



## Connecting with the Water & Your Own Abilities



### Through Kayaking

*A group from Making Headway enjoy a day kayaking on Big Lagoon.*

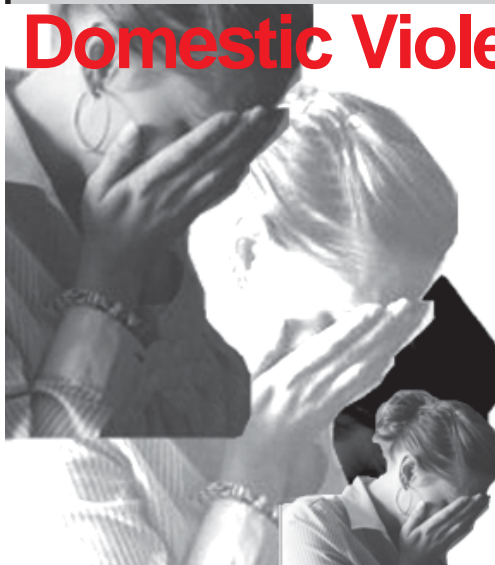
*You must live in the present, launch yourself on every wave, find your element in each moment. — Henry David Thoreau*

*Believe me, my young friend, there is nothing- absolutely nothing- half so much worth doing as simply messing about in boats. — Kenneth Grahame (From "Wind in the Willows")*

There's something calming, mesmerizing, and revitalizing about bodies of water. Kneeland's Linda Arnold knows this from experience. And **Kayak Zak's** knows this from helping to get people like Linda into kayaks and on those lakes, rivers, bays and coves of water.

About four years ago Arnold went on a kayaking excursion with a group from Eureka's Making Headway. The trip was organized by Kayak Zak's of Orick. Arnold, who used to be an active hiker, has lost **See KAYAKING on page 7**

## Domestic Violence: A Pervasive Problem



The domestic violence issue in our country has long been like one of those family secrets that no one wants to talk about or even acknowledge. However, it's a pervasive problem that presents particular challenges for those victims of domestic violence who have disabilities.

Perhaps one reason for the frequent silence about domestic violence is that it raises some basic questions about the nature of our society and our real willingness to

**See ABUSE on page 8**

## SSDI Recipients Eligible for Rebate

Did you receive Social Security Disability Insurance (SSDI) benefits in 2007? You can qualify for a rebate check through the "economic stimulus" package recently passed in Washington, D.C. However, you do have to file a 2007 tax return.

Those who received SSDI benefits are eligible for the rebate as long as they earned \$3,000 in those benefits in 2007. If you started receiving benefits sometime during the year, you're still eligible if you meet the \$3,000 amount of total income. However, those who received Social Security Insurance (SSI) benefits are not eligible for the rebate.

Rebates will be \$300 for individuals and \$600 for couples and the IRS will begin mailing them out in May. If you have any questions, contact TCIL at 707-445-8404.



**VIGILONE**

Personal Emergency Response Systems



More than a lifeline. We're here, for you.

Advanced Security Systems 3302 T Street, Eureka, CA 95503



Salina Vanderwaal

(707) 445-9911

# RespectAbility

**RespectAbility** is a publication of Tri-County Independent Living (TCIL) and is intended for all people with disabilities and their families. It provides news and information on disability issues and services provided by our Center.

**ADDRESS:** 2822 Harris Street, Eureka, California 95503.

TEL. #: (707) 445-8404

FAX #: (707) 445-9751

TTY #: (707) 445-8405

Web Site: [www.tilinet.org](http://www.tilinet.org)

### TCIL Board of Directors

Rebecca Simone, *President*

Robert Lyon, *Vice President*

David Ellerd, *Treasurer*

Bob Van Fleet, *Secretary*

**Members-at-Large:** Donnice Hildreth, John Lynch, Eddie Morgan, Henry Willey, Jr.

### TCIL Staff

Chris Jones, *Executive Director*

Matt Brennan, *Independent Living Specialist*

Cindy Calderon, *Systems Change Advocate*

Mari Dorenstreich, *Independent Living Specialist Program Manager*

Brett Pritchett, *Assistive Technology Advocate*

Jo Pritchett, *Admin. Assistant*

Glenn Reed, *Outreach & Resource Development Coordinator*

### *Rebecca Simone Takes Over As Board President*



Eureka resident, Rebecca Simone, has moved into the position of President of Tri-County Independent Living's Board of Directors. She replaces Bob Van Fleet, who is continuing on the Board in the capacity of Secretary.

