



9th Annual Humboldt Pie Fundraiser is a Delicious Success

Nearly \$2,000 raised from Tri-County Independent Living's Humboldt Pie fundraiser will help further our mission of enhancing and increasing independence for persons with disabilities in our community. Despite the rain, more than 100 people enjoyed a slice of pie and ice cream and supported Tri-County Independent Living.

There were six entries in the annual home-baked pie contest at the fundraiser.

A traditional Yorkshire bacon and egg pie won awards for First Place Overall and First Place in the savory category.

Pie baker Rebecca Kalal (far right in photo) then generously donated her \$150 cash winnings back to Tri-County Independent Living. Thank you Rebecca!

Pictured at left, judges determine winners based on the pie's appearance, crust and taste. Pictured at right is a slice of the bacon and egg pie.

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Tri-County Independent Living Moving Office to Downtown Eureka

Plans are underway for Tri-County Independent Living to move to its new home at 139 Fifth Street, in downtown Eureka.

The exact move date has not yet been announced, however TCIL expects to remain at its current location at 2822 Harris Street at least through May 22nd. It is hoped the move will be completed by the end of June.

"We were looking for and found a centrally located office with better transit access for the public and our clients to reach us," said Tri-County Executive Director Donalyn Sjostrand.

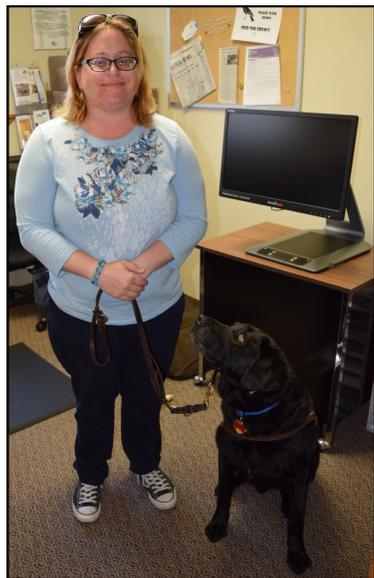
"The new facility will have a large meeting room to accommodate classes TCIL will begin offering in partnership with College of the Redwoods," she added. (See article, Page 5)

There will be a computer lab with adaptive features for people with disabilities and a video phone that can be used free of charge by Deaf or hard of hearing community members who sign ASL.

The open, spacious design will facilitate accessibility and will feature push buttons that automatically open the front and rear doors.

Juliannah Harris Joins Tri-County as Assistive Technology Coordinator

The timing could not have been better for both Tri-County Independent Living and Juliannah Harris, Tri-County's new Assistive Technology (AT) Coordinator. Harris was just finishing up her Master's Degree in AT when the job she now holds became



available. "It's a perfect fit," Harris said. "I got my dream job."

Harris was raised in Redding, and moved to Mount Shasta to attend College of the Siskiyous where she was part of the Women's Ski Team. She moved to Eureka to attend

College of the Redwoods and finish her Associate Science Degree, and then transfer to Humboldt State University (HSU).

At this time she experienced significant vision loss, and had two eye surgeries. She learned about blindness skills and Assistive Technology, and enjoyed AT so much that she began teaching those around her about it. "I loved it," Harris said.

Harris graduated from HSU in 2013 with a degree in Computer Science, and then enrolled in the California State University Northridge's AT Master's program. She successfully completed the online program in December 2015, the same time she began working at Tri-County Independent Living.

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RespectAbility—published quarterly by Tri-County Independent Living

Editor: Mary Bullwinkel

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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Assistive Technology Coordinator

Get Out the Disability Vote—Summit Held at Tri-County Independent Living

On March 10th and 11th, a GOTV Leadership Summit was held at Tri County Independent Living. GOTV stands for Get Out The Vote - and in this case, Get Out the **Disability** Vote! Ted Jackson of the California Foundation for Independent Living Centers led the 2 day Summit. Mr. Jackson is a member of the California’s Secretary of State Voters Accessibility Committee, and the National Council on Independent Living Voting Rights Subcommittee, to name a few.

It is said that one in five people in the United States have a disability, yet in the last presidential election in 2012 registered voters with disabilities voted nearly **6% less** than registered voters without a disability. If people with disabilities voted at the same rate as those without disabilities, there would be **3 million more voters with disabilities!** Why is this important? As Jackson said, “In politics there



Community members including Humboldt County Registrar of Voters Kelly Sanders (pictured second from left in photo) recently attended a Get Out the Vote summit.

are two types of power; Money Power and People Power. Our community does not have money, so it’s going to have to be people, lots of people, working to turn out the Disability Vote.” And he added, “An extra 3 million voters with disabilities would make voters with disabilities one of the largest, if not **the** largest, minority group of voting eligible in America!”

Think about that. Think about the issues that face people with disabilities that don’t ever seem to get addressed. Think about how often we, as a community, are left out when it comes to candidates and incumbents speaking of issues. Our goal is to change that!!

The 26th Anniversary of the Americans with Disabilities Act this July has brought a renewed energy to the disability community, and we are **READY TO VOTE** and protect our rights. TCIL is one of nine Independent Living Centers in California who are planning campaigns to increase the Disability Vote by 6% in the 2016 General Election. TCIL’s GOTV campaign starts in May, and goes clear through Election Day in November. We have two great community members who will be our Volunteer Leaders.



TCIL will be participating at fairs and other local events, post card mailing, phone banking, and other activities to ensure our voices are heard!

Anyone can volunteer to help Get Out the Disability Vote, and you can join us as many or as little hours as you want.

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Teresa Whitehawk Joins Tri-County Independent Living Board of Directors

The Tri-County Independent Living Board of Directors has a new member.

Teresa Whitehawk said she “hopes to be a service to the Tri-County Independent Living program.”

A mother of five grown children, Teresa Whitehawk has 14 grandchildren. She holds a BA in English with an emphasis in fiction and technical writing and did her Masters studies in Playwriting and Directing at the University of Utah, but did not finish that degree because of the demands of family.

She moved to Humboldt County and landed in Eureka in 1985, and later moved to Arcata, where she lives today.

She served as a tutor and cultural presenter in Indian Education in Eureka City Schools for more than 15 years, then took a position as Social Worker I and II in Humboldt County Department of Health and Human Services. She worked there for about 7 years, ending her work as a teacher in the Incredible Years Parenting Program.

She spends her retired years making art and writing, keeping up with grandchildren’s birthdays, and assisting in the McKinleyville Senior Center with exercise for elders.



Video Phone at Tri-County Available Free for Deaf Public’s Use

Tri-County Independent Living recently received an upgraded Sorenson video phone to expand communication options for people who are Deaf or hard of hearing.

The video phone relies on a Video Relay Service (VRS) and supporting software which empowers both the deaf and hard of hearing community to communicate with other deaf and hearing family, friends, and business contacts. This method of communication is exclusively for individuals who require VRS to place and receive calls.

To be eligible to use this system, a person must be deaf or hard of hearing, and use American Sign Language (ASL) to communicate. ASL signers can sign with each other directly without the use of an interpreter, enhancing privacy in remote communications.

How does VRS between a Deaf person and a hearing person work?

1. Deaf user signs to the interpreter
2. Interpreter speaks to the hearing user
3. Hearing user speaks to interpreter
4. Interpreter signs to deaf user



Photo at left: Mandi Hayden-Davi demonstrates how Tri-County’s new Sorenson video phone works.

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Tri-County Partnership With PG&E CARE Program

Tri-County Independent Living is now a Community Outreach Partner for Pacific Gas & Electric’s CARE Program, and can assist with getting you signed up for the discounted monthly utility bill program.



The CARE (California Alternate Rates for Energy) program offers discounts on monthly utility bills for qualified households. (See table below for income eligibility criteria).

# persons in household	Total Gross Annual Household income
1 - 2	\$31,860 or less
3	\$40,180 or less
4	\$48,500 or less
5	\$56,820 or less
6	\$65,140 or less
7	\$73,460 or less
8	\$81,780 or less
each add'l person, add	\$8,320

PG&E representative Erwin Bonilla (pictured at right) gave a presentation about the CARE program to Tri-County Independent Living staff in February. **See Page 11**



American Sign Languages Classes Planned at Tri-County Independent Living

An American Sign Language (ASL) class taught by College of the Redwoods ASL instructor Brenda Lindeman (pictured), in conjunction with Tri-County Independent Living will begin May 25, 2016. The 10-week class (May 25 – July 27) will take place on Wednesdays from 4:30 p.m. to 7:30 p.m., at TCIL’s new office at 139 Fifth Street, Eureka. There is a limited class size for the free, non-credit course, so early registration is encouraged. Interested persons can register through College of the Redwoods Non-Credit Adult Education Program or go to



