

# Volume 8, Issue 1

January 25, 2021

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## Housing Workshop

When: Every 3<sup>rd</sup> 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. \*\*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

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CENTER FOR  
**INDEPENDENCE**  
of Individuals with Disabilities

## CID Provides Holiday Meals to Consumers in San Mateo County

On December 23, 2020, **CID Team Members** partnered with non-profit **La Cocina** and **Restaurant Mi Morena** to prepare and distribute fifty holiday meals to consumers in San Mateo County. CID reached out to its consumers, as well as community organizations **Willow Housing** and **Crane Place**, to connect with individuals who did not have any holiday meals and set-up a drive-thru meals distribution at CID's San Mateo Office.

Along with the meals, CID also distributed emergency kits. Overall, the event was a success and all meals were handed to consumers to enjoy. (The picture below is of the packaged holiday meals ready for distribution. Next to it is a picture of three CID Team Members staffing the distribution table ready to hand out the emergency kit and holiday meal.)



The Holiday Meals distribution is one part of CID's CARES Act Program which aims to address the increasing needs of individuals with disabilities and older adults amidst the COVID-19 pandemic. The CARES Act Program was launched in November 2020. Through the program, individuals with disabilities and older adults who reside in San Mateo County, can request free Personal Protective Equipment (PPE) and Emergency Kits.

## 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. The group is hosted by Alex Madrid, CID Generalist, and Rachel Aceberos, CalFresh Outreach Eligibility Coordinator, conducts a meditation at each session.

For more information or to register, please contact:

**Alex Madrid**  
**650-645-1780 ext 203**  
[alexm@cidsanmateo.org](mailto:alexm@cidsanmateo.org)

The **CARES Act Program** also has an extensive resource library that includes information on local COVID Testing Sites, Reliable Sources of Information on COVID, Caregiving Resources, Food Distribution, School Meals, Utility Assistance, Rental Assistance, Internet Access, Mental/Behavioral Support, and information on the COVID-19 Vaccine. The library is thoroughly reviewed and vetted by CID Team Members and updated on a regular basis.

CID has established a partnership with [Samaritan House](#) to supplement their mobile food bag distribution with \$25 gift cards and emergency kits to one hundred of their consumers with disabilities and older adults. (The picture below is of four Samaritan House Team Members receiving the gift cards and emergency kits at their San Mateo office.)



The CID Team is very excited to be able to utilize the CARES Act funding to provide these amazing programs and is hard at work continuing to plan and launch other activities that will address the physical, mental, and emotional needs of their consumers in San Mateo County.

For more information on the CARES Act Program, please visit: [www.cidsanmateo.org/cidcares](http://www.cidsanmateo.org/cidcares).

If you are interested in obtaining a PPE Kit, please fill out the application on this link: [Emergency Kits & PPE Application - The Center for Independence of Individuals with Disabilities \(cidsanmateo.org\)](#).

If you would like to access the CARES Act Resource Library, please visit this link: [CID CARES Resource Library - The Center for Independence of Individuals with Disabilities \(cidsanmateo.org\)](#).

If you would like to participate or have any questions or comments please reach out to us directly at [cidcares@cidsanmateo.org](mailto:cidcares@cidsanmateo.org).

## 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, particularly in Redwood City.

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

For more information, please contact:

Rachel Aceberos

650-645-1780 ext 117

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## Assistive Technology: Mobile repairs

It is never a simple adjustment...

In this issue, CID shares a story of an Assistive Technology consumer, who has a manual wheelchair that he uses to transfer to his shower bench. The brakes were not holding, and he requested an adjustment. There was also an issue with his DIY bed rail support bar, which was not secure. The consumer had also reported that he was getting pressure sores and that his transfer wheelchair pad was too hard and causing issues.

Assistive Technology Manager Vincent drove to the consumer's home and re-secured the bed rail. In trying to loosen bolts on the manual wheelchair to adjust its brakes, he found that they were frozen. (This is typical on older chairs that get wet periodically). Vincent scheduled a follow-up visit with the consumer, to return with a spray penetrant to loosen the Allen bolts and also to find a cushion solution for the consumer to help prevent pressure sores.

The Allen bolt still became stripped when Vincent tried to loosen it on the follow-up visit after using penetrant. Vincent returned for a 3<sup>rd</sup> time with a drill, a spare brake assembly kit and new bolts. An easy out tool did not work either. He instead drilled out the damaged bolt and then replaced the brake assembly and bolts.

Moving on to the next repair, Vincent secured a cushion on the chair to help prevent sores, but the cushion was too tall. With consumer approval, he split the foam cushion to a lower profile and used industrial Velcro to secure the cushion.

One of the takeaways is that re-securing and adjustments are not always an easy task. Vincent has learned that there is never a simple answer and if something can break, it usually will. Each situation is unique and Vincent enjoys the challenge and surprise of each project.

*Please note that AT home visits and pickups may be temporarily paused due to COVID-19.*



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## Website

[www.cidsanmateo.org](http://www.cidsanmateo.org)



## 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
Training	Medical Reuse Program
Information & Referral	

### Affiliated member of:

