



Enhancing Disability Independence

Youth Transition Services

By Emmanuel Parage

With new funding comes new responsibilities and new programs. Earlier this year TCIL saw a significant increase in its grants, allowing us to hire a few new staff members serving in new capacities. Part of the funding increase is for the purpose of developing and providing programs to support and empower youths in making successful transitions into adulthood. Following the same philosophy of Independent Living that guides TCIL's mission, services and purpose, TCIL is currently developing programs to allow youth to find fulfillment in their post-secondary life, whatever that may be. Whether this transition involves searching for and securing a job or going to college or entering a

vocational school, that is up to the youth.

TCIL started first with a needs assessment to identify the various services already offered to youth within our community. We did this in part by producing Crossing Bridges, a round table with many local service providers to youth, held in June. Next TCIL will give an anonymous survey to youth asking them to identify their needs and wants to be able to succeed. We realized that although a significant number of local programs are supporting youth with disabilities to be job-ready, none were geared towards supporting youth to prepare for and succeed in College.

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OFFICE HOURS:
Mon—Fri
8:00 am-4:30 pm.
Closed for lunch

Roll~N~Stroll

By Charles Bean

The Roll~N~Stroll event on September 29th raised funds for both Tri-County Independent Living (TCIL) and Sequoia Park Improvement Fund which will be used in part to make Sequoia Park more accessible.

Brave souls came out in spite of the threat of rain participating in the 2K and 5K walks. Eureka City Council member Natalie Arroyo did the 5K on her roller skates. A mother and son participated as a family, and others participated to celebrate a birthday with their friend (*choose bib #930 - her actual birth date*)!

We wish to thank the volunteers representing Umpqua Bank, interns from Humboldt State University, a couple from China, and TCIL staff family members. We also want to thank the event sponsors: Umpqua Bank, Stewart Communications, Scott R. Baker Family, City of Eureka Community Services Department, and the North Coast Coop. A special thank you goes

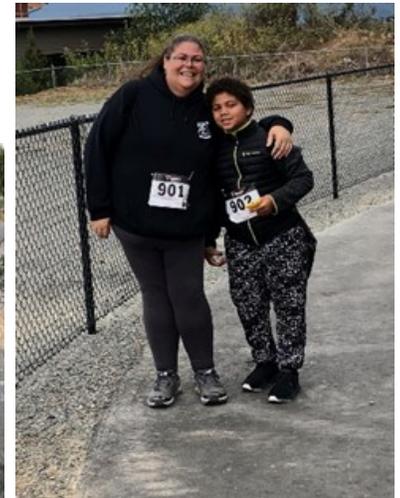
out to all the participants and TCIL Staff for their contributions.



Natalie Arroyo and Charlie Bean at Start of 5K



Scott Gallager at the 5K turn around



Rebecca & Donald McKnight at the 5K

Humboldt County Community Disability Resource Guide Available Soon

Mid-November, TCIL expects to release its updated Humboldt County Community Disability Resource Guide listing contact and services information of organizations with resources for people with disabilities. Contact TCIL to receive your free e-copy or hard copy or come by our office at 139 5th St., Eureka to pick up a copy.

Romoss 20,000mAh Power Bank



Do you rely on assistive technology like a cell phone, iPad, or digital magnifier that charges via USB? If so you may wish to look into purchasing a Power Bank. These devices keep your AT charged and running when the power is out or unavailable and are a great addition to your emergency kit. Power Banks come in sizes as small as a tube of lipstick or as big as a small book and can charge your device for hours of extra use. Also, Power

Banks are often rechargeable or run on household batteries making them convenient and easy to use. The Romoss Power Bank has a large print LED display of the power level of the device, two charging ports for multiple devices, and comes in a variety of colors improving contrast for low vision individuals.

TCIL recently purchased the Romoss Power Bank and other disaster preparedness supplies. ATC Juliannah Harris would be happy to work with clients to create their own disaster preparedness plan, and review some of the unique disaster supplies we have available. **Please contact Juliannah at (707) 445-8404 or juliannah@tilinet.org for more information.**

Upcoming Holidays at TCIL

The TCIL office will be closed the following holidays. Note that during the holidays, TCIL will have fewer staff available in the office. Please consider scheduling your Independent Living appointments out of the holiday period if possible.

Veteran's Day - Monday, November 12th

Thanksgiving Holiday - Thursday, November 22nd & Friday, November 23rd

Christmas Holiday - Monday, December 24th and Tuesday, December 25th

New Year's Day - Monday, January 1st

Martin Luther King Day - Monday, January 21st

Youth Transition Services

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TCIL also found there were few if any programs that offer young people with disabilities a space to take action and develop their own projects as an organized group.

TCIL decided to develop two major programs to address these identified gaps in the community. The first, the Peer Mentor Program, is a mentoring program in which a High School Student with a disability is mentored by a college student with a disability. For a whole year, the pair will meet at least twice a month and have at least one contact a week. The program is aimed at helping the future college student prepare for the leap into higher education by developing academic strategies, learn time or stress management techniques, develop self-advocacy skills and self-esteem, or even discover the geography of the campus and the resources available for students with disabilities. Each mentee will identify what aspects they want to work on in order to be as prepared and successful as possible when college starts.

The Mentor will also benefit from this

experience. Beside engaging in a fulfilling human experience, it gives the Mentor the opportunity to develop skills such as leadership or advocacy and add a valued line on a resume.



Two women working and discussing at a table

The Peer Mentor Program will be a valuable resource in our community to promote access to college for students with disabilities as well as improve retention and success likelihood for both the Mentee and the Mentor.

The second Program, called the Youth Action Board, is designed to give opportunities to youth with disabilities to be part of a peer group which advocates for disabilities-related issues they choose to address and to develop and engage in their own projects.

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TCIL will provide the framework and minimally necessary guidance, and will act as an ally ensuring that the Youth Action Board is fully driven by youth themselves. From the Board's Mission and rules to its goals and actions, the group will be encouraged to take full responsibility and action for the projects it will bring to the community. Ultimately, the plan is for the group to be also recognized as an advisory resource for organizations and the community regarding youth with disabilities issues, needs and concerns.

Beside fostering leadership, advocacy, and professional skills for the youth participating in this Board, this program will nurture a positive attitude towards their identity related to their disability and empower their growth in self-esteem.

The community as a whole will also gain by having an active youth-lead group that promotes disability inclusion through education and advocacy.

TCIL is also developing classroom presentations to be offered to high school students. With various topics such as Disability Rights Movement History or



Two women working and looking at laptop

Communication and Self-Advocacy, TCIL hopes to reach out to students with and without disabilities while promoting inclusiveness concepts.

Youth Transition Programs are designed to help youth with disabilities transition smoothly and successfully into adulthood and post-secondary life. These programs are based on the Independent Living philosophy in which TCIL is deeply rooted.

From a broader perspective, these programs also aim to bring up the next generation of leaders and advocates that will defend disability rights. By fostering a positive attitude around disability, TCIL hopes to create a disability culture that empowers, educates and includes everyone.

For more information about Youth Transition Programs, contact Emmanuel at TCIL: (707) 445-8404.

A Bill to Give Businesses Tax Incentives for Providing Greater Accessibility



Senator Tammy Duckworth has introduced a bill in the Senate (Senate Bill 3459) to amend the IRS Code to allow credits for small businesses which provide better access to people with disabilities.

As of now, small businesses that make accessibility improvements to their premises can receive a credit of up to \$10,250 for these expenditures on their federal income taxes. This bill would double the credit amount, so businesses could receive a credit of up to \$20,500 for expenditures that make their business premises more accessible.

The bill also expands the scope of eligible businesses that can take this deduction. Today, to benefit from this tax credit, a business cannot have a gross revenue over \$1 million annually. This bill expands eligibility to those with gross annual revenue of up to \$2.5 million.

By broadening the range of businesses that can benefit from this tax credit, and

by raising the cap for credits for expenditures, this bill offers substantially more incentive to improve accessibility for people with disabilities.



Picture of Senator Tammy Duckworth who originated the bill SB3459

Bills must be passed by both the House and Senate in identical form and then be signed by the President to become law. Bill 3459 is currently in the Senate Finance Committee for its review. The Finance Committee chairs determine whether a bill will move out of the committee stage to be voted on by the entire Senate – or not. If the Committee decides to send it on, the bill moves to

Legislative Update

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the full Senate for its vote. A similar bill is pending in the House of Representatives at this time. If both bills pass, these IRS Code amendments will apply beginning in 2018.

