



NEWS & VIEWS

Pre-Superbowl Fundraiser!



By Arsie Zacarias



Karen Vanderberg

Lori Arthur

CID kicked-off its 19th Annual "Pre-Superbowl fundraiser", on January 23rd 2004. The success of the fundraiser draws more attention to many supporters. Every year Cathy Mainini, event chairperson, brings in old and new participants to the event.

A big thanks to Mark Roach, Sr. Vice President, Jim Rakos, Vice President, Karen Vanderberg and Lori Arthur of Mid-Peninsula Bank in San Mateo for hosting the event for over six years now. CID thanks the volunteers for their effort, John & Cathy Mainini, Rich Sciutto, Betty Moreno, Joe & Yolanda Castellese, John & Lee Clothakis, Kevin Sullivan, Joe Cotla, Capt. Karl Schoenstein, and the late Ray Moreno.

The event was supported by the generous donation from Mark Doiron, President/CEO Peninsula Bank of Commerce - Milbrae, Attorney Janet Fogarty, Captain Karl Schoenstein, Attorney George Corey, Dan Mainini, Rose Colla, Joe & Candy Cotla, Mainini Investments Inc., Betty & Ed Spahn, Jim Boghosian, Don & Adriana D'Elia, Gregory & Marian Bradley, Judy Clarke, Hon. Dale & Janet Hahn, Armando & Pat Dianda, Leonardo's Italian Deli and M.R. Oyster Inc.

Our sincere thanks to all the merchants who provided door prizes for this special event. Your continued support made this fundraiser a huge success.

We look forward to our 20th year, and we thank all of you who joined us.

From the Executive Director *Kent Mickelson*



Over 100 community members volunteer at CID year around and have a very positive effect on the lives of people with disabilities.

Programs like Volunteers in Money Management and Shopping for Homebound Persons rely heavily on volunteers from the community. Also, this newsletter would not be possible without a number of volunteers who fold, label, and sort the newsletter.

The New Year brings with it hope for a bright and glorious 2004. CID ended 2003 with a real bang with our Thanksgiving Turkey (60 birds) giveaway, compliments of State Sen. Jackie Speier.

Next came our huge Christmas food and toys giveaway. With massive community support we were able to help 85 families and over 75 children. CID was proud to have made a difference in the community with these holiday efforts.

Our CID Board members are all volunteers and do a great job of keeping the Executive Director's nose to the grindstone.

We are very grateful to all of our volunteers and wish all of them a great 2004 and many more years to come.



L-R Seated: Cathy Mainini, Yolanda Castellese, Betty Moreno, Lee Clothakis
L-R Standing: Joe Cotla, John Clothakis

RAY'S CORNER

By Ray Pittsinger
Program Manager

Have you had a problem getting hired? Can't get into a restaurant because it's inaccessible? Have you tried to participate in a local government program, but it wasn't accessible?

We may be able to help. Give CID a call at (650) 595-0783. Ask for Ray, ext. 128.



From the Desk of Jamie Dunn

Branch Office Coordinator, Jamie Dunn will be working with the South San Francisco Community Partnership to give parents in South San Francisco the information they need to prepare their children for the beginning of their educational journey. Orientations will be held in February and will be conducted in both English and Spanish. Participants will learn how to use the *SSFCP Kindergarten Readiness Guide*, how to register their children for kindergarten, how to obtain health insurance for their children, how to register for the Summer Pre-Kindergarten Program and where to participate in dialogs which address family concerns.

Jamie will be advising parents of the rights of children with disabilities as well as doing outreach to any family members who may have a disability. Project Coordinator Karla Molina can be reached at 650-877-8546. Daly City Branch Office: 650-991-5122



Safety & Emergency Services

By Jim Stinehoff,
Building Safety & Emergency
Services

The 6.5 earthquake causing damage in Paso Robles on December 23rd of last year is a wake up call that it is best to be prepared for a natural disaster. CID offers a packet of self and home emergency preparedness information, questionnaires, and checklists to help prepare people with disabilities for natural disasters. A packet may be requested by contacting Jim Stinehoff, Building Safety & Emergency Services at (650) 595-0783 Ext. 126

STICKS AND STONES

Parents always used to say, "Sticks and Stones may break your bones, but words can never hurt you" to help their children deal with bullies and mean comments. But words do hurt. Stares hurt, and being left out hurts.

Most of us remember vividly to this day comments made in our childhood. Imagine a lifetime of stares, comments, and avoidance. Imagine what people with disabilities live with every day.

The best way to teach children sensitivity is to start early. The latest CID program to be offered is "Sticks and Stones". This program is designed to teach third graders sensitivity to all differences in people. Topics covered are disability laws, how people have differing abilities, myths about people with disabilities, and how to interact with someone with a disability.

To schedule the program, please contact Nicole at (650) 595-0783 ext. 113



Falls CAN Be Prevented!

YOU may be able to reduce your risk of falling. If you've ever fallen, consider the following points:



1. Did you feel weak or dizzy?
Make an appointment with your doctor.
Discuss the medications you are taking.
Get in shape. With your doctor's permission, begin an exercise program...
2. Did you slip?
Check your home for hazards such as throw rugs, telephone and electrical cords.
Add grab bars in the bathtub and toilet.
Add, and use, handrails on stairs.
3. Were floors slippery? Did you lose your balance?
Wear rubber-soled shoes.
Use non-skid surfaces in the tub and shower.
Look at how much you're carrying, and how far you're reaching.
4. Did you have a hard time seeing?
Have your hearing and vision checked regularly.
Improve the lighting in your home.
Use nightlights.

CID's Occupational Therapist can come to your home to do a Home Safety Assessment. Call Lois Glover at 595-0783, extension 119, for more information.

The above article is an excerpt from a brochure developed by Sequoia Hospital and San Mateo County Task Force for Fall Prevention and Home Safety.

Christmas at CID



In 2003, the Center for Independence of the Disabled made several special friendships with individuals who wanted to make a difference in their community. Their participation and willingness to get involved made it possible for CID to distribute holiday food boxes to 85 families, give new toys to 75 children.

The teenagers in some of the families received gift certificates to Hillsdale Mall. We believe at CID that, "It's through giving that we receive." CID would like to acknowledge and sincerely thank all the following individuals that helped make the holidays brighter for so many families:

- Charles Armstrong School (CAS)
- Mary Lou Orr, Director of Finance and Operations (CAS)
- South County Fire Department
- David Wade, South County Fire Department
- The Notre Dame de Namur University
- Kiwanis Club of Belmont
- George Kranen, President of Belmont Kiwanis Club
- Carrie Manley and Friends;
- Chester Fischer, Pres. of the Belmont Chamber of Commerce
- Ron Huff, George Pacific

Thank you all for caring!

- Marta Florez,
Intakes, Information and Referral Specialist

OPERATION GOBBLE GOBBLE



Thanksgiving...She did it again! Senator Jackie Speier donated 60 turkeys to CID consumers. Marta Florez, CID's I&R Specialist, coordinated with Bob Katz in getting the donations from Senator Speier's office. Dan Alioto and Arsie Zacarias picked-up the turkeys at State Building in San Francisco and distribution followed. Kent Mickelson, Executive Director, Steve Freier, Assistive Technology Coordinator and Arsie Zacarias, Admin. Assist. delivered gift boxes to the consumers who were unable to come to the Center. Many thanks to Bob Katz, Senator Speier, and Staff; you brought joy to many families on Thanksgiving Day!

New Wednesday Peer Support Group

Pssst...Have you heard? Beginning Wednesday February 18, 2004 from 2:30-4:00pm a new Support Group will be starting at CID.

It is important that people with disabilities have a safe and nurturing environment to express their needs and concerns. The Support Group promotes self help values, healthy interaction, and social skills allowing one to learn from others and share individual experiences.

Each person has a unique perspective of their life and the world which we share. To explore issues such as: self-esteem, relationship difficulties, employment and housing issues, hidden disabilities, and accepting oneself with a disability are a few of the topics we will be exploring. Our support group encourages individual and group resourcefulness helping one to achieve self-reliance, self-confidence, healing, and independence. So please join us every Wednesday to explore the potential of the human journey. Also expressing oneself to others is often a liberating and empowering experience. Hope to see you there! For more information on Group and Individual counseling please call Gayle Prytz, Peer Counselor, at (650) 595-0783 ext. 124



Personal Assistance Program

By Judith Duisenberg, *PAP Coordinator*

One of the many important goals of our mission at CID is to ensure that the elderly and disabled of San Mateo County are able to remain in their



homes for as long as possible without the element of risk. The personal assistance program (PAP) provides in-home attendant care which enables seniors and disabled persons to continue productive lives without disruption, avoiding the need to move and adjust to assisted living or level II nursing facilities. Call Judith at 650-595-0783 ext. 125 for assistance



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Center for Independence of the Disabled

COMPUTER TRAINING CLASSES TO BE HELD FOR CONSUMERS



Beginning on Thursday March 4th FROM 1:30PM TO 3:30PM, there will be a computer training class held at CID in the conference room. The class will be conducted by CID's Assistive Technology Department in response to the needs of numerous consumers who have requested such a class. Computer Basics

will be covered followed by a Hands On Q & A session. The class will be offered once each quarter. Call ext. 115 to register.

The Family Caregiver Support Program

By Steve Freier & Phylis Ridgley



Money is available under the Family Caregiver Support Program for informal family caregivers who meet the following criteria:

- 1) An adult family member or individual who is providing informal (non-paid) homecare for a family member age 60 or over; or
- 2) A grandparent (age 60 or older who is the primary family caregiver) related to the child or a legal guardian of a grandchild under the age of 18.

CID's (HAM) program can provide such items as minor home modifications such as small ramps, grab bars in tubs, showers and toilet areas, wooden rails in and out of your home, and safety devices such as smoke alarms, peep holes, and motion detector lights.

The Assistive Technology (AT) Program can assist with other technologies such as electronic communication devices, emergency response equipment, body braces, orthopedic shoes, walkers, wheelchairs, or other appropriate devices that would enhance the individual's independence.

If you feel you may qualify or know anyone who may be eligible, call and ask for the Referral Specialist who will conduct a more formal evaluation to determine eligibility.

Donate Your Old Car to CID!

Do you have an old "junker" car sitting in your driveway? Donate Your Old Car to CID and receive a tax write-off. CID is now accepting donations. You will receive a tax donation receipt that you may use to reduce your personal income tax.

You will also gain from the satisfaction of knowing that your donation will help CID. For more information, call Steve Freier at (650) 595-0783 ext. 115 or Brent Duisenberg at ext. 116.

