



Enhancing Disability Independence

TRI-COUNTY  
Independent Living

## TCIL Opens Office In Del Norte County!

*By Donalyn Sjostrand*

TCIL is thrilled to partner with Area 1 Agency on Aging (A1AA) and the Del Norte Senior Center to open its first ever office in Del Norte County to better serve Del Norte county residents. Located in the Del Norte Senior Center, at 1765 Northcrest Dr, Crescent City, TCIL is sharing office space with A1AA’s HICAP office. On Thursdays of each week, TCIL staff will meet with Del Norte residents by appointment only at the new office. The rest of the week, the office is used by A1AA’s HICAP.

TCIL will be offering a variety of services at the Del Norte office including information and referral, independent living skills, applying for and managing benefits, assistive technology, youth transitions, peer support, self-advocacy

and community organizing on disability rights issues and many other services. Anyone of any age who self-identifies as having a significant disability of any kind is eligible for services, nearly all of which are free of charge. We serve people with hearing, vision, mobility, mental health, developmental, cognitive, traumatic brain Injury “TBI”, MS, CP or intellectual disabilities, to name a few. We help people make and set goals, find housing, end homelessness, get ready for employment, gain stability, learn how

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*TCIL’s new Del Norte office*

## CalFresh Benefits Extended

As of June 1, 2019, many Supplemental Security Income (SSI) recipients became eligible for the first time for CalFresh food benefits. Previously, those who received SSI, were ineligible to also receive Cal Fresh benefits. There are no changes or reductions to SSI benefits amounts received as a result of this change. This is an ADDED benefit!

**What is CalFresh?** CalFresh is a free nutrition assistance program providing supplemental food benefits. If you apply and are approved for benefits, you will receive an EBT (Electronic Benefit Transfer) card each month. It works like a debit card and can be used at all stores that sell food, and at farmer's markets, that accept EBT cards.

**How do I apply?** Staff at TCIL can help you apply for these benefits. It takes as little as 10 minutes to complete the application. There may be documents and information you need to gather to be ready to complete the application, so consult with a TCIL staff member first.

**How much will I get in benefits?** It depends on your household size,

income, and monthly expenses. Food benefits for one person range between \$15 to \$192. The more you can prove you have in expenses, such as rent or medical expenses, the higher your benefit amount will likely be.

**How soon can I start receiving benefits?** Your county agency that manages CalFresh has 30 days from the date the application is submitted to make a determination about your eligibility for benefits and to mail out the EBT card if your application is approved. Some clients, however, might be eligible for benefits in as little as 3 days.

For more information or to apply for CalFresh benefits, contact TCIL at (707) 445-8404.



**TCIL Disability and Senior Expo**

# **TCIL’s 2019 Disability & Senior EXPO is Coming!**

TCIL will be holding its 12th Annual Disability & Senior Expo on September 5th, 2019, at the Adorni Center in Eureka. Hours are from 10 a.m. to 3 p.m. Admission is free. Attendees will be able to sign up for Cal Fresh benefits onsite.

A free workshop “The Power of Being Prepared”, presented by PG&E at 11:00 a.m. & 1:00 p.m., will provide suggestions for how to prepare for

emergencies, including power outages and Public Safety Power Shutoffs “PSPS”.

Learn about the many services and programs of our community partners who will be exhibiting at the Expo, see their interactive displays and live demonstrations highlighting their services or products. All are welcome to attend! Call (707) 445 - 8404 for information.

**TCIL is grateful to our sponsors who have made this event possible:**



IHSS Public Authority/Advisory Board • North Coast Cleaning Services • Redwood Caregiver Resource Center

## Peer Profile: Bryant Kellison

by Bryant Kellison and Hudson Glover

Music is a tool that can be used to bring people together, share cultures, and express individuality. TCIL's client, Bryant Kellison, has embarked on a very special musical journey that reflects the wide range of applications music can provide to the person and the community. Bryant was diagnosed with Cerebral Palsy when he was born, but he never let his physical disability decide what he can or can't do.

From an early age, he played football and basketball, and he joined the wrestling team when he started High School. He made many friends and gained positive experiences through playing sports. However, many of his coaches and peers doubted his abilities and he was often left out of activities because they thought he might get injured more easily. As a means to get through practices, he would often pick up a guitar and play tunes to his teammates.



*Picture of Bryant, playing a guitar*

This slowly became his passion and he decided to leave the wrestling team to pursue music directly.

At an early age, Bryant would listen to records by The Beatles, The Doors, the Grateful Dead and Bob Dylan. He was always drawn to the psychedelic sounds and ideologies of these musicians, so he decided to learn the drums. When he first started drumming, however, he was having difficulty with coordinating his hands and legs. He was gifted a guitar for his 13th birthday as a recommendation from his uncle, which proved to be the perfect instrument for

**Peer Profile - Bryant Kellison**

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Bryant because of his left-sided dominance. Bryant taught himself how to play his favorite songs by ear and improvise around them. He also found two guitar teachers in his High School that mentored him in jazz and harder electric styles after he left the wrestling team. High school proved to be a valuable time for musical experimentation, practice and self-expression. It was an activity that he could do independently, and nobody could tell him what his limitations were.

When deciding what he would do after High School, a friend recommended to him to check out Humboldt State University because the school and surrounding cities mirrored his personal vibe and interests including sustainable living, vegetarianism, liberal thinking, the arts, and spirituality. He started Humboldt State as a music major, where he was able to learn music theory, professional etiquette, and gain the discipline needed for the competitive industry. While in college, he was scouted by the Humboldt County All

Stars to perform songs locally. They helped inspire him to write more songs and even aided him in recording his first record, *Som nu*. Through these formative years, he started to refine his creative voice, practice improvisation, and meet more like-minded people in the community.

After completing his music degree, Bryant spent the first year attending music festivals to learn more from his peers and get inspiration. After these experiences, he accepted a job at Jacoby Creek as an afterschool music teacher where he is currently loved by many of his students. He was recently presented the Super Citizen Award for his hard work and extra hours at the job. He also started teaching people private music lessons on ukulele, guitar, and piano. Bryant always looks at challenges head on and is always looking for new ways to expand his reach in the community.

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**Peer Profile - Bryant Kellison**

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Last summer, Bryant and his colleague came to Tri-County Independent Living to discuss a workshop that they had in mind. Together, they had earned a grant from the McLean Foundation for \$250 to provide a motivational workshop to the community. Bryant wanted to create a workshop to teach how people can find their inner creative voice in order to help free them from society's barriers.

Bryant led all the meetings and brainstorming sessions, and TCIL staffer Hudson Glover collaborated with him to create flyers, promotions, and scheduling for the event. Hudson also aided in backline operations, grant management, and logistics that were necessary to bring the event to life.

The workshop premiered Thursday, June 13th, 2019, at Outerspace in Arcata to an all-aged audience with varying disabilities.

Bryant presented various techniques he uses to play guitar and shared some of the struggles he had when he was first trying to learn an instrument. Bryant led

three creative activities that included guided meditation, musical improvisation, and several short drawing lessons. One of the most exciting parts of this workshop was when every participant shared their trials and tribulations of their creative path in a circle discussion. This was a fantastic opportunity for Bryant to provide peer support to an intimate and engaged audience.

Bryant is continuing to promote music and independence in the community and is currently open to perform live, provide music lessons, and collaborate on new events and workshops. You can contact him at [bck15@humboldt.edu](mailto:bck15@humboldt.edu) for music related inquiries and you can listen to his music at <https://bryantkellison.bandcamp.com>



**Comings & Goings**

by Donalyn Sjostrand

*Photo of Hudson*

We here at TCIL are sad to say goodbye to **Hudson Glover** who was one of TCIL's Independent Living Specialists. After nearly 1 ½ years at TCIL, Hudson is returning to school full-time at HSU to obtain his Master's Degree in Social Work. Hudson brought new ideas and new approaches to serving clients as well as a generous and kind heart. Thank you, Hudson, for all you gave to us here at TCIL and all the people we serve!

*Photo of Karen*

Following in Hudson's shoes is **Karen Compton**, who fortunately was able to come aboard and work with Hudson and meet his clients. Karen has extensive experience working with students in Special Education and with people with disabilities in their homes. She is a fast learner and soaking up as much as she can about the Independent Living philosophy. Welcome Karen!

*Photo of Anisa*

Also new to TCIL is **Anisa Escobedo**. Anisa relocated from Riverside to be our new Outreach/Volunteer/Youth Coordinator. She has been a business owner for 13 years offering digital marketing and web design services. She's a Disability Capitol Action Day organizer and a Yo! Disabled & Proud participant. She is already working to bring TCIL into the 21st century. In only 5 days, she has TCIL on Twitter and Instagram. Check us out and follow us at @TCILEureka. Stop by and say "Hi!" to Anisa.

*Photo of Brian*

We will also be saying goodbye to **Brian Pike**, Systems Change Advocate/Community Organizer, who started at TCIL as a temporary Admin and Program Support Specialist and worked his way up. Many who have been to our office know him as the Big Guy with a quiet voice and a Big Heart. Brian has worked on many advocacy projects and committees and just about anything else that needs to be done. Brian will be following his family's move to Oregon to be closer to them. We will miss you!

**TCIL Opens Office In Del Norte County**

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to budget, use a computer, internet, email, set-up and care for their home, find assistive technology that will enhance their independence, locate personal assistants, recreate, socialize and pursue their dreams and goals.

TCIL is a community-based, non-residential, non-profit, multicultural organization providing services and advocating for fully inclusive communities that honor all members equally. We believe in and employ the Independent Living philosophy which is that individuals with disabilities have the right to live with dignity in their own homes, fully participate in their communities, and have control to make decisions about their lives.

Independent living involves more than just services, it is a way of life, a state of mind and a belief in civil rights for persons with disabilities. We believe that clients have the right to define independence for themselves and to determine how to accomplish their goals.

TCIL has been serving the disability community for more than 40 years. It is

one of 28 Independent Living Centers in California.

TCIL is funded primarily by state and federal grants, however we depend on sponsors, donors and the community to provide funding for needed services not covered by these grant sources.

TCIL has already begun serving students at Del Norte High School through the Department of Rehabilitation's Transition Partnership Programs - "TPP". This program serves high school students with disabilities as they prepare to move into the adult world and into employment.

If you would like TCIL to make a presentation to your organization or group about how we can help Del Norte County residents with disabilities, or give a demonstration of assistive technology devices, please contact us.

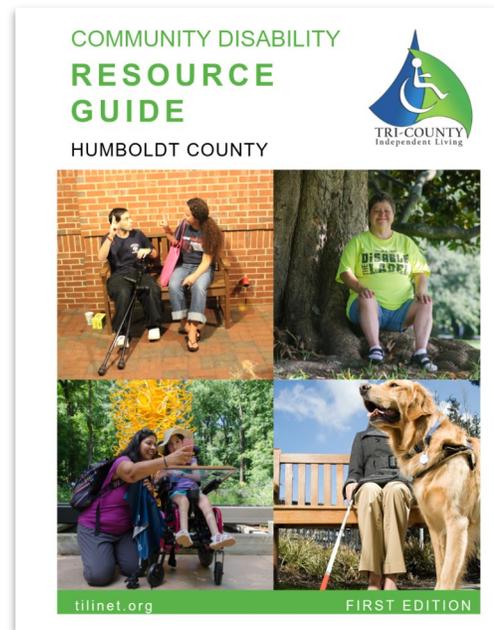
Appointments for TCIL's Del Norte office can be made by calling (707) 445-8404 or toll free (833) 866-8444. For more information call, email [aa@tilinet.org](mailto:aa@tilinet.org) or write TCIL, 139 5th St., Eureka, CA 95501.

**Disability Resource Guides**

**Get A Humboldt or Del Norte Disability Resource Guide**

TCIL’s directory to Humboldt and directory to Del Norte resources for people with disabilities, explicitly designed to address low vision, dyslexia, ADD, cognitive, or other impairments that impact being able to access a traditionally formatted directory, is still available. These resource guides are free to persons with disabilities, their personal assistants and service providers. These guides list organizations that offer resources for people, with disabilities services description, and contact Information.

They can be accessed electronically on the TCIL website at [www.tilinet.org](http://www.tilinet.org), come by our office at 139 5th St., Eureka to pick up a hard copy, or for Del Norte residents, please call TCIL and request one.



*Photo Resource Guide Cover*

TRI-COUNTY INDEPENDENT LIVING'S  
**DISABILITY & SENIOR  
 RESOURCE EXPO**

**ADORNI CENTER, EUREKA**

Thursday, Sept 5, 2019

10 AM - 3PM



**FREE ADMISSION**

(707) 445-8404  
 aa@tilinet.org

## **TCIL Visits Legislators in D.C.** by Cindy Calderon

Two days before the 29th anniversary of the passage of the American with Disabilities Act, as part of the legislative advocacy component of the National Council on Independent Living Conference, I, TCIL Executive Director Donalyn Sjostrand and scores of other disability advocates visited our federal Senators and Representatives in Washington, D.C. to educate them about current disability issues.

In separate Legislative visits on “The Hill” with Senator Feinstein’s and Senator Kamala Harris’s staffers, accompanied by fellow disability advocates, we spoke about the approximately 500,000 seniors and people with disabilities in California who receive In Home Supportive Services and the approximately 470,000 personal assistants who work for them. I highlighted the shortage of personal assistants, in part due to the minimum wage the position pays for challenging and physically demanding work. I spoke about trying to work with Humboldt

County to establish an Urgent Care Program so that if a personal assistant is unexpectedly unable to work, there is a registry of assistants who can fill in on an emergency basis. This collaboration is still a work in progress.

I also spoke about the problem we have in northern rural California getting and keeping physicians and physician’s assistants. Many people from our area, especially those that require a medical specialist, must travel as far as Redding, Santa Rosa or San Francisco for specialized medical care, causing economic hardship. Many lack transportation and the funds for repeated trips.

Advocates also educated staffers about the Disability Integration Act “DIA”. Senator Feinstein has not yet become a Co-Signer of this important Legislation. The Disability Integration Act is bipartisan and bicameral legislation, introduced by Senators Charles Schumer, Minority Leader, and Cory Gardner in the Senate and

Representative Jim Sensenbrenner in the House. This legislation addresses the issue that people who need Long Term Services and Supports (LTSS) are forced into institutions, losing their basic civil rights to live as they choose. The legislation (S.117, H.R.555) builds on the 25 years of work that has been done to end institutional bias and provide seniors and people with disabilities home and community-based services as an alternative to institutionalization. It is the next step in disability national advocacy.

At Senator Harris's office, we expressed our thanks that Senator Harris is a co-signer of the DIA. The staff person we met with told us that she had once worked in an Independent Living Center while in college, and we were excited to learn that she was familiar with the Independent Living Movement. We educated her about transitions and diversions from institutional living to independent living, about how important it is, and that most people do not want to live in nursing homes. The staffer was provided with relevant statistics, each

number representing a real person, a person who is locked away and having their lives stolen.

People with disabilities and seniors should have the option of choice. We explained one way to facilitate choice would be to increase the number of In-Home Operations Waivers ("IHO") available. The IHO waiver is defined as: "offer[ing] services in the home or in the community to Medi-Cal beneficiaries who would otherwise receive care in a skilled nursing facility." To learn more about waivers go to <https://www.dhcs.ca.gov/services/Pages/Medi-CalWaivers.aspx>.

It is an accepted fact that care at home cost about a third of what institutional care costs.

When the visits were over, we walked away from Capitol Hill knowing that we had done our best to educate our legislative representatives about a diverse group of topics of concern to our Northern California community of people with disabilities.

## **My Anpress 7 Color Lights Flash + Music Wireless Doorbell**

This doorbell is a perfect fit for those who want an inexpensive device and yet want to have a decent or good performing doorbell for the deaf or hard of hearing.

A music doorbell with colorful lights, the flash comprises 7 color lantern flashing lights. The sanded translucent design is soothing for the eye. This doorbell offers 3 working modes — 1, Only flash; 2, Only ring; 3, Both ring and flash at the same time. The doorbell sound section has 16 different chimes along with a volume control option.

It has long working distance — can be used up to 150 feet.

Easy installation — Simple, wireless installation, no wires or cables required. The receiver is powered by 3 AA batteries; Transmitter is powered by 1 AAA battery (included).

Price: \$16.00

If you or someone you know is interested in learning more, or borrowing the Anpress Wireless Doorbell from TCIL's Lending Library to try it out and see if it works for you, please contact the AT Department at (707) 445-8404 or email [elizabeth@tilinet.org](mailto:elizabeth@tilinet.org).

## **Living With a Disability in Humboldt** by Donalyn Sjostrand

Recently, a colleague from the Bay Area visited Eureka. I wanted to invite her to my home for dinner. I couldn't. My home is not wheelchair accessible.

Not only does lack of accessibility cut off people who use wheelchairs from being part of the community, it cuts off people who do not use wheelchairs from the companionship, relationship, expertise, services and socialization of people who do use wheelchairs.

**Living With a Disability in Humboldt**

by Donalyn Sjostrand

We lose the benefits this part of our community has to offer.

Live in Humboldt County and use a wheelchair? Go out with friends, or on a date, to dinner and a movie? Nope. Not unless you can afford \$25 for an accessible van taxi to get across town and back in Eureka and that's if its available, or you or your friend or date own a spendy accessible van, because there are no accessible Ubers or Lyfts in Humboldt and the Eureka buses stop running around 5 p.m. on Saturdays, 7 p.m. on weekdays and don't run at all on Sundays.

You generally can't pick up a used accessible vehicle for a few thousand dollars. Even if you could, it wouldn't be affordable if you are living on Supplemental Security Income (SSI) at \$771/month or Social Security Disability Income (SSDI) which can be as little as \$800/month. Imagine that – the average 1 bedroom apartment in Humboldt rents for \$751, leaving \$20 - \$50 for all other expenses. As of 2017, Humboldt County had 6,073 residents receiving SSI

benefits and there were over 10 million people receiving SSDI benefits nationally.

Approximately 17% of Humboldt's population is people with disabilities. Finding housing that is both accessible and affordable to a person on SSI/SSDI is a huge challenge. For Humboldt County, low income is defined as an annual income for one person of not more than \$33,550. Those living on SSI have an annual income of \$9,012, more than \$3,500 less than HUD's "extremely low income" category. "Affordable housing" as defined by California state law for lower-income households, is not more than 30 percent of gross household income.

By this measure, for Humboldt's 6,073 people living on SSI, "affordable housing" would cost no more than \$225/month. Does Humboldt have 6,073 accessible units that rent for \$225/month or less?

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## Living With a Disability in Humboldt

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The city of Eureka is about to build 100 new “low-income” units. Will these 100 new units be affordable and accessible to these Humboldt residents? California law generally requires that only 10% of new multi-family residential construction be accessible units.

Will only 10 of these units be accessible and the other 90 not accessible?

It only cost about ½ of 1% in new construction to include accessibility.

features. According to the Executive Director of the Georgia Home Builder Association, when accessibility features are planned in advance, they can add less than \$100 to the total cost of a new, single, detached family home on a concrete slab.

What if 25% of new housing was accessible? What about 100%? What if those new Eureka housing units were built so everyone, whether they use a wheelchair or not, could live, visit or work there? What if everyone had a residence that they could share with

their parents, friends, associates or service providers who use wheelchairs – or even if a non-wheelchair user suddenly become one - even temporarily - because of an accident?

As a community, we have made progress in the 29 years since the ADA was past. We can do better. Let’s do it!

### Did You Know?

**Older Americans are significantly more likely than younger Americans to have a disability,** according to the American Community Survey. About half of Americans ages 75 and older (49.8%) reported living with a disability in 2015. About a quarter (25.4%) of those respondents were age 65 to 74. 6% of Americans ages 18 to 34 and 13% of those 35 to 64 said they had a disability. In absolute numbers, those ages 35 to 64 accounted for more disabled Americans – nearly 16 million in 2015 – than any other age group.

## Advocate of the Year Award

### TCIL's Cindy Calderon Receives Advocate of the Year Award

The National Council on Independent Living (NCIL) awarded TCIL's Senior Systems Change Advocate/Community Organizer Cindy Calderon the 2019 Region IX Advocate of the Year Award. Region IX includes California, Arizona, Nevada, Hawaii, American Samoa, Guam, Northern Mariana Islands and the Trust Territory of the Pacific Islands. Only one advocate receives this award for each region each year, so it is a distinguished award which recognizes exemplary achievement and service to the disability community.

In 2003, Cindy began what was to become a passionate career as a Systems Change Advocate at Tri-County Independent Living. An activist at heart, she started to advocate for the IHSS program and has become a statewide-recognized IHSS advocate. She has held various offices in statewide IHSS advocacy organizations. Through the Humboldt County IHSS Advisory



*Cindy Receives  
Award*

Committee, she and her team members have improved the program locally by offering a one day conference on energy preparedness, IHSS issues, producing a bulletin that they designed to go out quickly due to time-sensitive information for the recipients.

Cindy was asked to become the President of the California Supportive Services Consumer Alliance (CICA) a non-profit organization whose mission is to offer education and networking opportunities to the State's Advisory Committees on IHSS, to help them fulfill their mandate. She has just completed her 3rd term as its President. CICA has provided standing room only trainings in Sacramento for years. TCIL is proud of Cindy Calderon for her award as an exceptional and remarkable advocate for people with disabilities locally and statewide.

## Public Safety Power Shutoffs

PG&E has been holding workshops, webinars and townhalls all over their service area, around one issue; Public Safety Power Shutoffs (PSPS). The Camp Fire of Fall, 2018, had devastating consequences. One of the new safety precautions that came out of that, is that PG&E can cut the power off of thousands of residents, if they think it will help to prevent a wildfire. "Given the growing threat of extreme weather, we want all of our customers to be prepared for power outages. If extreme fire danger conditions threaten a portion of the electric system serving your community, it will be necessary for us to turn off electricity in the interest of public safety" Source: Pacific Gas and Electric Company, Public Safety Power Shut Off Policies and Procedures, May 2019.

The threat of this happening is very real. People with severe disabilities and those dependent on machines that require electricity, such as ventilators need to

take all the precautions that they can.

- PG&E recommends that you go online to [www.pge.com/mywildfiresalerts](http://www.pge.com/mywildfiresalerts) and update your contact information. They can then use your information to reach out to you by phone, text and email in advance of a PSPS. They will also include alerts to Local News Stations and radio stations.
- PG&E's plan is to notify customers 48 hours before a power shut off then 24 hours before, and finally just Before the power is shut off, and during the shut off.
- Some possible factors that would mandate a shut off are (but not limited too):
  - Red Flagg Warning by the National Weather Service
  - Low humidity levels
  - Forecasted sustained wind
  - Conditions of dry fuels, such as leaves and downed branches
  - On the ground observations.

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Many have read of how to assemble an on-the-go bag. This is needed in order to be the most prepared you can be. Besides food and your medications, cell phone chargers and preparations for your pets are also very important. If you would like more information, attend PG&E's free workshop on Emergency Preparedness at TCIL's Disability and Senior Expo on Sept 5th at 11:00 a.m. or 1:00 p.m. at the Adorni Center, Eureka, or go to [readyforwildfire.org](http://readyforwildfire.org).

## **Humboldt Board of Supervisors Declares week of July 21st "ADA 29th Anniversary Week"**

In commemoration of the 29th anniversary of the passage of the Americans with Disabilities Act "ADA", The Humboldt County Board of Supervisors declared the week of July 21st "Americans with Disabilities Act 29th Anniversary Week". On July 23, 2019, Board Chair Rex Bohn presented the Board's Proclamation to Kevin O'Brien, TCIL's Board President. The ADA was signed into law on July 26, 1990, guaranteeing equal opportunity for people with disabilities. The Proclamation states "the people of Humboldt County are proud to join together to commemorate this anniversary as we reflect upon the positive impact the ADA has had on our country and as we commit ourselves to further its implementation for the welfare of all of our residents."



*TCIL Board President  
Receiving*

*Proclamation from  
Supervisor Rex Bohn*

According to the National Institute on Disability, Independent Living, and Rehabilitation Research Organization, as of 2015, there are approximately 22,500 people with disabilities residing in Humboldt County and approximately 5,400 in Del Norte County. Research shows that every person has a 20% chance of becoming a person with a disability and a 50% chance of having a family member with a disability. These numbers are expected to increase over time as our population ages.

## Upcoming Events

**September 5th. TCIL's 2019 Disability & Senior EXPO 10am - 3pm**, Adorni Center, 1011 Waterfront Dr., Eureka. Free. Learn about the many services and programs of our community partners who will be exhibiting at the Expo, see their interactive displays and live demonstrations highlighting their services or products. Free workshop on Emergency Preparedness at 11:00a.m. and 1:00 p.m. Call (707) 445-8404 for information.

**September 8th (Sunday) 10am - 1pm American Foundation for Suicide Prevention.** AFSP Arcata Out of the Darkness Community Walk. Sign in/Registration at 9 am. Arcata Plaza, 844 H St, Arcata. (707) 362-7167.

**September 14th (Saturday) and November 9th (Saturday) 1:30pm - 3pm Advance Care Planning Workshop.** Hospice social workers teach participants how to approach conversations around Advance Care Planning. Hospice of Humboldt, 3327 Timber Fall Ct, Eureka. To register, call (707) 445-8443.

**September 15th (Sunday) 6pm - 9pm A New Day! A New Way!** AJ's Living fundraiser event for those with substance abuse disorders. Cher-Ae Heights Casino, 27 Scenic Drive, Trinidad. Call 707-630-3619 for info.

**October 4th 9am (Friday) - October 6th (Sunday) 12pm North Coast Stand Down.** Event connecting veterans with community services. Humboldt County Fairgrounds, 1250 5th St, Ferndale. Call (707) 826-6272 for info.

**Mondays from 6pm - 7pm Brain Disorder Support Group.** For friends or family members of someone with a serious brain disorder. Fortuna United Methodist Church, 922 N St, Fortuna. Call (707) 725-4914 for info.

**Last Monday of each month from 11am to 12pm CA Low Vision Support Group.** Provides support to the visually impaired and advocates for vision needs. Azalea Hall, 1620 Pickett Road, McKinleyville. Call Doug at (707) 839-0588 for info.

## Upcoming Events

**1st and 3rd Wednesday of every month from 1pm -2pm Caregiver Support Eureka.** Adult Day Health and Alzheimer’s Services group meets in the library on the second floor of their building B at 1901 California Street, Eureka. Call (707) 443-9747 for info.

**Thursdays at 6pm National Alliance on Mental Health Support Group.** Redway Family Resource Center, 344 Humboldt Ave, Redway. Call (707) 923-1147 or (707) 845- 3233 for info.

**1st and 3rd Thursday of every month, 12pm - 1:30pm, and 2nd and 4th Thursday of every month, 12pm -2pm Caregiver Support Group Fortuna.** Open to caregivers coping with all types of caregiving situations. Fortuna United Methodist Church, 922 N St. Fortuna. Call 707-725-4914 for info.

**1st Saturday of every month from 9am -10:30am Grief Support Group.** Presented by Hospice of Humboldt Slipper Club. Meet others to exchange emotional support and ideas on coping

with the death of a loved one. 3327 Timber Fall Court, Eureka. (707) 445-8443



## Upcoming Holidays at TCIL

The TCIL office will be closed on the following holidays:

- Labor Day, Monday, September 2nd
- Veteran’s Day, Monday, Nov. 11th
- Thanksgiving, Thursday, - Friday November 28th - 29th
- Christmas Day - Wed., Dec. 25th
- New Year’s Day, Wednesday, Jan. 1<sup>st</sup>
- President’s Day, Monday, Feb. 17<sup>th</sup>
- Martin Luther King Day - Monday, January 20th



**TRI-COUNTY**  
Independent Living  
139 5th Street  
Eureka, CA 95501

**Non-Profit Organization**  
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