



## Enhancing Disability Independence

### TCIL is Growing by Leaps and Bounds!

By Donalyn Sjostrand

In December, 2017, TCIL received a 40% increase in its permanent funding base from the State of California. Yahoo! This increase followed many years of advocacy for a funding increase for all Centers of Independent Living (CIL) in the United States whose funding fell below the amount a widely accepted national study concluded was the minimum amount necessary to operate a Center for Independent Living anywhere in the nation. Former funding amounts were based on many factors, which resulted in TCIL having the lowest funding of any California CIL. TCIL was extremely challenged to provide all mandated services to all of its service area.

Although the federal government has not responded to this study with increased funding for the lowest funded CILs, California did for its CILs as a result of ardent advocacy by some Executive Directors of California CILs, including TCIL's Executive Director Donalyn Sjostrand, and by the California Foundation for Independent Living Centers. This is what we here at TCIL think is a wonderful example of wise use of your taxpayer's dollars.

**Continued**

**page 4**



#### OFFICE HOURS:

**Mon—Fri 8:00 am—  
4:30 pm. Closed for  
lunch 12:00 –12:30 pm.**

**If you would like to receive this news-  
letter via email, email [aa@tilinet.org](mailto:aa@tilinet.org)**

## Roll~N~Stroll

By Charles Bean

Tri-County Independent Living is partnering with the City of Eureka, Community Services Department to put on “Roll~N~Stroll” to raise money for the Sequoia Park Project and for new projects and programs at Tri-County Independent Living. This event will take place Saturday, September 29, 2018.

## Roll~N~Stroll



Saturday, September 29, 2018  
For Information  
Charlie@tilinet.org



The City of Eureka is in the process of taking public input on what the community would like to see at Sequoia Park. Send your ideas and propositions to Donna Wood at [dwood@ci.eureka.ca.gov](mailto:dwood@ci.eureka.ca.gov).

Sequoia Park has been a Eureka treasure for over 100 years.

The Sequoia Park Renovation Project began in October of last year. The city has branded this new chapter of the park's history as “Old Growth, New Adventures”. The goals of this project are to make the park more inclusive, diversify the park's experiences, enhance the play area, expand recreational opportunities, upgrade the trail system, add more gathering space, preserve natural and cultural resources, and promote sustainability. Bringing a new vision for the park to life like this will, of course, require money.

“Roll~N~Stroll” is for families, individuals with disabilities, and whoever would like to participate in two walks: a 2 mile walk and a 5-mile walk on the Waterfront Trail along the Humboldt Bay Harbor. The “Roll~N~Stroll” for Sequoia Park will show off the beauty of the newly finished Waterfront Trail and newly placed artistic benches along the trail representing various points of history of our area.

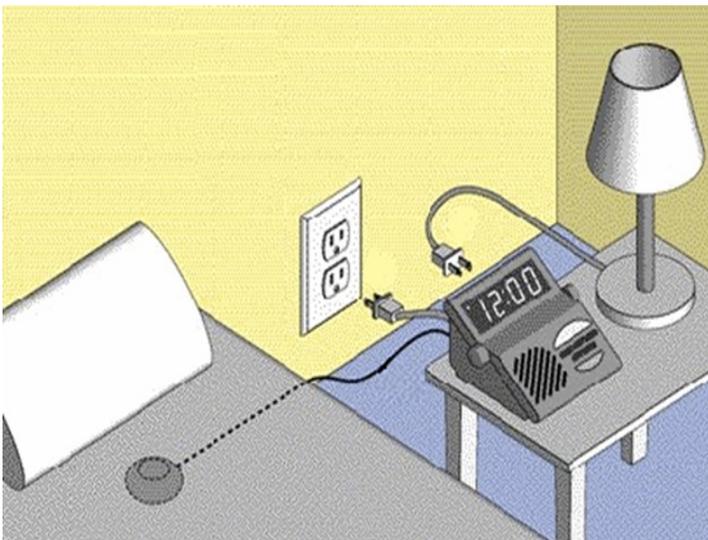
**Continued on page 3**

We look forward to your support of this new event to benefit both Tri-County Independent Living and the renovation of the Sequoia Park. This promises to be fun for all who participate and creates greater opportunity for individuals of all abilities to participate together in an outdoor, healthy event!

For more information about how you can participate in the “Roll~N~Stroll” for Sequoia Park, you can contact Charlie Bean or Mari Dorenstreich at TCIL at (707) 445-8404.

## Sonic Boom Alarm Clock

Pillow Vibrating, Light Flashing, Extra Loud Alarm Clock



Are you hard of hearing, and have trouble getting up in the morning? If so the Sonic Boom Alarm Clock might be a good solution for you. The alarm clock offers a traditional audible alarm which can be set to regular or high volume. The alarm clock features a large display, and large contrasting buttons. The user can also plug in a lamp or pillow shaker which will

flash a light or vibrate giving you the extra sensory feedback you may need to wake up. Go ahead and take on the day, with the Sonic Boom Alarm Clock. *Price: \$50.00.*

If you or someone you know is interested in learning more, or borrowing a Sonic Boom Alarm Clock from TCIL's Lending Library to try it out and see if it works for you, please contact Juliannah Harris, Assistive Technology Coordinator, at (707) 445-8404 or e-mail [juliannah@tilinet.org](mailto:juliannah@tilinet.org).

**TCIL is Growing by Leaps and Bounds!**

Continued from front page

The new funds are to facilitate expansion of services and programs in the areas of advocacy, community organizing, youth and home transitions and to better serve underserved populations in the disability community. Youth Transition services are to support and empower youth to make the transition into adulthood. Home Transition services facilitate a person with a disability who currently resides in an institutional setting to move into the community and live independently. These services can also be provided to prevent a person who is on the verge of having to move into institutional living from doing so by putting in-home supports in place and maintaining independent living.

**New Positions, New Staff**

We here at TCIL are excited about this opportunity to reach more community members with new and better services. TCIL has used this funding to expand its staff from 6 to 11. TCIL now has two full-time Systems Change Advocates/Community Organizers – our long-time advocacy expert Cindy Calderon and

local disability advocate Charlie Bean, who you met in our Fall newsletter, is now working full-time at TCIL. Charlie brings his extensive knowledge of disability issues, decades of disability advocacy and his many community relationships to TCIL.



*Photo of Emmanuel Parage*

Also joining our team is Emmanuel Parage, our new Outreach, Volunteer and Youth Coordinator. Emmanuel has two Masters Degrees and experience teaching and working with non-profits. He is tri-lingual in English, French and Spanish. Emmanuel has already produced a successful Youth Services event *Crossing Bridges* and the Youth Services Directory, both of which you can read about in this newsletter, a draft Peer Support Program for Youth and a Youth Survey to be distributed to Youth with disabilities in the fall at their schools. This is a short list of his accomplishments so far and we look forward to many more!

**Continued on page 5**

**TCIL is Growing by Leaps and Bounds!**

Continued from page 4



*Photo of Hudson Glover*

Hudson Glover joined TCIL in a new position as an Information and Referral/Independent Living Specialist working under the supervision of veteran IL Coordinator Mari Dorenstreich.

Hudson has a B.A. in Psychology and a minor in music, a background working with people with disabilities and youth and is an accomplished performing musician. In addition to providing independent living services directly to clients, Hudson has been collaborating with Emmanuel in developing our Youth Program and with the Advocacy staff on events and projects. Hudson has already proven to be skillful, compassionate and creative in serving his clients.



*Photo of Lisa Leon*

Lisa Leon has been promoted from Admin.& Program Support Specialist to be our Transitions Coordinator. Lisa is working with

people who are institutionalized who have disabilities and

want to, and may be able to, live independently in the community with supports. She can also assist getting supports in place that prevent a person who is imminently facing institutionalization from being institutionalized. Lisa has been working hard to learn this new career path and brings a positive, cheerful can-do attitude along with her awesome organizing skills to her new job.



*Photo of Ignacio Bilbao*

Most recently, Ignacio Bilbao took over the Admin and Program Support Specialist position part-time, which he shares with Elizabeth Stebbins who is also working as the new Assistive Technology Assistant under Juliannah Harris, TCIL's AT Coordinator. Ignacio is bi-lingual in Spanish and English. He already carries TCIL's business card with him wherever he goes and is eager to hand them out to anyone he meets that might benefit from our services.

**Continued on page 6**

## TCIL is Growing by Leaps and Bounds!

Continued from page 5

With the expanded staff and increased funds, TCIL plans to start providing weekly services in Del Norte County. Independent Living Skills staff is anticipating going there every other week to meet with clients and other service providers. AT will go to Del Norte once a month, or more if needed. We are currently seeking a partner organization that is willing to let us use an office in their space for our client meetings. We have many big plans and ideas for our future. Keep your eye on TCIL!

# Outstanding Service

On June 21st, **Mari Dorenstreich** and **Cindy Calderon** both received recognition and awards for 15 years of exemplary service to the disability community with TCIL .



*Photo of Cindy receiving her Award for 15 years*



*Photo of Mari receiving her Award for 15 years of services*

## 2019 TCIL Humboldt Disability Resource Guide is Coming

TCIL's Community Disability Resource Guide will have a whole new look and feel for 2019. The layout will be tab-based rather than booklet style, making it easier and quicker to locate resources. This layout has been very popular in our Del Norte Community Disability Resource Guide. The 2019 edition is in production now and should be available sometime in September, 2018.

## Legislative Update

By Cindy Calderon



The California budget has been signed, but the Advocacy continues! Here are some highlights of this year's budget that affect our community;

The minimum wage, now at \$11 per hour (\$10.50 per hour for employers with 25 or fewer employees) is set to increase to \$11.50 (\$11.00 per hour for employers with 25 or fewer employees) on January 1, 2019. For in Home Supportive Service Workers, this is good news for it means that no care provider will be making less than \$11.00/hr. That

does not mean to say that they shouldn't be paid more, for they should be!

In Home Supportive Service recipients will continue to receive the restoration of the 7% cut in service hours, however this is on the condition that the state will continue to receive dollars from the Managed Care Organizations (MCO) tax. The tax is expected to be effective through 2018 - 19.

Also approved in this year's budget is the continuation of compensation for Travel Time and Medical Accompaniment for care providers. Certain conditions apply, one being a provider must have more than one recipient.

## First Residential Ramp from our Ramp Loan Program

**Installed!** If you or anyone you know needs a ramp to access home, contact us

at TCIL (707) 445-8404 or [aa@tilinet.org](mailto:aa@tilinet.org).



**Crossing Bridges**

By Emmanuel Parage

Tri-County Independent Living (TCIL) introduced a new event this June called *Crossing Bridges* which gathered together organizations that provide services and programs for youth in our community. The event provided a forum for each participant to share information about their organization's philosophy, youth services and programs and gave participants an opportunity to network.

Participants said *Crossing Bridges* was "valuable" and appreciated the "introduction to the folks running programs and the brief rundowns of services available". Indeed, *Crossing Bridges* brought 18 service providers and programs to the table. The turn-out for this first edition was definitely a success.

TCIL published a Youth Services Directory compiling each participant's contact information, mission and youth programs. The directory was distributed to the participants. Participants called the directory "awesome" and an "amazing" asset which was "easy to

*share with other co-workers and an easy go-to".*

*Crossing Bridges* was a fantastic meeting for all, and especially for TCIL. This event gave us a broader view of existing services for youth in our community and most importantly, the missing ones, where gaps exist and

***"Great job bringing us all together !!!  
Keep rockin'!"***

*A participant*

where TCIL has a role to play. As a new provider of services specifically designed for youth with disabilities in our community, TCIL is currently developing programs and services to help young individuals with disabilities make an easier transition to adulthood, and as always, based on independence.

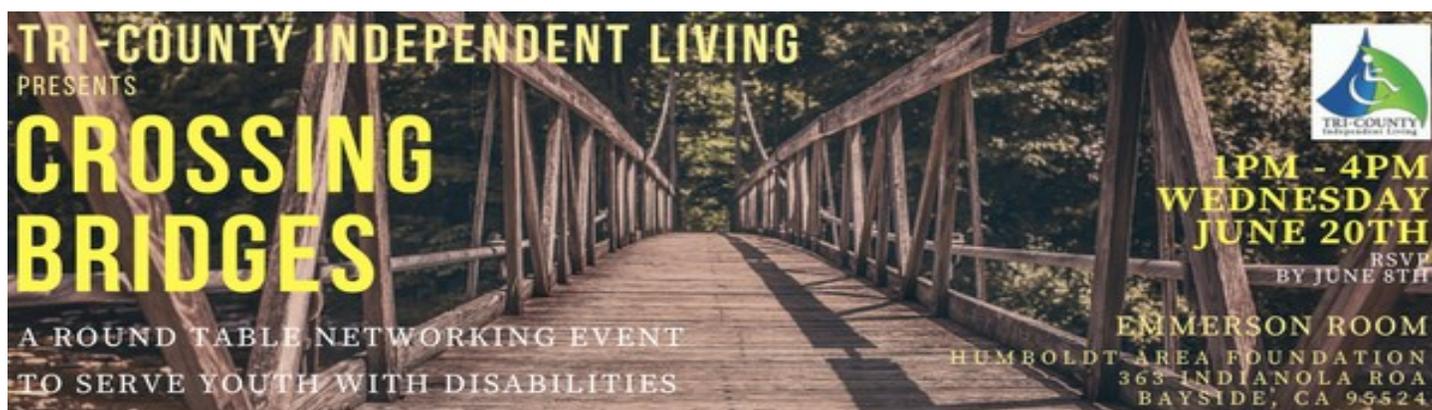
Everyone agreed that follow-up events were very much needed and valuable. TCIL will work on a second edition of *Crossing Bridges*, where, hopefully, an even larger and more representative crowd of youth service providers will be present.

**Continued on page 9**

## Crossing Bridges

Continued from page 8

If you would like to know more about TCIL's youth services and programs development, or would like an electronic copy of the Crossing Bridges Directory, please contact Emmanuel at TCIL at: (707) 445-8404 or email: Emmanuel@tilinet.org



*Banner advertising Crossing Bridges*

## 28th ADA Anniversary Celebrations

**July 24<sup>th</sup>—31<sup>st</sup>** The Eureka Public Library will host an exhibit on the history of the Disability Rights Movement.

**July 25, Wednesday, Windmills Training**, Humboldt State University.

Windmills is a free one-day training program for employers and employees to remove barriers to the employment of people with disabilities. 8:00 am to 5:00 pm.

TCIL is co-sponsoring this event. Pre-registration required. Call TCIL (707) 445-8404.

**July 26, Thursday, ADA Anniversary Picnic**, Sequoia Park, Eureka.

12 pm—2 pm. Hotdogs, beverages and anniversary cake provided by TCIL. The City of Eureka will update participants on the status of Sequoia Park Improvement Plans. Free. Public invited.

**July 28, Saturday, Real People, Reel Stories**, Films Screening, 4 pm—5:30 pm. The Miniplex, Richard's Goat Tavern, 401 I St., Arcata. Series of short films on Disability Empowerment followed by a discussion. Free event, limited seating. Accessible, Closed Captioning and Audio Description.

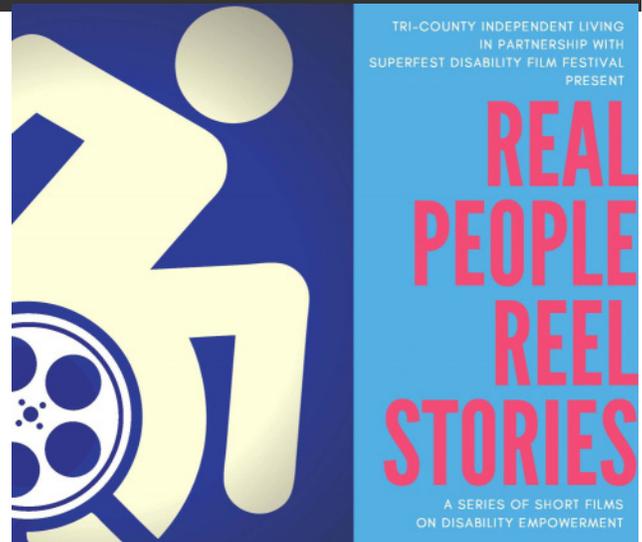
## Upcoming Events

**September 14, Friday, TCIL Disability and Senior Expo**, Adorni Center, Eureka. 12 pm — 5 pm. Free. Public invited. For more info, see page 6.

**September 29, Saturday, Roll N' Stroll**, Eureka Waterfront Trail. Sign-ups @ 9 am Walk: 10 am-12 pm. TCIL is co-sponsoring this inclusive, accessible, family friendly roll and walk with the City of Eureka. Public invited. See article on page 2 for more info.

**October 5<sup>th</sup> & 6<sup>th</sup>, North Coast Stand Down**, Ferndale, Humboldt County Fairgrounds. Friday 10 am — 5 pm and Saturday 9 am – 5 pm. North Coast Stand Down offers respite and help for veterans engaged in the battles of civilian life: coping with service-related trauma, homelessness, joblessness and more. Open to everyone. Free.

**October TBD — Building Bridges**. TCIL's 5th professional collaborative networking gathering for local service organizations. Building Bridges offers local service providers to network and share information about their services and programs for people with disabilities Date and location to be announced.





**4:00PM - 5:30PM**  
**THE MINIPLEX**  
**RICHARDS' GOAT TAVERN**  
**401 "I" ST, ARCATA, CA**  
**DISCUSSION FOLLOWING**  
**DOORS OPEN AT 3:30PM**  
**EXTRA PARKING ACROSS**  
**SAMOA BLVD.**  
**ACCESS REQUEST BY 07.20.18 @ (707) 445-8404 / AA@TILINET.ORG**

**FREE ENTRY** | **LIMITED SEATING**  
**ALL FILMS ARE SHOWN WITH OPEN CAPTIONS AND AUDIO DESCRIPTION**



- Dental Care
- Shelter
- Meals
- Clothing
- Vision Care
- Native American Sweat

- Haircuts
- Pet Services
- Employment Services
- Veterans Center
- Veterans Clinic
- Veterans Service Orgs

**NORTH COAST STAND DOWN**  
**2018**  
**OCT. 5, 6 & 7, 2018**



**0900HRS FRIDAY (5TH) TO 1200HRS SUNDAY (7TH)**  
**NO SERVICES SUNDAY**

**HUMBOLDT COUNTY FAIR GROUNDS**  
FERNDALE, CALIFORNIA

**~ ALL VETERANS AND FAMILIES, WELCOME ~**

FOR MORE INFORMATION CALL HUMBOLDT STATE UNIVERSITY VETS (707) 826-6272  
TRANSPORTATION? CALL 834-0029  
[WWW.NORTHCOASTSTANDDOWN.ORG](http://WWW.NORTHCOASTSTANDDOWN.ORG)

**Electronic Visit Verification**

**By Cindy Calderon**

Electronic Visit Verification (EVV) is the issue that most IHSS recipients and providers are concerned about. This is a Federal Mandate from the 21<sup>st</sup> Century Cures Act. It states that anyone receiving Medicaid services (IHSS is one of those services) must have a device that the care giver will use to record the time they start work, and the time they end work for the day.

It is possible that a few more tasks must be recorded (in real time) as well. It is believed that a land line phone or cell phone may be able to be used instead of a special device. California Department of Social Services has stated that they will not be using GPS to record care provider’s time.

Since this is a federal mandate, ALL states must comply. However, recently, bill # HR 6024 which would delay EVV

implementation until January 1, 2020, was approved by the House of Representatives, and now is awaiting approval by the Senate.

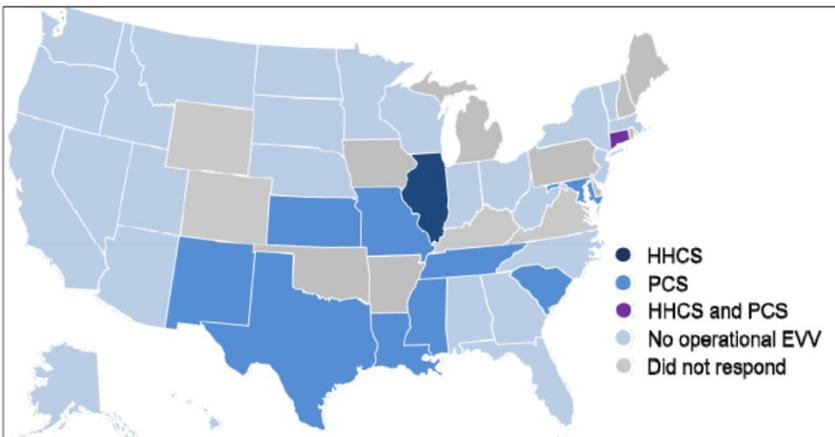
As of this date, there are still many unknowns as to how this will play out. The next Stakeholder call for EVV will be held on Monday, July 23<sup>rd</sup>. If you would like additional information regarding EVV or if you would like to be added to the CDSS EVV stakeholder distribution list, go to the CDSS website: [cdss.ca.gov](http://cdss.ca.gov)

Our advocacy continues, even though the budget is signed - Governor Brown has until the end of September to sign or veto any bills on his desk. Some of those bills are helpful to the disability community, and perhaps some are not good for the disability community. If you would like more information on what bills

the Governor has until September to sign, please give me, Cindy Calderon, a call at Tri-County Independent Living 445-8404.

*Map presenting the implementation of EVV as of 2017.*

\* PCS: Personal Care Services  
 \*\* HHCS: Home Health Care Services



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



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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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