Take the time to let your Senators know how you feel about this bill. U.S. Senators representing the state of California are:

Senator Dianne Feinstein
One Post Street, Suite 2450
San Francisco, CA 94104
Phone: (415) 393-0707
Fax: (415) 393-0710

To email the Senator, go to: <https://www.feinstein.senate.gov/public/index.cfm/e-mail-me>

You can read more about the bill and follow its progress in the Senate here: <https://www.congress.gov/bill/115th-congress/senate-bill/3459/text>

Senator Kamala Harris
501 I Street, Suite 7-800
Sacramento, CA 95814
Phone (916) 448 - 2787
Fax (202) 228 – 3865

To email the Senator, go to: <https://www.harris.senate.gov/contact/email>

Representative in the U. S. House of Representatives representing Humboldt County is:

Representative Jared Huffman
317 Third Street / Suite 1
Eureka, CA 95501
Phone: (707) 407-3585
Fax: (707) 407-3559

To email your Representative, go to: <https://huffman.house.gov/contact/email-me>

Tax Postponement Program

By Charles Bean

California Property Tax Postponement Program

The State Controller's Property Tax Postponement (PTP) Program allows eligible homeowners to apply to defer their current-year property taxes on their principal residence. Homeowners must meet certain requirements, To qualify, a homeowner must apply and meet all the following criteria for every year in which a

postponement of property taxes is desired. The applicant must have:

- A total household income of \$35,500 or less;
- At least 40 percent equity in the property; and
- No reverse mortgage on the property.

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Tax Postponement Program

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The applicant must also:

- Be at least 62 years of age, or blind or disabled;
- Own and occupy the real property as his or her principal place of residence (mobile, manufactured or modular homes, whether affixed or un-affixed, floating homes, and house boats are not eligible);

Please note: the law could be revised without notice and change the requirements, so be sure to contact the California State Controller's Office (www.sco.ca.gov/index.html) to verify the current program requirements.

Applications for the 2018-19 tax year are now available. Please call (800) 952-5661 or email postponement@sco.ca.gov to have an application mailed to you.

3rd Holiday Card Design Cover Contest

TCIL is proud to announce its **Third Holiday Card Cover Design Contest**. Clients of TCIL, artists with disabilities participating in HCAR's The Studio or the Ink People's Trajectory Programs are invited to send TCIL their holiday cover design creations to compete. **Contest Rules are:**

1. Non-religious themed designs only please
2. Show disabilities in a positive light
3. Original designs only
4. Submit art in 5" x 7' or 7 1/2" x 10 1/2" size
5. Suitable for the cover of a holiday card in either vertical or landscape format



*2017 Winner Design
by Angela Davenport*

Submit entries to: Tri-County Independent Living
attn: Donalyn Sjostrand
139 5th St., Eureka, CA - 95501

Entry Deadline: Thursday, November 15, 2018, 1:00 p.m.

The winning artist will receive a \$100 cash prize and the second place winner will receive a \$75 cash prize. The winning design will be featured on TCIL's 2018 Holiday card giving the artist's winning creation broad distributed in the community. Look for it!

What does the ADA require of Business Owners?

A small-business owner learned that she did not have to make a costly modification to her older building

Andrea called the ADA national hotline with a question facing many businesses: Must they modify their bathrooms to meet ADA standards? An ADA Specialist informed her that because the ADA went into effect in 1991, owners of buildings that were operating before that date are only required to make accessibility improvements that are “readily achievable,” which means that it can be done with relatively little expense and difficulty, provided they are not remodeling their building otherwise. If a business is remodeling its building, under California law, other standards apply that may trigger required accessibility modifications.

Although Andrea wanted her business to be accessible, the ADA Specialist explained that, although highly preferable, businesses are not always required to make their bathrooms accessible – in her case because of the small size of her business and the cost of modifying an older building. The ADA specialist explained that although the law protects the rights of individuals with disabilities, it also incorporates reasonable considerations by businesses and other entities. **For more information visit adata.org/national-network or contact the ADA National Hotline at 1-800-514-0301.** ADA Specialists are available to answer questions Monday - Wednesday and Friday from 6:30 a.m. to 2:30 p.m..



*New
International
Updated ADA
Sign*

Upcoming Events

October 19, 2018 - November 12, 2018— Holiday Family Food Baskets will be distributed by the Betty Kwan Chinn Foundation for all families that needs extra help to celebrate holidays. Sign-ups are from October 19, 2018 until November 12, 2018, and the baskets pick-up will be on November 19th, both at the Betty Kwan Chinn Day Center, 133 7th St, Eureka, CA 95501. For more information, contact Ana: amonjras@bettychinn.org or (707) 407-3833.

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Upcoming Events

October 25th, 6pm to 8:30pm - Understanding Special Education. Parents of children benefiting from special education services have unique questions and concerns. Knowing more will help you attend IEP meetings confidently. Come and learn about: The special education process, your child's IEP and how to prepare for IEP meetings in a positive, proactive way. This training is being held in both English and Spanish. Redwood Coast Regional Center, 525 2nd Street #300, Eureka.