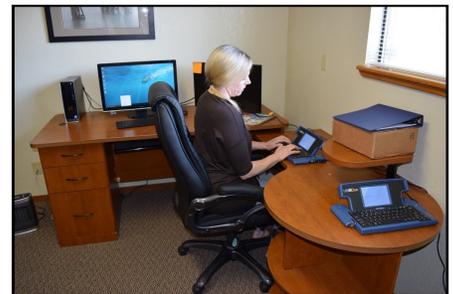
TCIL’s website at tilinet.org to download an application which can be emailed to aa@tilinet.com, faxed to (707)445-9751 or mailed to 2822 Harris St., Eureka, CA 95503.

This class is for parents, teachers, caregivers, paraprofessionals, interested members of the public as well as people who are Deaf. It will be designed to strengthen relationships at home, school, and in the community. It especially presents an opportunity for parents of Deaf children who also might work and cannot attend daytime classes.



Tri-County Independent Living Welcomes Mandi Hayden-Davi

Mandi Hayden-Davi has temporarily joined the staff at Tri-County Independent Living. For the last eight years, Hayden-Davi has worked for Costco, currently is assigned to light duty, and is contributing her talents to Tri-County Independent Living. She recently made an informational presentation to Tri-County staff about the deaf community. (see newsletter article below)



Mandi was born in San Diego and her parents realized she was Deaf when she was 18 months old. When she was 12 years old, she attended the Riverside Residential School for the Deaf. “It changed my life,” she signed, “and helped me gain access to my life.” She said there were many limits from the Deaf programs she had participated in, in mainstream schools.

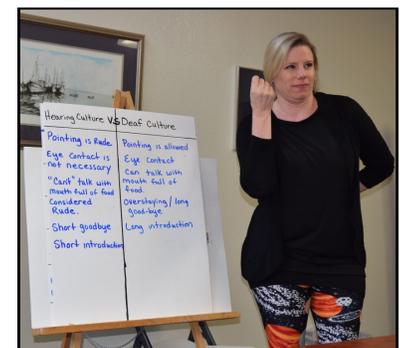
After she graduated from high school she traveled the west coast and became fascinated with Humboldt County. While working at the Seascope Restaurant in Trinidad, she met her now current husband Jason, who was the chef supervisor at the Seascope. Jason is currently a firefighter with CAL FIRE. They now have a six-year-old son.

Hayden-Davi is working toward establishing resources for assisting the local Deaf community, which is estimated to be approximately 50 people, and planning special events for the Deaf community. “A lot of the Deaf community don’t get out and socialize,” Hayden-Davi said. She has planned a potluck barbecue for the local Deaf community to be held May at McKinleyville’s Pierson Gazebo starting at noon.

Learning About the Local Deaf Community

The Deaf community in Humboldt County is a group of between 40 and 50 people. And according to Mandi Hayden-Davi, the Deaf community is very blunt. “It is not our goal to offend people...we call it like we see it,” she said.

Hayden-Davi recently gave an educational presentation to the staff at Tri-County Independent Living to explain the differences between the Deaf community and the hearing community.



“Gesturing is a strong part of Deaf communication,” she said, “as well as eye contact and facial expression.” She also emphasized that not all Deaf people are the same, that there are varying degrees within the Deaf community.



Hayden-Davi said the preferred method of communication in the Deaf community is American Sign Language (ASL). ASL classes are being offered at Tri-County Independent Living’s Eureka office. See newsletter article on Page 3.

Assistive Devices and Medi-Cal—New Fact Sheet Available on What is Covered

If you have questions about what Assistive Technology (AT) devices are covered by Medi-Cal, there is a new publication to provide answers. The publication (#5583.01) is called “Obtaining Assistive Technology through Medi-Cal,” and it is an eight-page fact sheet.



Medi-Cal will cover certain Durable Medical Equipment and Orthotic and Prosthetic Devices. Durable Medical Equipment is covered by Medi-Cal, if it is medically necessary and is prescribed by a licensed medical practitioner.

Questions and answers which are included in the new publication are:

Will Medi-Cal pay for home alterations? Only in some cases. Medi-Cal will not pay for home alterations through the regular Medi-Cal program, except when necessary to provide home dialysis services.

Will Medi-Cal pay for self-help aids I need to complete activities of daily living? Yes. Medi-Cal will pay for self-help aids essential to the performance of common activities of daily living. Such aids include specially designed eating utensils, utensil holders, buttoning aids, raised toilet seats, flexible shower hoses, standing tables, and other items.



The publication was compiled and released by Disability Rights California In February of this year.

For more information: www.disabilityrightsca.org

Get Out The Vote Local Volunteers Needed...continued from Page 4

If you would like to make friends and be part of something positive, join us at a fair or event and share with people about the value and importance of voting, or have a fun day with a group of folks making calls, addressing postcards, writing a personal message urging someone to vote, keeping people energized, join us in our campaign to GET OUT THE **DISABILITY**

VOTE! Contact Cindy Calderon at 707-445-8404 or at cynthia@tilinet.org to be part of this exciting movement.

“Nothing About Us Without Us”.

As a 501(c)(3) non-profit organization, Tri County Independent Living is completely non-partisan.

9th Annual Humboldt Pie Fundraiser, continued from Page 1

Thanks to all the volunteers and supporters who helped make the 9th Annual Humboldt Pie fundraiser a success.

Special thanks also to sponsors and donors: Bear River Band of Rohnerville Rancheria, Kramer Investments, Coast Central Credit Union, Mercer Fraser, Patterson Connors Insurance, St. Joseph Health, Humboldt, North Coast Co-op, Lima's Professional Pharmacy, Cloney's Pharmacy, Humboldt Association of Realtors, Marie Callender's, Slice of Humboldt Pie, Ferndale Pie Company, Sun Valley Group, and Coming Attractions Theatres.



10th Annual Disability & Senior Expo Set for June 23rd in Eureka

The 10th Annual Disability & Senior Expo will take place this year on Thursday, June 23rd, at Redwood Acres Fairgrounds in Eureka. In fact, the Expo will take place on the opening day of the 2016 Redwood Acres Fair, and the public will be admitted free to the fairgrounds that day until 3 p.m.

“We are excited to partner this year with Redwood Acres Fair,” said Tri-County Independent Living Executive Director Donalyn Sjostrand. “They approached us with the idea,” she said, “and they are also offering an extended opportunity for the non-profits, service organizations, and others who participate in the Expo.”

Those who have a table distributing information or featuring hands-on/interactive demonstrations, will also have the option of keeping their display for the entire four days of the Redwood Acres Fair.

“The Expo is such a good opportunity to get the word about what services, programs, and products are available for persons with disabilities and seniors in our community,” Sjostrand said.

Last year, more than 30 organizations participated, including Pacific Gas & Electric, Humboldt Transit Authority, Elite Caregivers, the State Council on Developmental Disabilities, Redwood Health Care Services, and many others.

The Expo provides a “one stop shop” if you will, with information on a variety of programs and services.

Please contact Tri-County Independent Living at (707) 445-9404, if you are interested in participating. Expo sponsorship opportunities are also available.



Tri-County Participates in St. Joseph Health, Wellness & Resource Fair

The Health Fair took place at the Bayshore Mall in Eureka, and presented the opportunity for Tri-County independent Living to get the word out about services, programs, and devices available to enhance the independence of persons with disabilities in our community.



An estimated 6,500 people attended the community event, hosted by St. Jo-

seph and Redwood Memorial Hospitals. “We are very lucky to have such committed organizations in Humboldt County,” Health Fair Coordinator Brian Olson, Health Fair Coordinator said of those who participated.

Olson said the Health Fair was a resounding success with the “success due in large part to community partners... who brought valuable information and services to the public.”

The date for next year’s Health Fair has been set for February 4, 2017.

Federal Bill Proposes Tax Credit for Care Givers

Family members who care for relatives with disabilities would qualify for a tax credit under federal legislation introduced March 7th. The Credit for Caring Act (HR 4708) is authored by U.S. Representative Linda Sanchez (D—Calif) and U.S. representative Tom Reed (R—New York).

“This is more than just another tax credit,” Rep. Sanchez said. “This is about how we can help older adults and people with disabilities live independently in their own homes and communities. This legislation will help alleviate some of the burden on family caregivers,” she added, “by providing a tax credit for services such as home care and adult day care.

“The expense of providing personal, at-home care can add up quickly,” Rep. Reed said. He called it a win-win situation, saying “families will stay together and those in need of assistance will have access to better care.

To be eligible, caregivers would have to be working and earning at least \$7,500 per year. The Credit for Caring Act would provide a credit to working family members equal to 30% of a caregiver’s expenses greater than \$2,000.



The tax credit would offset expenses for everything from groceries to home modifications, transportation, and hired help to care for individuals with long-term needs who can’t perform at least two activities of daily living like eating, walking, dressing or grooming.

Family members could qualify for providing care to a spouse, parent, grandparent, sibling, child, niece, nephew, brother or sister-in-law, or father or mother-in-law under the proposed legislation.

The bill has been referred to the House Committee on Ways and Means. No hearing date has been set.

Emergency Warning Automatic Alert Notifications

Humboldt County now has a free automatic emergency alert notification system.

To receive automated emergency alert notifications, you must enroll.

You can enroll by going to humboldt.gov/alerts and entering your contact information into the system. You can elect to receive notifications via text if you prefer.



EMERGENCY

The system does require that you have an email address for enrollment. If you do not have access to a computer or to an email address, TCIL can help. We have a computer lab available to anyone with a disability and we can show you how to set up an email address. Contact TCIL at 445-8404 or aa@tilinet.org.

Video Phone Available for Deaf Community Use...continued from Page 4

Use of the video phone is available to eligible persons free of charge at Tri-County's Eureka office during regular business hours, Monday – Friday 8:00 a.m. to 4:30 p.m. To be certain the video-phone is available and not already in use and that a staff member will be available to demonstrate how to use the system, it is best to call ahead to reserve the video phone.

All VRS calls made from Tri-County Independent Living's video phone are paid for by the government's Telecommunications Relay Service fund. If you are in the United States, you can use VRS to call any-

one, anywhere in the world, who speaks either English or Spanish.



Above photo: Mandi Hayden-Davi and Interpreter Dallas Downey (standing) demonstrate the use of Tri-County's new Sorenson video phone

Tri-County Partnership with PG&E CARE Program...continued from Page 5

Tri-County Independent Living can assist eligible PG&E customers with getting enrolled in the CARE program. Once your application has been approved, you should see savings on your monthly utility bill within two billing cycles.

There are other eligibility requirements such as the PG&E bill must be in your name, and you must live at the address where the discount will be received. Tri-County Independent living can answer any questions you have, and assist you with applying for the CARE program.

Applications are available in both English and Spanish and large print as well.

Call us at (707) 445-8404 to make an appointment.



Juliannah Harris new Tri-County AT Coordinator...continued from Page 1

Harris helps people with disabilities find the appropriate AT devices to increase, maintain, or improve their functional capabilities. She also provides one-on-one AT device training on a case-by-case basis, such as her teaching a blind woman how to use voice-activated email on her iPad. Another common AT request Harris receives is for hearing devices such as amplified telephones.

Tri-County Independent Living also has an AT device loan program, which Harris is planning to expand later this year. For more information, call Harris at Tri-County Independent Living at (707) 445-8404.

Tri-County Independent Living
2822 Harris Street
Eureka, CA 95503

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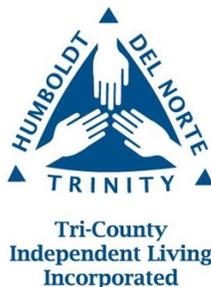
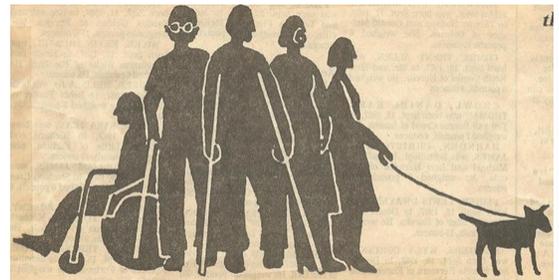
OR CURRENT RESIDENT

Looking Back....Tri-County Independent Living Logos...Then and Now

Editor's note: The purpose of this article is to highlight some of the history of Tri-County Independent Living, established more than 35 years ago (in 1978) as Humboldt Access Project.

Logos (top, l—r) 1980, 1983, 1987 (bottom, l—r) 2003, 2007, Today

HUMBOLDT ACCESS PROJECT



*Working together to promote independence
for people with disabilities.*

