# Page 1: This is Living! Newsletter

## Table of contents:

Page 2 ILCKC Staff Highlight and Team Advocacy

Page 3 Team Updates: Career Opportunities, ILCKC New Staff

Page 4 Disability Disaster Access & Resources (DDAR)

Page 5 Emergency Readiness Tips

Page 6 Kern County ADRC

Page 7 October Calendar

Page 8 November Calendar

Page 9 December Calendar

Page 10 Agency Announcements

Page 11 Agency Announcements

Front page is promoting the class calendars, career opportunities and highlights on Discovering Team Advocacy, Learning about emergency preparation and Reserving your spot for the ILCKC Paint Night!

# Page 2: ILCKC Staff Highlight and Team Advocacy

## First Quarter Staff Highlight!

**Savanah Adams | Public Policy Coordinator**

Savanah comes to ILCKC with a Bachelor’s of Arts degree in Psychology from California State University, Bakersfield, and an Associate’s of Arts Degree in Liberal Studies from Bakersfield College.

Interpersonal skills gained from Savanah’s education, and many years in customer service, have prepared her to serve ILCKC’s consumers with a sensitivity and kindness allowing consumers to feel welcome and ready to receive services.

Join Savanah during the ILCKC Team Advocacy Meetings!
2:30 PM - 3:30 PM | Third Mondays of the month| Join on in person or online!

# Page 3: ILCKC Team Updates: Career Opportunities, ILCKC New Staff

## ILCKC Career Opportunities

* Long-term Supports & Services (LTSS) Manager
* Resource Development Coordinator (RDC)

Apply Online!

Applications can be filled online at ([hyperlink to ILCKC website](http://www.ilcofkerncounty.org/career-opportunities/))
Website URL [www.ilcofkerncounty.org/career-opportunities/](http://www.ilcofkerncounty.org/career-opportunities/)

## ILCKC New Staff – Welcome to the ILCKC Team!

**Lupe Del Rio| Accounting Clerk**

Lupe joined ILCKC in 2022 and brings a vast range of accounting experience to the agency. She has worked in the public sector of accounting for the past 10 years specializing in accounts payable and accounts receivable. She also has 20 years of experience working in the medical field. Working as accounting clerk, Lupe is a lovely addition to the finance team!

**Dione Gilmore | Special Projects Provider**

Dione comes to us with a Master’s in Public Relations and Communications and many years of work in community functions and settings. Dione hopes to bring a continued awareness of all ILC programs throughout Kern County. Assisting consumers with emergency readiness, Dione is a delightful addition to the team!

# Page 4: Disability Disaster Access & Resources (DDAR)

Disability Disaster Access & Resources (DDAR)

A program of CFILC (California Foundation for Independent Living Centers) DDAR provides necessary resources to people with disabilities affected by the seasonal Public Safety Power Shutoff (PSPS) events. The California Foundation for Independent Living Centers Disability Disaster Access and Resources (DDAR) program has learned that PG&E has initiated the first Public Safety Power Shutoff (PSPS) of the 2021 wildfire season. Throughout the year, the California Disability Disaster Access and Resources program coordinates with nineteen local Independent Living Centers (ILCs)/Disability Disaster Access and Resource Centers
(DDARCs) to deliver:

* Personal emergency preparedness support.
* Assistance with Medical Baseline and local emergency alert enrollment.
* Trainings on a series of disaster and related topics as well as assessing an
individual’s needs order to maintain their independence during a PSPS,
or other disasters or emergencies.
* Additional assistance based on resources available.

How ready will you be if there is an emergency?

# Page 5: Emergency Preparation Tips

## When planning for an emergency:

* Write down a list of close contacts, who can check on you, include emergency contacts.
* Keep a list of medications in a zip lock bag to save it from getting wet or damaged.
* Collect emergency kit items over time, and make sure that the kit is personalized:
	+ Save a school backpack or sturdy reusable shopping bag for your “to-go” items.
	+ Keep an old pair of glasses in case your current pair of glasses get damaged or lost.
	+ Save old travel size bottles for reuse of hygiene items (shampoos, sanitizers, lotions).
* Involve and share your plan with family, friends, and caretakers and keep them updated.
* Learn more about items for your emergency kit

## Preparing to be in different emergency scenarios:

* Watch online videos for a variety of disasters depending on your area;
* If you would like PSPS informational video, please contact (661) 325-1063.
* Keep a variety of items in the “go-kit” from poncho to cooling rag.
* If traveling often, keep in mind the types of natural disasters that occur in those areas and create a small “to-go-kit”
* Know your exits in every space; observe and plan.
* Know what items will be needed that require electricity.