Simone grew up in southern Illinois and then Colorado. She received her training as a respiratory therapist from the Front Range Community College in Denver, then moved to Humboldt County in 1974. She was employed with St. Joseph Hospital for 31 years before taking a job as Director of Quality for Hospice of Humboldt in Eureka.

Simone joined the TCIL Board three years ago. Part of her interest stems from an auto accident in 1992 that left her with a spinal cord injury and she was active in a Spinal Cord Injury Group for several years.

"Our biggest mission is maintaining and increasing awareness of Tri-County," says Simone about TCIL. "We need to keep the needs of people with disabilities out there in front of the community and remind businesses of accessibility issues. We also need to focus a lot on advocacy, especially with the funding cuts coming from the State."

Rebecca also notes a need to develop alternative sources of revenue for TCIL.

"We can't rely on grants alone and always be at the mercy of Sacramento," she emphasizes.

In her spare time Rebecca enjoys reading, the outdoors, cooking (and having friends over to enjoy her cooking), and her cat—Gloria Vanessa. She is especially excited about the new, accessible Hammond Trail in McKinleyville and is always looking for more opportunities to enjoy the outdoors.

We'd like to congratulate Rebecca on her new position on the Board!

### *AT Improvements at TCIL*

A lot of A.T. (assistive technology) improvements have recently occurred at TCIL's offices that will help us better serve people with disabilities in our community.

#### **A.T. Loan Program**

First, Tri-County Independent Living (TCIL) recently received a grant from the California Assistive Technology Exchange (CATE) program that helps people with disabilities sample different assistive devices in which they may have an interest. The CATE funding allowed TCIL to pur-

**See AT continued on page 4**

## ***AT continued from page 3***

chase many assistive technology items and these are currently available for check-out. TCIL was one of ten community based organizations in California to receive a technology loan program grant through CATE.

Some of the items on-hand include speech software, communications boards, hearing amplification devices, vibrating alarm clocks, an ergonomic optical mouse, flashing telephone call alert device, easy-to-hold pens, reaching devices, and much more. The state-run CATE program also offers low interest loans for those who may want to purchase equipment, as well as a reutilization program to connect people with previously owned devices.

### **Library for Deaf & Hard-of-Hearing**



The deaf and hard-of-hearing community in our area lost a great resource with the closing of DCARA's (Deaf Counseling, Advocacy & Referral Agency) office in Eureka back in December. However, TCIL is able to offer a few new services to fill some of the gap.

First, Tri-County has acquired much of DCARA's extensive video and resource book library. A few of the videos available include a series on Deaf Children, a series on American Sign Language, a series on Interpreters in Public Schools, and a series on Deaf Culture. A sample of the publications on-hand includes "Sign Language

Interpreting," "Reading Between the Lines," and "The American Sign Language Phrase Book."

If you would like a complete listing of what is available in this library, contact TCIL. Please note that if you are interested in borrowing any of these materials, a \$25.00 deposit with a copy of your driver's license or other photo ID will be required. This is because these materials are expensive and cannot be replaced.

### **Videophone**

TCIL has also installed a Sorenson Video Relay Service videophone at our offices to serve the deaf/hard-of-hearing community. This allows a user to conduct calls with family, friends or others through a certified ASL (American Sign Language) interpreter.



If you are interested in utilizing the videophone at a certain time, please contact TCIL to make sure it's available then.

### **TCIL PC Lab**



TCIL's PC Lab is also growing ever more sophisticated in order to better serve our consumers.

We now have two work stations that people may use to assess certain types of Assistive Technology, or just learn about

***See AT continued next page***

## ***AT continued from page 4***

using a computer in general.

Our workstation PC's now offer:

'**JAWS**' —The most popular screen reader worldwide, provides access to today's software applications and the Internet. With its internal software speech synthesizer and the computer's sound card, information from the screen is read aloud, providing technology to access a wide variety of information, education and job related applications.

