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CENTER FOR
INDEPENDENCE
of Individuals with Disabilities

Emergency Preparedness Care Packages

For the past several years, the Center for Independence of Individuals with Disabilities (“CID”) has hosted Emergency Preparedness presentations in the City of Menlo Park. The focus of the presentations is to educate seniors and individuals with disabilities on how to best prepare for an emergency. Unfortunately, due to the coronavirus pandemic and shelter in place order, this year we were unable to host our Emergency Preparedness events as we had in past.

In place of our Emergency Preparedness events, CID distributed 280 care packages to the vulnerable population in the City of Menlo Park. The facilities we distributed care packages to included the Menlo Park Senior Center, Sequoia Belle Haven, Willow Housing for the Veterans, Cranes Place and CID’s Menlo Park clients. The care package contained several safety items pertaining to emergency preparedness, such as an emergency preparedness presentation, emergency preparedness kit, \$15 Safeway gift card, cloth mask, toilet paper, paper towels, canned chicken, dish soap, body soap, protein bar and protein shake. The care package also included a letter telling the residents why they received the care packages. Our hope was that the care packages would help the community with their basic needs during the Covid19 pandemic.

The Menlo Park community shared their deepest appreciation and were truly thankful for the care packages. A veteran at the Willow Housing for the Veterans thanked us for the care package and said it was thoughtful for CID to think of them and he was very grateful. In turn, CID was overwhelmed with feelings of gratitude, appreciation, inspiration and pride.

Peer/Wellness Support

When: **Every Thursday**
10am-12pm

CID is offering a weekly Zoom support group that focuses on wellness. All consumers are welcome to join us.

During this meeting, individuals are welcome to check in about their feelings and discuss current events that are impacting our everyday life. During this Covid-19 pandemic our staff and consumers are welcome to discuss the impact of this crisis in our country and around the world. The group is hosted by Alex Madrid, CID Generalist, and Rachel Aceberos, CalFresh Outreach Eligibility Coordinator, conducts a meditation at each session.

As of now, we have a turnout of ~6 consumers. We hope to spread the word to our consumers in hopes of expanding the group. If you are looking for support from your fellow neighbors then you should join our Wellness Group.

CID, once again, thanks the Menlo Park community for the continued support to our cause and contribution to the many individuals living with a disability in the City of Menlo Park.

Farm House Restaurant Offered a Free Meal to Those in Need

The Farm House Restaurant in Belmont and the San Carlos Adult Community Center provided and delivered a free meal to those in need during the coronavirus pandemic in San Mateo County. The recipients had a choice of one of three daily specials. Over 30 CID clients were open to receive the gift and participated in the free meal offer. A Thank you to Farm House Restaurant and all the volunteers at the San Carlos Adult Community Center for making this possible. On behalf of our clients living with a disability in San Mateo County, we appreciate your act of dedication, kindness, and generosity during this challenging time. Please support your local businesses and community during this time of need. For more info: farmhousebelmont.com or 650-593-7311

Public Safety Power Shutoff (PSPS) Program



CID has partnered with the California Foundation for Independent Living Centers (CFILC) in the Disability Disaster Access & Resources (DDAR) program. The coalition's aim is to provide individuals with information & assistance, disaster readiness training, backup electricity support, personal preparedness planning assistance, public awareness, and Assistive Technology and Durable Medical Equipment reuse

For more information or to register, please contact:

Alex Madrid

650-645-1780 ext 203

alexm@cidsanmateo.org

Housing Workshop

When: Every 3rd Wed.

11am-12:30pm

This workshop provides INFORMATION AND RESOURCES about affordable and accessible housing to individuals with disabilities in San Mateo County. Registration required due to limited space. **Individuals are required to attend the housing workshop prior to receiving one-on-one housing services from CID**

For more information or to register, please contact:

Alex Madrid

650-645-1780 ext 203

alexm@cidsanmateo.org

and loan closet referrals; before, during a PG&E Public Safety Power Shutoff.

For more information about DDAR visit:

disabilitydisasteraccess.org

For information on CID and its partnerships during a PSPS visit: cidsanmateo.org/pmps

What is a Public Safety Power Shutoff?

High temperatures, extreme dryness and record-high winds have created conditions in our state where any spark at the wrong time and place can lead to a major wildfire. If severe weather threatens a portion of the electric system, it may be necessary for PG&E to turn off electricity in the interest of public safety. This is known as a Public Safety Power Shutoff (PSPS).

PG&E understand the importance of keeping the lights on, especially given the current stay-at-home orders. They are determined to do everything possible to address both the impact of the COVID-19 pandemic and the threat of catastrophic wildfires. The overriding goal is to ensure public safety and Public Safety Power Shutoff is an important tool for doing so.