November 3rd, Humboldt Community Access Resource Center First Annual Rummage Sale Donations accepted until October 26th at 1707 E St, Eureka, CA. Drop-offs from 9-3, Monday to Thursday. Rummage Sale on Saturday November 3rd, HCAR Admin Office / Sunrise Plaza – Randall St. between E & F St. – Eureka, CA. All proceeds will go to help people with disabilities.

November 4th – December 30th. Sensory Screening of Movies Free to those on the Autism Spectrum, their immediate families, and respite/behavioral workers only. Offered by Families Advocating Autism Now at Broadway Cinema, 1223 Broadway St, Eureka. For more information contact: info@humboldtfaan.org

The Nutcracker and the four Realms on November 4th – Hours to be determined

Wreck It Ralph 2 on November 25th - Hours to be determined

Spider-Man: Into the Spider-Verse on December 16th - Hours to be determined

Mary Poppins return on December 30th - Hours to be determined

****Please DO NOT contact the theater regarding this private showing****

November 10th—37th Annual Intertribal Gathering & Elders Dinner at Redwood Acres, 3750 Harris Street, Eureka, in keeping with the spirit of Veterans Day, Thanksgiving and National American Indian Heritage Month. The gates will be open at 10:00 a.m. and festivities will go until 7:00 p.m. The Gathering provides an opportunity to honor all Elders and Veterans. Elders are served a free salmon and turkey dinner beginning at noon, followed by an Elders' Gifting Ceremony at 3:00 pm. For more information or to volunteer please phone 707-445-8451 or email info@ncidc.org

Peer Profile: Ignacio's Inclusion Success Story

In sharing my story, I hope to motivate other people with disabilities who have been misdiagnosed, homeless, without income, and who feel that there are no opportunities left out there. A large part of my distress revolves around the lack of treatment for my disability muscular dystrophy. I am not alone as many disabilities are left untreated from severe physical to even mental disabilities. I feel that we are all in this together because we all share the same struggle, and I will continue to use my voice to help those that are marginalized. In the end, all that I had was my positive outlook and my family and friends, but that was all that I needed to keep pushing on.

I was born in Santiago, Chile on June 3rd 1986 and I was born with a congenital knee cap condition and flat feet. From a very young age, I learned how inaccessible the world was for those with physical disabilities. In my hometown, the sidewalks were unmanageable, public transportation was unaccommodating, and the



Ignacio volunteered at the Roll~N~Stroll organized by TCIL

healthcare was a disappointment.

Despite my early disabilities, I was able to pursue many recreational hobbies to keep my mood uplifted and my mind busy. Some of my favorite activities were soccer, table tennis, tennis, basketball, swimming, dancing, music, hiking in nature, and video games. I began to practice many of these activities everyday and I started to become very skilled in them, especially in video games. It didn't take long before I was offered the chance to be on a big club team and I became immersed in this new and welcoming community. Shortly after these good times, unfortunately, I started showing my first signs of muscular dystrophy onset.

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In middle school, I started to fall down suddenly and the activities I used to love became an intense struggle. As a family, we didn't realize what was happening and my life slowly started to fall apart. I dropped out of school, I lost many friends, and my thoughts were clouded with confusion.

Five years later, on my eighteenth birthday celebration in my favorite park, I was no longer able to stand and my disability became vividly clear. The next day we went to a neurologist, and after many physical tests, we realized my body was going through something very serious. After seeing my doctors and specialists, no one was able to give me a proper diagnosis for my disease. A few years later, I was actually misdiagnosed with a glycogenesis disease, in which doctors said that I would die in two to four years.

This was extremely painful and stressful for my family but I managed to keep my head up and I tried my best to stay positive. I started to make big changes in my life such as eating healthier, going to the gym, socializing

more, and exploring nature. Still, my physical disability was rapidly increasing in severity and I could no longer push my body to the limit.

A few years later, I was contacted by a neurologist that was doing some research and he wanted to take a sample of my muscle tissue to send it to France for testing. We were able to receive a confirmation of the exact genetic mutation I had, which was limb-girdle muscular dystrophy type 2b. My life quickly changed from walking to using a wheelchair and I had to stay at home almost indefinitely because of the physical barriers of my neighborhood. It was very challenging because excessive use of my manual wheelchair could cause permanent muscle damage which could never be healed. I could only go out with assistance from my family and friends, but they weren't always able to help. These years were the lowest times of my life. I had to fight against my body, mind and spirit to keep from feeling isolated and depressed. Luckily, having grown up with my congenital birth defects

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Peer Profile**Continued from Page 12**

I was more prepared for the onset of my severe disabilities.

I needed to be productive in my life so I became an entrepreneur with my brother and we started selling ecofriendly accessories from my house. After years of success, a friend of ours told us of business opportunities in the United States. We flew to the United States hoping for better medical treatment for my disability and new business opportunities. Unfortunately, the business plans fell apart and my brother and I became homeless.

I started couch surfing in McKinleyville with a kind family that took us in, and we went to the McKinleyville Family Resource Center. They referred me to Tri-County Independent Living, and I was finally able to find the opportunities and change that I so desired for. The first thing we did was secure the full income for my Social Security Benefits. We were able to get this through very quickly and effortlessly because I was already getting benefits back in Chile. Next, I received a portable ramp from TCIL and many other useful

assistive technologies. I felt a tremendous amount of social support through the process by everyone at Tri-County Independent Living.

After this, with the help of TCIL staff, we were able to complete sixteen applications for affordable and accessible housing units. The TCIL advocacy staff arranged for my brother's employment as an IHSS caregiver for me. This made our family much stronger and connected to the community. To further my independence, I applied for, and was hired, as Tri-County Independent Living's Admin and Program Support Specialist. I gained many valuable skills, friendships and resources through this experience.

Several months later, I started to receive notifications from housing complexes. My brother and I were able to each obtain our own independent places, and I was able to live alone for the first time in my life. This was a very positive change after having to depend on others for so long. I was able to finally have the privacy, schedule, and

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independence that I've always needed. In order to fulfill my goals, I transitioned from my job at Tri-County Independent Living to focus on my studies through DOR, to work on my health, and continue my dream to work on my small business. After going through this experience, I have learned so much. It all seemed to work out in the end because of my positive attitude and relentless spirit. I continued to challenge myself and I hope this story can serve as an inspiration for those facing struggles with their life and disability. Living in this community, I have learned more about what it means to have a disability and how to find support when I need it.

Unmet Transit Needs in Humboldt County: Public Comments Are Sought

Individuals throughout the county are asked "What are the unmet needs of the population who use the local transit system or dial-a-ride?"

Take a minute or two and think about how your life would be if you were able to get on a transit bus within a couple blocks of your home. Or, if the Dial-a-Ride service was expanded. If you live near the transit service already operating, how would you improve it – If it meets your needs, send in a compliment. If you do not live near a transit service, or are not served by Dial-a-Ride, write to Humboldt County Association of Governments and tell them that you need public transportation.

The Humboldt County Association of Governments (HCAOG) and its member entities will be conducting Public Hearings to get transit needs input for the seven cities and the unincorporated area of Humboldt County. These Public Hearings will be held throughout the month of October.

If you miss the hearings, you are encouraged to write to Humboldt County Association of Governments (HCAOG). They are accepting comments through November 30, 2018.

Comments should be sent to:
HCAOG
611 I Street, Suite B
Eureka, CA 95501

IHSS Program Looking for Care Providers

The Humboldt County In-Home Supportive Services (IHSS)

IHSS Advisory Board Humboldt County



program is **Dignity•Independence** looking for people who enjoy caring for others, and do it well, to become in-home care providers.

To increase the number of Care Providers throughout the county, the IHSS Advisory Board is excited to launch its “Refer a Friend” campaign which began June 1, 2018, and continues through June 30, 2019. If a current IHSS Care Provider refers a friend to become a IHSS Care Provider, each have an opportunity to **WIN a \$50.00 gift card**. The person referred must complete the entire enrollment process and get hired by a recipient to be eligible. IHSS will have four (4) drawings in the next year for gift cards. Let’s see our network of providers grow - refer a friend!

In-Home Supportive Services (IHSS) is a program directed by the California Department of Social Services that provides aid to income-eligible persons who are blind, aged or disabled and are unable to remain safely in their own home without the aid of a care provider. In Humboldt County, the Department of Health and Human Services manages the IHSS program. The IHSS Program is committed to helping elders, disabled adults and disabled children in Humboldt County live to their highest personal potential in the least restrictive environment.

Services provided by IHSS providers are based on need and can include:

- o Domestic services such as cleaning, meal preparation and running errands
- o Personal care services such as grooming, bathing, bowel & bladder care
- o Para-medical services
- o Transportation to medical services
- o Protective supervision

Call (707) 476-2100 for more information.

Tri-County Independent Living
139 5th Street
Eureka, CA 95501



Non-Profit Organization
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Eureka, CA

OR CURRENT RESIDENT

This newsletter is intended for persons of all ages with all types of disabilities, their families, caregivers and others interested in issues related to independent living.

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Independent Living

**If you would like to receive this
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