'**Dragon Naturally-Speaking**' —Dragon Naturally-Speaking Preferred 9 gives the power to create documents, reports, e-mails and more—all by speaking! Fast, easy and amazingly accurate, it's over three times faster than typing. Just use your voice to dictate and edit in Microsoft Word and Excel, Corel, WordPerfect, and virtually all Windows-based applications. You can even dictate into a hand-held device when you're away from your PC, or use a Bluetooth microphone! It's never been easier to use—no script reading required, so you can get started right away!

In addition, we have a workstation equipped with the *Footmouse* system—which allows cursor control entirely with the feet. This is very useful for certain types of disabilities.

And of course we have the *Headmouse* system, which is a way of controlling the mouse cursor on the screen with head movements. Coupled with a contact switch, this system can allow computer control by those with severe physical disabilities.

This hardware and software has been made available to us through the statewide

C.A.T.E. program. As we continue to learn about new devices we will do our best to obtain and evaluate them.

## ***Art Work at TCIL***

Please stop by the TCIL offices at 2822 Harris St. in Eureka and check out the wonderful art work on display from local artists, **Ruth Mountaingrove** of Arcata and **Pat Clark** of Eureka. We're open Mon. through Fri., 8 a.m. to 4:30 p.m.

**Ever wish you could try out an  
Assistive Device before  
purchasing to see if it would help  
you live more independently?**

**NOW YOU CAN!**



**Tri-County Independent Living  
now offers an**

**ASSISTIVE DEVICE LOAN PROGRAM**

**Please call for more information on  
Assistive Devices we currently have  
available or if you have any  
suggestions on Assistive Devices  
you are looking for...**



**(707) 445-8404 Phone**

**(707) 445-8405 TTY**

## **Kayaking continued from page 1**

much of her mobility due to several strokes in 1999 and 2000 and it was her first experience on the water.

“After I got in the boat, I fell in love with it immediately,” says Arnold, who has a rare condition called Moya Moya Disease (see sidebar on page 7). “I realized I had a real connection with the water.”

“She was hooked,” notes Marna Powell, the founder and director of Kayak Zak’s. “As with so many other people who have tried it through Making Headway and other organizations, the hardest part of the trip was getting her out of the boat!”

Powell, herself, came to her passion for kayaking fairly late in life. In fact, it was somewhat by accident. She had loaned a friend some money and was given a kayak as collateral. Her husband, whom Powell describes as “*younger and very athletic*,” did have an interest in kayaking and asked her to try it out.

“I got three feet from shore and felt like I was at home,” she says of her first time in a kayak at age 40. “By the end of the summer I was doing everything I could with a kayak, including whitewater.”

Within just 1 ½ years, Powell was not only paddling a kayak around Humboldt County and elsewhere, but teaching others how to do so as well. She first worked for North Coast Adventures of Trinidad and

when they went out of business, she decided to start a kayaking business, guided by her own vision.



This was partly influenced by Powell’s own physical challenges. She suffered a knee injury in 1972 that was followed by

several surgeries. By the late 1990’s she was no longer able to walk without falling and had ACL replacement surgery. This was successful, but further deterioration of a knee joint has required that Powell now use a leg brace. Despite this, she refuses to remain sedentary. Powell also credits her part-time work as a driver of Dial-A-Ride buses in Humboldt County. Through it she got to know a lot of people—many with various disabilities.

“I know what it’s like not to be an athlete,” she emphasizes. “In a kayak, I’m happy and feel “*I can’t believe that I can do this.*” I want to share that feeling with others.” She was also getting contacted a lot by people with different abilities and wanted to offer more adaptive kayaking options for them.

Powell then completed adaptive paddling training for instructors at California Polytechnic Institute in San Luis Obispo. This was offered through the American Canoe Association and funded by the Christopher Reeves Foundation.

**See Kayaking continued on next page**

## ***Kayaking continued from page 6***

Powell believes that kayaking is an ideal activity for people with many types of disabilities. For instance, if you have no use of your legs, she notes that kayaking is not a load bearing activity. If you have shoulder issues, there are ways around them through paddling technique. If you have a traumatic brain injury or other diseases/conditions that can cause memory loss, she points out that you retain “muscle memory,” and that kayaking is largely done through such “muscle memory.”

“Few people can’t ever go,” she points out. “I can remember just one person who had multiple sclerosis as well as two fractured clavicles and just had no way to hold a paddle or use foot peddles.”

Kayak Zak’s currently offers kayak instruction, guided trips, adaptive paddling, kayak rentals and is one of the only all-inclusive outfitters on the west coast. Trips are offered in Humboldt Bay, Big Lagoon County Park, Trinidad Cove, Humboldt Lagoons State Park and elsewhere. Powell notes that about 60% of her business comes from tourists and 40% from locals.

Though not a non-profit, Kayak Zak’s goes the extra mile providing community support. It works with a lot of groups including Making Headway, offering excursions at-cost, as well as some free classes and demonstrations. Powell emphasizes that the kayaking experience will be better if she knows in advance, any adaptive issues to be dealt with and is able to properly prepare for them.

“We’ve done three trips with Kayak Zak’s and each time, we’ve had a wonderful experience,” says Gail Pascoe, Executive Director at Making Headway in Eureka. She notes that 15 to 20 people have participated on each trip. “Marna is very skilled in kayaking and adaptations for people with disabilities.”

“Kayak Zak’s is a real resource to the community,” says Arnold. “Kayaking brought me to life physically, mentally and spiritually and it’s all due to Marna.”

For more information about Kayak Zak’s, check out their web site at [www.kayakzak.com](http://www.kayakzak.com) or call (707) 498-1130.

**Moyamoya Disease** is a rare, progressive cerebrovascular disorder caused by blocked arteries at the base of the brain. It primarily affects children, but can also occur in adults. In children, the first symptom of the disease is often stroke or recurrent “mini-strokes,” accompanied by muscular weakness or paralysis affecting one side of the body, or seizures. Adults typically experience a hemorrhagic stroke due to repeated blood clots in the affected brain vessels. The disease can result in disturbed consciousness, speech deficits, sensory and cognitive impairments, involuntary movements and vision problems. Research has shown Moyamoya Disease is probably genetic and there have been positive results in treating it through revascularization surgery.

## **ABUSE *continued from page 1***

tackle such issues. There remains a tendency to blame the victim and place the burden on her (or him) rather than the perpetrators of the violence. Resources for the victims, as well, are few and poorly funded. The courts are also not very supportive of the victims.

For those with disabilities, there are the added obstacles presented by the disability. This is more a case of the few resources available being even *less* available to the disabled because many are inaccessible. Another issue is that the primary care providers, themselves, may be the abusers. This is particularly problematic if the abused person needs to go to a shelter and leave the care provider behind.

There have been numerous studies conducted over the last 20 years regarding the prevalence of domestic violence. For example, nationally, The Center for Disease Control at the U.S. Department of Health & Human Services has reported that 1 in 4 women (23.6%) and 1 in 9 men (11.5%) suffered from "*intimate partner violence*," according to a 2008 report. Other studies indicate the rates to be even higher.

"We've found that recent stats show that 1 in 3 women and 1 in 8 men experience some domestic violence in their lives," notes Dawn Watkins, Crisis Services Coordinator at Humboldt Domestic Violence Services. "This is not just physical abuse, as abuse is a pattern of behavior and violence can be defined in different ways."

A 2007 report by the National Network to

End Domestic Violence, surveyed 1,346 domestic violence programs in the U.S. It showed that in a one-day period, 53,203 people were served by these programs, including 25,321 domestic violence victims who found refuge in emergency shelters or transitional housing. A total of 20,582 hotline calls were answered in that same period. One common reason typically cited for these agencies' inability to meet all the demands for help were a lack of staffing.

Nor is domestic violence a major problem only in the U.S. A United Nations study of violence against women conducted in 71 countries determined that "*a significant proportion of women suffer physical, sexual or psychological violence. ....on average, at least one in three women is subjected to intimate partner violence in the course of her lifetime.*"

A World Health Organization study of 11 countries found that the percentage of women subjected to sexual violence by an intimate partner ranged from 6% to a shocking 59%. The same studies found that in Europe, North American and Australia, more than half of women with disabilities had experienced physical abuse.

Studies regarding domestic violence and people with disabilities often show a similar or slightly higher rate of incidence, but differences in duration. For example, a 2001 study found 62% of women respondents reported some abuse in

**See ABUSE *continued on next page***

## **ABUSE *continued from page 8***

their lifetimes and the rate was about the same for respondents with disabilities. However, those with disabilities reported suffering from the abuse over much longer periods of time.

It should also be noted that, though the vast majority of domestic violence studies have focused on women, it is an issue for men as well. For example, one 2004 study indicated that 65% of disabled men had experienced physical abuse and 24% had been subjected to sexual abuse.

A distinction needs to be made regarding the perpetrators of domestic violence.

“Domestic violence means the abuser is a in-home, chosen partner versus a family member,” notes Watkins. “Our agency works specifically with chosen partners.” She notes that in the case of hired caregivers, for instance, a different dynamic is in play. There is no romantic/emotional component if the caregiver is not a family member, although the relationship can’t help but be intimate due to the nature of the job. “We’d like to work more with caregiver abuse victims in the future,” she says. Certainly this is a whole other issue that can be written about on its own.

Most people also seem to think of domestic violence in terms of the extremes—sexual or physical assaults. However, the majority of domestic violence is not physical or sexual. Perhaps this is one reason why so much abuse goes unreported or unrecognized.

Watkins says that domestic abuse can be viewed as more of a system. It usually involves many other abusive behaviors typically reinforced by one or more of the extreme acts of physical and sexual violence. Those other abusive behaviors include the following:

**Coercion and Threats**—Including making and/or carrying out threats to do something to hurt the abused, such as threatening to leave her or to commit suicide.

**Intimidation**—Making the victim fearful by using looks, actions and gestures. Can include breaking things, displaying weapons, abusing pets.

**Emotional Abuse**—Such as putting down the victim, making her feel bad, calling her names, making her feel guilty.

**Isolation**—Controlling what the victim does, such as who she sees and talks to, what she reads, where she goes.

**Minimizing, Denying & Blaming**—Making light of the abuse and not taking the victim’s concerns seriously, shifting responsibility, saying the abuse didn’t happen or that the abused “caused” it.

**Using Children**—Making the victim feel guilty about children, using children to relay messages, threatening to take them away.

**See ABUSE *continued on page 10***

## **ABUSE continued from page 9**

**Economic Abuse**—Preventing the victim from getting or keeping job, making her ask for money, taking or controlling her money.

**Male Privilege**—Treating the victim like a servant, making all the major decisions, strictly defining sex roles.

Abusers wield even more tools when their victims have a disability. For instance, some individuals with cognitive impairments, including those with developmental disabilities, may not understand that what is happening to them is abuse. Those with severe physical disabilities may not be able to fight back at all. Many with any type of disability tend to be more isolated from society and less able to access helpful resources.

“In the case of disabilities, the abuser tends to center on the disability in some way,” notes Watkins. She says that this can include, for instance, threatening to withhold a meal or needed medications in order to get a desired reaction and then to manipulate the abused person.

“There’s a lot of mental abuse as well,” she says. “The abuser can say things like ‘You’re disabled and no one else would

ever want you or love you!’ and that becomes the center of the abuse.”

A great number of people with disabilities are also low-income which increases vulnerability. U.S. Census Bureau statistics from 2000 indicate a poverty rate of 17.6% for people with disabilities versus 10.6% for those without a disability, while a Cornell University study in 2006 found an even higher poverty rate of 24.1% for those with disabilities.

“A person on SSI can’t leave because they can’t afford to,” points out Watkins. “They are afraid of ending up even more vulnerable.”

As with all abuse, and the societal tendency to blame the victim, a question often heard by Watkins and others who deal with domestic violence is “why don’t they just leave?”

“This is almost insulting to people with disabilities,” she says. “Often they literally can’t leave due to physical limitations and financial issues. For instance, what if the abuser is the primary caregiver and has access to all of the victim’s resources?”



**See ABUSE continued on next page**

## ***ABUSE continued from page 10***

So how can such a person get away from an abuser? As with so many situations for people with disabilities, it requires very careful planning. Watkins suggests that the abused person should talk with any service providers about what services are available in the community. Think about what items you might need if you had to leave your home in a hurry. Try to make copies of important documents and prescriptions and have those ready for a quick exit and list items of sentimental value that you'd want to bring as well. If possible, save any money that you can.

Safety issues also vary depending on the disability. For instance, a deaf, deaf-blind or hard of hearing individual will need to be careful of TTY machine use and be sure to erase the memory on the machine after a confidential conversation. If the abused has a mobility disability and needs help, and the abuser monitors the telephone, the victim may want to prearrange a code word that communicates with a provider that she is in a crisis situation. There are many other examples.

Service providers also need to be more aware of the domestic abuse issue and of ways to detect potential victims. This is especially important because the abused, most likely, won't say anything about their abuse (and often want to find help for the abuser). For instance, if the service provider can never directly access a client, then something may be wrong. If the client's domestic partner is present and he never

allows the service provider to talk with the client, that may be a sign of abuse. One option is to direct questions to the person with the disability and then carefully watch the reactions of both. The client may look to the partner to answer or she may stiffen in posture. When doing intakes, service providers should try to do so without the caregiver around. Most abusers will not like that while most others will be okay with it (remember there are exceptions to every case).

Victims of domestic abuse also need to be regularly assured that the abuse is not their fault. Unfortunately, they often get the opposite message from others beyond the abuser, including the mass media, the courts, the general public, or even other

## ***See ABUSE continued on page 12***

### **Humboldt Domestic Violence**

**Services:** Offers confidential programs to all persons (women and men) who have experienced domestic violence. Services include 24-hour crisis line, community resources and referrals, emergency shelter, support groups, children's services, emergency food, clothing, and transportation, restraining order assistance, and alcohol and other drug support groups. 24 hour crisis line: toll free 1-800-668-6543 or 707-443-6042 and [www.hdvs.org](http://www.hdvs.org). **SAFETY**

**ALERT:** Computer use can be monitored and is impossible to *completely* clear. If you are in danger, please use a safer computer, call our hotline (see above), and/or call the National Domestic Violence Hotline at **1-800-799-SAFE**.

## **ABUSE *continued from page 11***

family and friends.

“Unfortunately, all too often no one seems to believe the victims,” says Watkins. “The courts are not very friendly either. The burden of proof still seems to be on the abused person. There’s little victim support and because the bulk of abuse is probably not physical or sexual, it’s hard to prove in court.”

Watkins says that of approximately 400 cases of domestic abuse brought before the District Attorney’s office in Humboldt County last year, only 10% went to trial under the original charge. She says that many of the others were plea bargained down. This rate is about average for the country, but a bit high for California.

The media, on the other hand, often spotlight exceptions--such as single, cases of false accusations--then ignore the thousands of valid abuse cases that are the vast majority.

Still another issue for disabled individuals suffering from domestic violence is the accessibility of resources.

A 2002 Michigan report, for instance, cites a Texas study indicating that only 64% of safe houses in the state were accessible. That same report found that about half of Michigan shelters didn’t have sign language interpreters available, only 1/3 had TTY/TTD machines on-hand, and many did not have staff that could meet the personal

assistance needs of those with major physical disabilities.

Watkins notes that Eureka’s domestic violence shelter is “pretty accessible,” but that if a person has a lot of needs then the shelter will have to access other resources. However, she emphasizes that the important thing is to get out of the abusive situation and get safe because her organization will do all it can to make the shelter work for the client.

She also emphasizes that the agency is trying to reach out more to male victims of domestic violence. “They are much less likely to call and seek help,” she notes. “The issue has traditionally been viewed as one of men abusing women, so society in general doesn’t recognize it as much of a problem either.”

Still, Watkins and others working in the area of domestic violence encourage victims to take action to help themselves.

“Anyone experiencing domestic violence should recognize that they have options and they need to stay safe while working out their issues,” she emphasizes. “It’s a huge problem the way our society tolerates violence in general, while blaming the victim and not putting the burden on the abuser to change. Changing this won’t happen overnight, but it has to start somewhere.”



## Area Resources for Domestic Violence Victims

*The following are just a few of the resources available.\**

### Humboldt County

Humboldt County Dept. of Health & Human Services Family Violence Prevention Program, 529 I Street, Eureka, CA 95501, (707) 44-4622

Humboldt Family Services Center, 1802 California St., Eureka, CA 95501, (707) 443-7358

Redwood Community Action Agency, Family Services, 904 G St., Eureka, CA 95501, (707) 269-2001 (main office)

### Trinity County

Human Response Network, P.O. Box 2370, 111 Mountain View Street, Weaverville, CA 96093-2370, (530) 623-2024, Domestic Violence & Sexual Assault Hotline: (530) 623-4357

### Del Norte County

Rural Human Services, 286 M Street, Crescent City, CA 95531, (707) 464-7441; Domestic Violence Hotline: (707) 465-3013

Rural Human Services, Harrington House (shelter), c/o 811 G St., Crescent City, CA 95531, (707) 464-7441

Rape Crisis Hotline: (707) 465-2851  
California Courts Self-Help Center--  
<http://courtinfo.ca.gov/selfhelp/contact.htm>

\* One more complete listing can be found at: [http://www.dhs.ca.gov/epic/fvrefer/del\\_norte.htm#shelters](http://www.dhs.ca.gov/epic/fvrefer/del_norte.htm#shelters)

## THANK YOU!!!

*TCIL would like to recognize a very special volunteer who is committed, hard-working and never asks for more than the occasional custard pie. He is a key to the success of our Computers for People with Disabilities Program.*

*A huge thanks to **Bill Turnbull!***

## Did You Know?

### Monthly Allowances for Service Dogs

Monthly payments of \$50.00 are available to eligible people who use a guide, signal or service dog to assist them with needs related to their physical disabilities. Offered through the State Dept. of Social Services, the Assistance Dog Special Allowance (ADSA) money is intended to help with the costs of food, grooming and health care for dogs.

Eligibility is determined by meeting four criteria. The applicant must live in California, be blind, deaf, hard of hearing or disabled, use the services of a trained guide, signal or service dog, and receive benefits from any of the following programs: SSI, SSP, IHSS, CAPI, SSDI.

For further information or applications, contact the Office of Services to the Blind, 744 P Street, MS 11-94, Sacramento, CA 95814, phone (916) 657-2628 or TTY (916) 651-6248; email: [ADSAUser@dss.ca.gov](mailto:ADSAUser@dss.ca.gov).



*...by the Slice!*

Tri-County Independent Living's first *Humboldt Pie* fundraiser, held on March 16 at the Bayside Grange, was literally a day when everyone who attended got their just dessert: every type of pie you can imagine. About 60 people came to the event to participate in the pie baking contest, pie eating contest, pie walk for prizes, auction, cow pie bingo, or just enjoy a slice of good pie

The overall winning pie (coconut cream) was baked by **Rosa Dixon**. Keeping it in the family, second overall went to her daughter, 10 year-old **Ella Dixon** for her chocolate mousse pie. Other awards went to **Carol Whitely** (1st, nut category, adult),

**Rose Dixon** (1st, cream cat., adult), **Steve D'Agati** (2nd, cream cat. adult), **Ryan Roberts** (1st, fruit cat., adult), **Carol Whitely** (2nd, fruit cat., adult), **Ella Dixon** (1st, cream cat., youth), and **Acacia Raskine** (2nd, cream cat., youth). **Adrian Alvarez** downed a huge slice of coconut cream pie the fastest to win the pie eating contest, while **Natasha Wing** guessed the closest in the cow pie bingo contest and won dinner for two at **The Sea Grill**.

Many thanks to the event sponsors: **Baked in Humboldt, Wildberries, the North Coast Bakery at the Co-op, Marie Callender's, and the Redwood Capital Bank**. Also thanks to the many businesses & individuals that donated prizes and other items (listed below).

Finally, thanks to our volunteer pie baking contest judges: **Lauren Fawcett, Rose Ward, Yvonne McCurley & Gaye Warren** as well as our other volunteers: **Rebecca Simone, Bob Van Fleet, Andra Cooper, Matthew Warner and Patrick Cross**, and all event entrants!

We're looking forward to an even better *Humboldt Pie* event in 2009!

