Summer 2014 Newsletter

CID has moved its main office location and we are all settled in. If you haven’t already visited us at our new location, please stop by and say hello!

We are now located at **2001 Winward Way, Suite 103 in San Mateo, CA. 94404**. The building is right off of Edgewater Boulevard with ample free parking.

**SAVE THE DATES!**

The Commission on Disabilities (CoD) will be featuring these two wonderful events in the coming months:

- **Transition to Independence Fair** – **September 13th** from 10am to 3pm in the Redwood Hall of the San Mateo Events Center.
- **11th annual Artist Showcase and Silent Auction** – **October 21st** from 5pm to 7:30pm in the Main Floor of the Hall of Justice in Redwood City.

CID is proud to partner with the county to help make these events a success. Check out our website for more details.

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Senator Hill stopped by our Open House Celebration on July 30th to show his support of our organization and to drop off an official proclamation.

For more information about this exciting event log on to our website at **www.cidsanmateo.org**

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CID will be hosting a monthly Housing Workshop starting September 10th. These workshops will take place from 1pm to 20pm on the second Wednesdays of the month.

To register call Maisoon Sahouria at 650-645-1780 ext. 130 or email her at maisoons@cidsanmateo.org

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On May 21st, CID took part in the 11th annual Disability Capital Action Day (DCAD) in Sacramento.

“**DCAD is for everyone who shares our common goal in increasing access and equality for people with disabilities.”**

This year featured a number of vendors and exhibitors at the resource fair as well as an impassioned rally, great live music, and adaptive fitness activities.

Asm. Mullin and Sen. Hill took the time to meet with our staff and some of our consumers to hear about disability issues in San Mateo County.

Head on over to our website to see a bunch of photos from the fun-filled day!
On August 11th, Robin Williams passed away at the age of 63. He committed suicide in his home near Tiburon, California.

We know now that Robin was battling addiction and depression for a long time.

Hopefully, this unfortunate and tragic event will serve to spark a discussion about the importance of mental health.

According to the National institute of Mental Health, 38,000 Americans die by suicide each year. If you are in need of HELP, contact the National Suicide Prevention Center Lifeline at 1-800-273-TALK (8255). Know that you are not alone and that there are resources available for you.

**Home Accessibility Modification**

Housing accessibility modifications are a major concern for people with disabilities in San Mateo County. The major emphasis in CID's housing efforts is our Housing Accessibility Modification Program (HAM).

This program puts in ramps, rails, grab bars, vertical lifts and other modifications to make a home accessible. These modifications assist people with disabilities to remain at home or move back into their home with greater independence, and not be forced into skilled nursing or other institutional care.

This program may be available to you at no cost.

Please contact Mamta Maheshwary at 650-645-1780 ext. 123 or email her at mamtam@cidsanmateo.org

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**The Center for Independence of Individuals with Disabilities**

**NEW 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

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This publication is available in alternative formats upon request. Please contact our office for details.