID received a request to present for local Cub Scout Troop 27. The leaders were looking for presenters with disabilities to speak to the troop about their experience with disabilities. I was excited to help the scouts gain disability awareness. I checked in with Ben McMullin (System Change Advocate) and Shane Tannahill (Intern- Rehabilitation Counselor) and they were as excited as I was to present.

The presentation started with a discussion about American Sign Language (ASL) and Deaf culture. I started the presentation in ASL to show how there are two views of Deaf- the Medical model with a lowercase d and the cultural model with an uppercase D. I explained how being Deaf is a culture tied by language. Shane explained his experiences with progressive blindness and how he has adapted to his disability. We performed an exercise on how to guide a person with low vision or blindness. The scouts were responsible for leading their parents around blindfolded. Ben was a boy scout and explained his experience as a boy scout. Ben has also told the story of how he has become a successful Systems Change Advocate. Annie, Nicole and the participating parents were great at fielding questions, participating and helping progress the presentation.

After the presentation, the scouts participated in exercises to get their Disability Awareness Badge. I presented the various Liftware and assistive utensils and plates for people with physical disabilities for them to test out while they were waiting their turn for the exercises.

We really appreciated the opportunity to present to the scouts and look forward to working with them again in the future. The scouts are what every scout should be: respectful, interested and fun.

~Vincent Lopez, Assistive Technology Coordinator

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

AmazonSmile

Thank you for supporting CID. 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.

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.*