For more information visit the [PSPS Faq page](#).

You can take these steps today to prepare:

Update your contact information to receive alerts

It is important that PG&E has your most recent contact information so you can be notified when an event could impact your home or business. Visit My Wildfire Alerts or call 1-866-743-6589 to update your contact information.

If your landlord is the account holder, they will receive the alerts and you will want to make sure they know to be in touch with you.

You can also sign-up for Zip Code alerts by calling 1-877-9000-PGE or texting "ENROLL" to 97633. These notifications are not address-specific as they are only based on the ZIP Code provided.

Housing Accessibility and Modification Program (HAM)

Do you need modifications to your home to make it safer and easier to get around? CID has funding available for its Housing Accessibility Modification Program for residents in San Mateo County.

We install grab bars, hand-rails, stair-lifts, ramps, and other modifications to make homes accessible and safe. FREE for income-qualified individuals.

Home owners and eligible renters, for more information, please contact:

Lisa Heath

650-645-1780 ext 122

LisaH@cidsanmateo.org

If you rely on Power for Medical Needs

Enroll in the [Medical Baseline program](#) if you rely on power for medical needs to receive extra notifications in advance of a PSPS and a lower monthly rate. For more information visit:

Use PG&E's planning tool and maps

PG&E launched a standalone website dedicated to providing shutoff updates and information: You can visit it here pgealerts.alerts.pge.com/updates. Here, you will also find a tool that allows you to type in your address and learn in advance if your residence will be impacted.

Follow social media and news reports

PG&E is also relaying shut-off information to media outlets and posting updates on social media. Most counties are sharing this information on their official county Twitter and Facebook accounts as well. If you're active on social media, it's helpful to follow these accounts.

Watch the weather

PG&E meteorologists closely monitor weather conditions to make decisions on where and when power outages may occur. They're considering numerous factors to determine the severity of fire risk including "Red Flag Warning" issued by the National Weather Service, low humidity levels (generally below 20 percent), forecasted sustained winds (generally above 25 mph and wind gusts in excess of approximately 45 mph, depending on site-specific conditions such as temperature) and the moisture content of the surrounding landscape.

Prepare your home for extended outages

If you're eyeing something more heavy duty than just flashlights or lanterns, a backup generator seems like a logical place to start. But unfortunately, experts say, backup generators may not be a practical option for many homeowners in residential areas, especially neighborhoods where homes are relatively close together. What does work? A portable generator might not be able to supply as much power, but it's likely to be less cost-restrictive and less of an



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installation headache. A 2,000-watt model is light enough to be portable, but still offers enough power to run an appliance like a refrigerator in an emergency. Prices range from \$500 to \$2,000.

With the prospect of a power down on the horizon, combination solar power battery systems are growing in popularity among consumers, but the prices are steep: The cost of such a system averages \$16,400 once sustainability incentives are factored in, according to Bloomberg.

Also, it's important to note, fully stocked freezers usually keep food frozen for two days after losing power. And half-full freezers usually keep food frozen for about one day (if not repeatedly opened). Also, refrigerators usually keep food cold for up to four hours if the door remains unopened. In some communities, PG&E will, however, be opening "resiliency centers" with backup generators available to power key services.

Regardless of where you live and how your area is preparing for fire season, it's a good idea to make a safety plan, build an emergency kit with food, water, flashlights, a radio, batteries, first aid kit, cash, and medications, figure out how to manually open your garage door and charge your cell phone if you lose power, and make sure your contact information on file with your local energy company is up-to-date so you can be reached in an emergency. More preparedness tips from California energy companies are available online here.

Assistive Technology

Assistive technology (AT) is expensive. Most AT is very specific. The price increases the more specialized an item is. Since most of our consumers are on a fixed income, our AT department tries to think outside the box and repurpose and modify items to fit consumer needs to cut down on cost and the extensive process of getting items covered by insurance.



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Recently, an Occupational Therapist (OT) requested a Rifton Tram, which retails for \$4,900. The Ability Tools/NATADS network searched within California for either a U-Step or Rifton Tram. A U-Step was located, available from Aris at CRIL, but it was not the correct size. The OT found that the consumer could benefit from a walker that is upright and weighted. AT Coordinator Vincent Lopez located one with arm supports to provide. He first secured it with weights using industrial twist ties, then decided to test it with multiple zip ties. He sent photos of it to the OT for approval, and the OT picked up the item. It has assisted the consumer to walk again. CID has reduced the consumer cost from \$4,900 to \$100 worth of donated DME with modification. Items can be repurposed to fit a consumer's needs when thinking outside the box.

CID's mission

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.

Our services include:

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

Affiliated member of:

