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CID's mission is to provide support services, community awareness, and systems change advocacy to promote full and equal community integration



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 is Going Virtual

Since the COVID-19 shelter in place, our CID team has updated and posted new videos on our [YouTube](#), [Facebook](#), [Twitter](#), and [Instagram](#) pages. Our CID YouTube playlists include links to **assistive technology resources**, **DIY how to videos**, **Disability Rights, Advocacy**, and **Disability Etiquette**. Facebook has our latest posts and information. Instagram, although not really accessible, but more popular has updates on what is going on @ CID. Twitter has updates and CID information. For the best and most accessible experience with our videos, we recommend to go to our YouTube page. Please like and follow CID's social media to get updates on new information and videos. Information is Power!

Census: You Count

Every 10 years people residing in the United States have a powerful tool to change things for the better in the United States: the Census! The Census paints the picture that reflects the faces and the needs of



this great country in which we live. By taking part in the census, we not only have the opportunity to define what congressional districts look like (House of Representatives is based on population); but also what services we have access to in our community. In this time of COVID-19 we are relying more than ever on healthcare to keep ourselves and our loved ones safe. In order to determine the need for services such as community hospitals we must have an accurate count of who lives in our community. There are now multiple ways the census including: online (www.2020census.gov), by mail, and over the phone (844-330-2020). Between August 11 and October 31, 2020, Census workers will be visiting the houses of folks who have not completed the census. At that time that, the census worker will be able to assist you if you were unable to complete it by other methods. Please take part in the Census today to shape what our future looks like. It only takes 10 minutes to complete to help fund critical service in our community for the next 10 years. An accurate count means adequate funding for critical services. Take the census today because you count!

CalFresh Program

CalFresh Awareness Month

May is CalFresh Awareness Month and a time we highlight and increase attention to the public benefits that assist those most vulnerable in our community. CalFresh is a vital program that helps many of us put food on the table. What is CalFresh? CalFresh, formerly known as food stamps, is California's Supplemental Nutrition Assistance Program (SNAP) and is provided monthly to those who qualify via Electronic Benefits Transfer (EBT) card.



As we continue to battle a global pandemic, CID would like emphasize the critical role of CalFresh for those who are new to the program. In response to the current health crisis, CalFresh has responded by providing emergency allotments, application flexibility, and safer access to food with the recent addition of online benefit use.

CalFresh Emergency Allotment

In response to the current health crisis, households not receiving full CalFresh benefits will receive emergency allotments. The first allotment should have been received on April 12. The next allotment should be expected mid-May for those who have been approved for April and mid-June for those who have been approved in May. This is part of the Families First Act signed on March 18, 2020, which authorized the emergency allotment and maximum CalFresh benefits for all households for the month of March and April.

CalFresh emergency benefits has been an essential part of our government's response to the Covid-19 crisis. With the emergency allotment providing much needed relief to our community.

"I'm grateful to CID for the CalFresh application assistance. CalFresh emergency allotment has helped me make sure my stimulus check will not have to go towards groceries and go towards other essential bills." -Dinae (San Mateo)

CID encourages our members to check to see if they are qualified and for more information on benefits, please refer to CID website or contact Rachel (CalFresh Outreach Eligibility Coordinator) at 650-645-1780 ext. 117.

Changes to CalFresh Application Assistance and Procedure

San Mateo County Human Services and California Department of Social Services (CDSS) are strongly encouraging everyone to follow the social distancing mandate and submit applications and documents via online, email, mail, or fax. CID will continue to assist applicants with the pre-screen and application process. We will be following social distancing by pre-screening and providing application assistance via phone appointments. Until further notice, HSA Daly City, San Carlos, and East Palo Alto office will be temporarily closed.

Administrative flexibility has been implemented by the CDSS. In an effort to support new household applications and to make sure those already receiving benefits, are able to keep their benefits, the state has eased the burden of reporting, limited interview requirement, and has simplified the signature process. Contact CID for assistance to submit CalFresh application and for more information.

CalFresh Program (continued)

CalFresh Online

Starting Tuesday April 28, 2020 CalFresh recipient will be able to use their benefits for online grocery purchases with **Walmart** and **Amazon**. Benefits can be used to buy the same groceries usually bought in-person with their active EBT. [Click here](#) to add your CalFresh card to Amazon. CalWORKs benefits will also be available for online use at Walmart.

P-EBT

Due to Covid-19 health crisis, schools have closed down and many students who depended on free or price-reduce school lunches are now qualified for extra food benefits. Pandemic EBT or P-EBT benefits will help families buy food while schools are closed. From May 12 through May 22, families with children who receives CalFresh, Medi-Cal, or Foster Care benefits will be mailed P-EBT cards. For more information on P-EBT, please visit: CDSS.CA.Gov.

CID May CalFresh Outreach

In honor of CalFresh Awareness Month, we would like to feature recipes that will help anybody efficiently use CalFresh benefits. Recipes will be posted on CID's Facebook on Monday and Friday. Excerpts will be from Leanne Brown's Good and Cheap cookbook, designed to fit the budget of those receiving CalFresh benefits, like this one for \$2.80 Total/\$.70 per serving:

Banana Pancakes (Makes 10 to 14 Pancakes)

With the creamy texture and delicious flavor of bananas, these pancakes are stunningly good. You will be seriously popular if you feed these to your family or friends. Another plus: this is a great way to get rid of mushy bananas (that doesn't involve making banana bread).

2 cups all-purpose flour

¼ cup brown sugar

2 tsp baking powder

1 tsp baking soda

1 tsp salt

2 bananas, mashed

2 eggs

1½ cups milk

1 tsp vanilla

2 bananas, sliced

butter for cooking

In a medium bowl, add the flour, brown sugar, baking powder, soda and salt. Mix thoroughly with a spoon.

In another bowl, add the mashed bananas (or just mash them in the bowl), eggs, milk, and vanilla, then mix. Add the dry mixture from the other bowl into the second bowl. Gently stir it with a spoon until everything just comes together. Tender pancakes come from not over-mixing the batter. If there are still a few pockets of flour, don't worry about it. Let the mixture sit for 10 to 15 minutes.

Place a non-stick or cast-iron pan on medium heat. Once it's hot, melt a small amount of butter, about ½ teaspoon, then ladle some pancake batter into the center of the pan. You can make your pancakes as large or small as you like. A normal amount is about ¼ to ⅓ cup of batter. If it's your first time making pancakes, make them smaller: they'll be easier to flip.

As soon as the batter is in the pan, place 3 to 4 banana slices atop of the uncooked side of the pancake. Once the edges of the pancake start to dry up and you can see the middle start to bubble, flip the pancake over. Cook until it is browned on both sides. Stack the finished pancake on a plate in a warm oven and repeat the above process until you run out of batter.

Serve hot, with butter and syrup. (Recipe available in Spanish and will be posted on CID's Facebook.)

Self-Care Resources

The U.S. Department of Veterans Affairs offers a new [COVID Coach app](#) that offers education about coping during the pandemic, tools for self-care and improving emotional well-being, trackers to check your mood and more.



[Each Mind Matters](#) is California's Mental Health Movement:

"Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. Everyday take a moment (or more) to take care of yourself."

For an electronic printable version of [Steps to Self-Care](#), please visit their webpage. Take care.

Peer Support Group

When: Thursdays 10am-12pm

Join Zoom Meeting:

<https://zoom.us/j/97353120661>

Meeting ID: 973 5312 0661

Dial by your location:

San Jose: +1 669 900 9128

Houston: +1 346 248 7799

New York: +1 646 558 8656

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 **City of San Mateo, South San Francisco and Daly City**.



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, contact **Lisa** at **650-645-1780 Ext. 122** or LisaH@cidsanmateo.org.

Potential discussion topics include:

- Living with and accepting a disability
- Covid-19/stay at home difficulties

If interested in joining the group, contact:

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

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