



## 25th Anniversary of Americans with Disabilities Act (ADA)

Tri-County Independent Living celebrated the 25th Anniversary of the signing of the Americans with Disabilities Act (ADA) with a July 24th picnic in Eureka.

In addition, proclamations were issued by the Humboldt County Board of Supervisors and the Eureka City Council designating July 26, 2015 as Americans with Disabilities Act Awareness Day. (See newsletter pages 4 & 5)



“The significance of this Act cannot not be understated,” said Gail Pascoe, Chair of the Tri-County Independent Living Board of Directors, as she and new Tri-County Executive Director Donalyn Sjostrand cut a cake at the picnic in Sequoia Park

More picnic photos on Page 6

## 9th Annual Disability & Senior Expo in Eureka Well Attended

The 9th Annual Disability & Senior Expo, held June 12th at the Adorni Center in Eureka was a well-attended and successful event. This collaborative event brought together more than 34 agencies and non-profit groups to provide a wide variety of information on programs, services, and products available to persons with disabilities and seniors.



This event offered an excellent educational opportunity, both for the public and for participating

vendors. Several hundred people learned about programs including Veterans services, discounted monthly utility bills, and Assistive Technology.

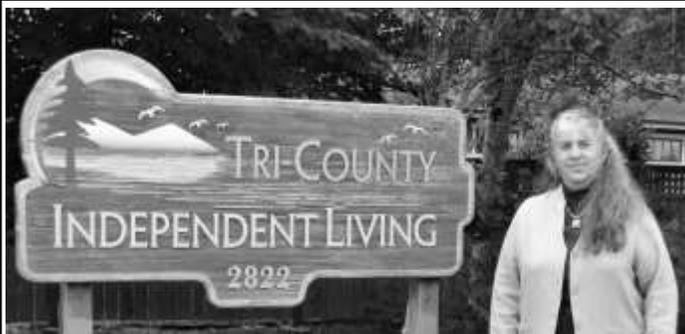
Several new sponsors and organizations participated this year and were pleased with the opportunity to get the word out about available services and programs.

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## New Executive Director at Tri-County Independent Living



Tri-County Independent Living has announced that Donalyn Sjostrand has been selected as the new Executive Director of the organization. Sjostrand began her leadership role on July 22, 2015. She replaced Chris Jones, who announced her retirement in June, to spend more time with family and friends.

Sjostrand came out of retirement to take over as Tri-County Executive Director, after serving nearly four years (2011 –

2014) as the Executive Services Coordinator for Redwood Community Action Agency.

“This is an exciting opportunity to work with the wonderful, dedicated staff at Tri-County Independent Living that connect community members with a disability with resources for employment, assistive technology, housing, benefits, etc., and to expand both awareness and services as our communities move towards greater inclusiveness for all community members,” Sjostrand said.

“Within my own immediate family, traumatic brain injury and changing abilities due to aging, accident, and illness, have given me first-hand experience of how invaluable and needed these services are,” she added.

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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.

### **Board of Directors**

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## Public Transit ADA Information Exchange Between Bus Drivers and Bus Riders

By Tri-County Independent Living Community Organizer Cindy Calderon

On Thursday, June 18<sup>th</sup> 2015 I had the pleasure and great learning experience of participating in training for the Public Transit drivers of our local system.

I, along with Community Advocates Charles Bean and Erik Smiley were able to interact with a total of 35 drivers throughout the day.

We had planned that this would be an ADA (Americans with Disabilities Act) type of training. As soon as the first group entered the room, I knew that this training needed to be inter-active; we also have much to learn from the drivers. For example, I asked each attendee to tell us one thing, if they could only pick one, which made their job harder (than it needed to be).



The one answer that jumped out at me was regarding persons who use wheelchairs, who have numerous bags hanging off of their chairs.

**Continued on Page 10**

## Farewell to Outgoing Executive Director Chris Jones

As we announced in the June edition of **Respect-Ability**, Chris Jones has retired. Jones stepped down after 12 years at the helm of Tri-County Independent Living.

When presenting the 25th Anniversary ADA proclamation on behalf of the Eureka City County on July 21st, Eureka Mayor Melinda Ciarabellini thanked Jones for “working hard on behalf of people with disabilities in the community.”

Mayor Ciarabellini also recognized Jones for her leadership role in bringing together service providers to share information in a one-stop shop (the Disability & Senior Expo) and coordinating services and programs that have served more than 3,000 people over the last decade. “We wish you a long, healthy, happy retirement,” Mayor Ciarabellini said, “and we thank you for your service to this community.”

Jones was quick to point out that the staff at Tri-County also deserves recognition for the services that are provided. “I may be gone, but they are still there serving persons with disabilities,” Jones said.



Now retired Tri-County Independent Living Executive Director accepted a proclamation for the 25th Anniversary of the ADA, and also some words of appreciation from the Eureka City Council. Tri-County ADA advocate Charlie Bean was also on hand to receive the proclamation.

**RESOLUTION**  
OF THE  
BOARD OF SUPERVISORS  
COUNTY OF HUMBOLDT



**WHEREAS**, the Americans with Disabilities Act (ADA) was passed on July 26, 1990 to ensure the civil rights of citizens with disabilities; and

**WHEREAS**, the County of Humboldt, in the State of California affirms the principals of equality and inclusion for persons with disabilities as set forth for the State of California and as embodied in the ADA, the laws of the State of California and ordinances of the County of Humboldt; and

**WHEREAS**, numerous organizations in the County of Humboldt and the State of California work with constituents and communities to bring forth the promise of hope and freedom that is envisioned by the passage of the ADA; and

**WHEREAS**, July 24, 2015 celebrates the 25<sup>th</sup> Anniversary of the Americans with Disabilities Act with Tri-County Independent Living Centers Picnic to be held at the Sequoia Park from 11 a.m. to 3 p.m.

**NOW THEREFORE, BE IT RESOLVED**, that the Humboldt County Board of Supervisors hereby extends greetings and best wishes to all and encourages everyone to observe July 26, 2015 as Americans with Disabilities Act Awareness Day in Humboldt County.

Dated: July 21, 2015

A handwritten signature in blue ink that reads "Estelle Fennell".

Estelle Fennell, Chair

City of Eureka

# Proclamation



In recognition of

Americans with Disabilities Act Awareness Day  
July 26, 2015

*WHEREAS*, the Americans with Disabilities Act (ADA) was passed on July 26, 1990 to ensure the civil rights of citizens with disabilities; *and*

*WHEREAS*, the City of Eureka, in the State of California affirms the principals of equality and inclusion for persons with disabilities as set forth for the State of California and as embodied in the ADA, the laws of the State of California and ordinances of the City of Eureka; *and*

*WHEREAS*, numerous organizations in the City of Eureka and the State of California work with constituents and communities to bring forth the promise of hope and freedom that is envisioned by the passage of the ADA; *and*

*WHEREAS*, July 24, 2015 celebrates the 25<sup>th</sup> Anniversary of the Americans with Disabilities Act with Tri-County Independent Living Centers Picnic to be held at the Sequoia Park from 11 a.m. to 3 p.m.

Now, therefore, I, Mayor Frank Jäger, on behalf of the Eureka City Council, do hereby proclaim July 26, 2015 as Americans with Disabilities Act Awareness Day and extend best wishes to all who observe.



A handwritten signature in blue ink, appearing to read "Frank Jäger".

Frank Jäger  
Mayor  
July 21, 2015

**25th ADA Anniversary Picnic in Eureka, continued from front page**

A good time was had by all who attended the picnic in Sequoia Park hosted by Tri-County Independent Living to celebrate the 25th Anniversary of the signing of the American with Disabilities Act (ADA). Bottom left photo is Tri-County Independent Living Board Treasurer Kevin O'Brien interviewed at the picnic by KIEM News Channel 3.



**Look For Tri-County Independent Living at LatinoNet Health Fair October 18th**

Tri-County Independent Living will be one of many organizations providing information at the 9th Annual LatinoNet Health Fair, taking place at Redwood Acres Fairgrounds in Eureka.

Tri-County Independent Living Independent Living Specialist Mari Doren-

streich will provide information in both Spanish and English on services and programs available to persons with disabilities in our community.

Much more than a health fair, this cultural event includes food, music, children's activities, information from a wide variety

of organizations, free health screenings, and health care referrals.

Hours are from 12 noon until 4 p.m. on October 18th. Call 441-5567 for more information.



**Disability & Senior Expo in Eureka, continued from front page**

Thanks to the 2015 sponsors: Pacific Gas & Electric, Humboldt Redwood Company, Redwood Coast Music Festival, Humboldt Transit Authority, Redwood Capital Bank, Redwood Healthcare Services, State Council on Developmental Disabilities, Elite Caregivers, and the IHSS Care Provider Registry.

U.S. Department of Justice representatives from Washington D.C. Dov Lutzker and Ame Eduardo (pictured at right) also attended the Expo to talk with local residents about accessibility issues in Humboldt County.



### Tri-County Participates in Service Fair in Eureka

The Services Fair was held August 28th to provide information, support, and encouragement for those living behind Bayshore Mall.



Tri-County Independent Living staff set up a table and provided information about services and programs to promote independent living. Services include learning independent living skills, community organizing, individual advocacy, and information and referral.



“I really believe we can offer information and assistance on important programs that are available, but many may not know about,” said Donalyn Sjostrand, Executive Director of Tri-County Independent Living.

Tri County Staff also handed out bottled water and fresh fruit, and offered free ponchos to those who came by to gather information.

The four-hour Services Fair was held in the Bayshore Mall north parking lot.



### Increased Disability Access Planned for Redwood National, State Parks

Redwood National Park has released a draft plan to identify and modify or remove barriers in multiple locations to increase accessibility for park visitors.

The Self-Evaluation and Transition Plan has listed 16 priority sites with identified projects to be carried out on short, mid, and long-term time frames.

According to the draft plan, noncompliant accessible parking was one of the most frequent barriers encountered. In addition, signage for accessible stalls (parking spaces) was absent or incorrectly placed in many parking lots.

Other common outdoor elements that limited accessibility included the routes between accessible parking, facilities, and outdoor features. Restrooms throughout the park also presented frequent barriers to accessibility.

**Continued on next page**

**Disability Access Planning at Redwood National, State Parks, cont. from page 8**

The 16 sites where disability access will be improved are: (in alphabetical order)

- Crescent Beach Use Area (Del Norte County)
- Crescent City Information Center (Del Norte County)
- Elk Meadow Day Use Area (Humboldt County)
- Flint Ridge Campground and Trailhead (Humboldt County)
- Hiouchi Information Center (Del Norte County)
- Howland Hill Outdoor School (Humboldt County)
- Klamath River Overlook (Humboldt County)
- Kuchel Visitor Center (Humboldt County)
- Lady Bird Johnson Grove Trailhead (Humboldt County)
- Lagoon Creek Day Use Area (Humboldt County)
- Lost Man Creek Day Use Area (Humboldt County)
- North Operations Center (Del Norte County)
- Redwood Creek Day Use Area (Humboldt County)
- Redwood Creek Overlook (Humboldt County)
- Redwood Creek Trailhead (Humboldt County)
- Wolf Creek Education Center (Del Norte County)



This walkway (pictured) at Lady Bird Johnson Grove will become ADA compliant

Comments on the draft plan will be accepted until September 22nd, and may also be made online. The Draft Accessibility Self-Evaluation and Transition Plan can be viewed online at <http://parkplanning.nps.gov/Redwoodaccessibility>.

**Sjostrand is New Executive Director, continued from Page 2**

Sjostrand is a retired attorney, and during her 17 years of practice provided hands

on assistance and advocacy for over 500 clients with disabilities facing the legal loss of their decision-making abilities in conservatorship cases, and advocated for the legal rights of thousands of disenfranchised



clients during her career as a public defender attorney.

She has served on Making Headway Center for Brain Injury Recovery's Board of Directors and is a Past President of the Humboldt County Bar Association.



**Donation from Humboldt Unitarian Universalist Fellowship**

Tri-County Independent Living would like to thank the Humboldt Unitarian Universalist Fellowship and individuals for the recent **\$350 donation**. Thanks are also in order specifically to Marianne Pennekamp for her coordination of this annual donation effort. This donation will assist Tri-County Independent Living in providing information about programs, services and assistive devices for persons with disabilities in our community.

## Public Transit Drivers and Riders Have New Code of Conduct, cont. from Page 3

This makes it very hard for the drivers to secure the wheelchair (as they are required too). When I stated that a wheelchair is considered a part of the person's body, and should not be touched, many were surprised.

Charlie was able to demonstrate, on the bus, how he needs to be on the right side of the bus, so as to protect the gears on his wheelchair from being bumped by other passengers. Erik demonstrated his expertise in traveling all over the county, and talked about a system that would better serve individuals who are blind or low vision. Bus schedules must be made available in alternate formats.

I was able to talk about the ADA requirement of External Annunciators. These are

speaker systems that relay to the outside of the bus, where passengers are gathered at a transfer station, which route the bus is going. This allows those that are blind, low vision, or have any type of disability that requires them to have orientation as to which bus is the right one for them. These are required at transfer stations only, where more than one bus is lined up at the same time. But they ARE required, and I appreciated the opportunity to speak about this to the drivers.

As a collaboration effort, we were able, along with the transit management, to develop a document entitled Riders Rights and Responsibilities. The next time you use public transit, look for the flyer on your bus. Our hope is that by education and interaction, we can all enjoy the ride.

## Disability Emergency Training Event Held in Del Norte County

Del Norte County Emergency and Sheriff's Department personnel came together for the first time last month, to address the needs of adults with intellectual disabilities during an emergency.



The gathering (pictured at left) was sponsored by the Del Norte Rural Human Services/Supported Living Services organization. Spokesperson Rene Quintana said, "The event filled the room to capacity with emergency personnel. The training presented will surely have an impact on how this community will approach difficult situations

concerning adults with intellectual disabilities and behaviors," he added.

Quintana expressed his appreciation to all who attended, especially those who traveled from Eureka. Additional training sessions are being planned through the Rural Human Service's Client College Program, and will be announced when specific dates are set.

## Humboldt Library Foundation Seeks Donations for Large Print Book Collection

The large print book collection at the Humboldt County Library is very popular, and this year's Buy a Book campaign is focused on building up that collection.

Large print titles appeal primarily to visually impaired patrons, but many others check out the titles too, as the large print is easier to read.

The Humboldt County Library's large print collection contains all fiction genres including general and literary fiction, mysteries, sci-fi/fantasy, westerns, and romance, as well as a wide variety of non-fiction such as biographies/memoirs, history, animal stories, travel narratives, and best sellers.

Out of 175,000 adult fiction and non-fiction books in the library's book collection, only 5,000 are in the large print collection. Additionally, the budget for these materials is small (\$1,800 out of an annual \$156,000 library materials budget).

According to the Humboldt Library Foundation, as the population ages, more and more requests for large print books are received.

Contact the Humboldt Library Foundation at (707) 269-1991 if you would like to make a donation to the Buy a Book campaign for expanding the large print book collection.



## Final Farewell To Bill Turnbull, 'Computer Genius' and Tri-County Volunteer



Five years ago, George William "Bill" Turnbull (pictured at left in 2005) "retired" for the second time as a volunteer with Tri-County Independent Living. On April 18th of this year, the 76-year-old Turnbull passed away after a battle with cancer and Parkinson's disease.

In the 1990s, Turnbull was a technician at Humboldt Access Project when the Computers for People with Disabilities program was established. This program (which is no longer active) provided donated, refurbished computers to persons with disabilities in the community. In approximately 2004, Turnbull returned to volunteer with Tri-County's Computers for Persons with Disabilities Program. He "retired" a second time in 2010.

Turnbull was instrumental to the success of the program, helping to refurbish hundreds of used computers. He was described as a model of volunteerism through his dedicated, unselfish, and caring efforts.

**Tri-County Independent Living**  
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Eureka, CA 95503



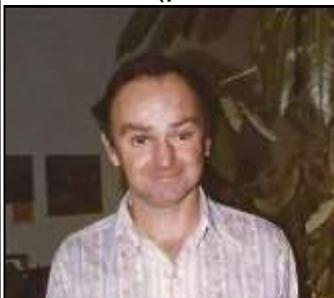
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**OR CURRENT RESIDENT**

### Looking Back....1981 the International Year of Disabled Persons

1981 was proclaimed the International Year of Disabled Persons (IYDP) by the United Nations, and Bob Slauson, Executive Director of Humboldt Access Project (today known as Tri-County Independent Living) was appointed as liaison between the City of Eureka and the U.S. Council for IYDP.

Slauson (pictured below in 1979) said, "We urge everyone willing to commit themselves to improving the quality of life for disabled citizens of our community to join us."



According to Slauson, the City of Eureka established a Community Partnership Program Committee to "begin the important task of assessing the still unmet needs of the community's disabled citizens, setting goals, and developing feasible programs to achieve these goals."

To culminate the International Year of Disabled Persons activities, ten Humboldt County agencies, organizations, and businesses were recognized for contributions making the community more accessible to persons with disabilities. Awards were presented to the Eureka Inn, Redwood National Park, Fog's Restaurant, Humboldt State University, the Bertha Russ Lytel Foundation, Youngberg's Restaurant, the Humboldt Area Foundation, Maxwell's Bistro, Bank of Loleta, and the Red Lion Inn.