## *Thank you for your generosity!*

**Donations Received Between Dec. 6, 2007 & March 14, 2008**

**over \$1,000.00**—*Eureka Times-Standard*; **\$500.00 to \$999.00**—Bear River Casino; **\$250.00 to \$499.00**—Baked in Humboldt; **\$100.00 to \$249.00**—Baroni Designs, Dodd & Winters Optical Center, Humboldt Association of Realtors, Marie Callender's, North Coast Bakery at the Co-op, Redwood Capital Bank, The Sun Valley Group, Wildberries Marketplace; **\$50.00 to \$99.00**—Global Village Gallery, Plaza Design, The Sea Grill; **\$25.00 to \$49.00**—Bubbles, Center Arts, Bob Lazelle, Mad River Brewing Co., North Coast Repertory Theatre, Ray's Food Place; **0 to \$24.00**—William & Beverly Ellithorpe, The Garden Gate, Golden Harvest Cafe, Hank's Coffeehouse, Jitter Bean, Los Bagels, Ryan Roberts, WaterWorks Park, Natasha Wing; **In-Kind Donations**—Pat Clark, Harold & Marjorie Fitzpatrick, Sean Grundlach, Anita Wolff

# IHSS Survey Illustrates Tremendous Need for Care Provider Services

Humboldt County's In-Home Support Service (IHSS) Advisory Board, in cooperation with Humboldt State University, conducted a survey in the summer of 2007. This was sent to 1,700 IHSS care recipients and 1,800 IHSS service providers.

The survey's results are particularly relevant now as California legislators and Governor Arnold Schwarzenegger decide how to deal with a State budget deficit projected to be in the \$14-16 billion range by next year. The Governor has also proposed 10%, across-the-board cuts to all state agencies and programs. These cuts, if enacted, would directly affect IHSS workers by reducing their hours, the services they can provide to clients, and by, once again, denying them cost-of-living wage increases.

The results also show why it is so difficult to find and retain IHSS providers and how this problem is exacerbated by the current minimum wages with no benefits offered to these workers by Humboldt County.

A total of 544 surveys were returned by recipients (33% rate) and of those, 70% were women, and 88% were over age 60. A total of 386 were returned by providers (20%) and of those, 70% were women and 65% over age 40.

One of the key findings was regarding the activities that providers spend their time on when providing care. A total of 85%

picked "most of the time" for housekeeping, followed by 75% on meal clean-up, 71% on meal preparation, 69% on laundry, 67% on grocery shopping, 60% on running errands, and 56% on medical appointments. Large majorities (from 67 % to 85%) of recipients also said these services were "very important" to them.

Proposed cuts in the budget would directly affect these very areas: meal preparation, clean-up, housekeeping, laundry and food shopping. These would, in effect, leave care recipients with fewer of the vital services that allow them to continue to live in their own homes.

Responses to the question "*What is the most difficult thing about being an IHSS Care Provider?*" helped highlight the problems presented by the lack of living wages and benefits for IHSS workers in Humboldt County. The top two difficulties mentioned were **wages** and **lack of benefits**, followed by the **cost of gas** and the **lack of a substitute worker**.

Despite the difficulties faced by IHSS workers, they appear to be doing a great job. A total of 92% of care recipients reported they were satisfied (79% very satisfied) with the work of their care providers.

If you're interested in other results from this survey, please contact TCIL at (707) 445-8404 .

**TRI-COUNTY INDEPENDENT LIVING**  
2822 Harris Street  
Eureka, CA 95503



**Non-Profit Organization**  
**U.S. Postage Paid**  
**Permit No. 32**  
**Eureka, CA**

## We've completed our first two ramp projects through Tri-County Independent Living's Residential Wheelchair Ramp Construction Program!



*John Winwood of Eureka tries out his new ramp*

Many thanks to our volunteer contractors, **Bill Welliver** of **Welliver Construction** in Eureka & **Aldan Barrote** of Rio Dell; volunteers "**Fry**" **Wolhandler**, **Dan Culver**, **Scott Cloepfil**, **Sue Welliver**, & **Marc Barsanti**; the **Mel & Grace McLean Foundation** & **Green Diamond Resource Corporation** for funding, the Pierson Building Center for a deal on materials; and **Ken Terrill** of RCAA for all of his assistance in getting the program off the ground!

We're always looking for more volunteers, especially licensed contractors and others with basic carpentry skills who could donate one or two days a year and make a real difference in someone's life.



**For more information, contact Glenn Reed,**  
**Tri-County Independent Living, 2822 Harris Street, Eureka, CA**  
**95503, Tel.: (707) 445-8404; TTY: (707) 445-8405.**