Visit online to learn more about DDAR ([hyperlink to DDAR site](http://www.disabilitydisasteraccess.org))
Website URL: [www.disabilitydisasteraccess.org](http://www.disabilitydisasteraccess.org)

Contact ILCKC to learn about local PSPS and emergency resources in Kern County.
(661) 325-1063 | email: info@ilcofkerncounty.org

# Page 6: Kern County Aging and Disability Resource Connection (KC-ADRC)

As more people search for Long-Term Services and Supports (LTSS) to find aging and disability-related resources, California Department of Aging has organized local agencies across California into Aging and Disability Resource Connections (ADRCs). ADRCs are coordinated networks that work to improve service delivery and help older adults, people with disabilities and caregivers navigate the complex LTSS system.

 The KC-ADRC is a partnership of Kern County Aging and Adult Services and the Independent Living Center of Kern County (ILCKC) to help Kern County residents find aging and disability-related resources to help improve their lives.

Organizations and agencies that provide services for aging or disability populations in Kern County can register at no cost to be listed as KC-ADRC service providers by calling (661) 325-1063 or emailing ADRC@ilcofkerncounty.org

Visit online to learn more ([hyperlink to Kern County ADRC website](https://kerncountyadrc.org/contact/))
Website URL: <https://kerncountyadrc.org/contact/>

# Page 7: October Calendar | Independent Living Center of Kern County

Join us in-person or Online! Three ways to join:

* Click the “Join Zoom Meeting” (link) <https://us02web.zoom.us/j/2566548249>
* Open up zoom online ([hyperlink to zoom online platform-click here](https://zoom.us/))
and enter the **Meeting ID**: 256 654 8249
* Dial by your location:   +1 669 900 9128 US (San Jose)

## **Independent Living Skills**

Managing Your Finances | Wednesday, October 12th | 2:00 PM - 3:00 PM

## **Team Advocacy**

The Importance of Voting | Monday, October 17th | 2:30 PM - 3:30 PM

## **Informal Peer Support**

Hidden Disabilities | Wednesday, October 26th | 2:00 PM - 3:00 PM

## **Halloween Card Trivia!**

October 31st | All Day

# Page 8: November Calendar | Independent Living Center of Kern County

Join us in-person or Online! Three ways to join:

* Click the “Join Zoom Meeting” (link) <https://us02web.zoom.us/j/2566548249>
* Open up zoom online ([hyperlink to zoom online platform-click here](https://zoom.us/))
and enter the **Meeting ID**: 256 654 8249
* Dial by your location:   +1 669 900 9128 US (San Jose)

## **\*Social Night (in-person class)**

Paint Night / Distribute Alta One Bank | Wednesday, November 9th | 2:00 PM - 5:00 PM \*Must RSVP for the Paint Night. Please call: 661-325-1063

## **Informal Peer Support**

Wednesday, November 9th| 2:00 PM - 3:00 PM

**Team Advocacy**
Effective Communication | Monday, November 21st | 2:30 PM - 3:30 PM

## **Independent Living Skills**

How to open up a bank account | Wednesday, November 23rd | 2:00 PM - 3:00 PM

### **The office will be closed on November 24th and 25th for the holidays.**

# Page 9: December Calendar | Independent Living Center of Kern County

Join us in-person or Online! 3 ways to join:

* Click the “Join Zoom Meeting” (link) <https://us02web.zoom.us/j/2566548249>
* Open up zoom online ([hyperlink to zoom online platform-click here](https://zoom.us/))
and enter the **Meeting ID**: 256 654 8249
* Dial by your location:   +1 669 900 9128 US (San Jose)

## **Independent Living Skills**

How to Build a Budget | Wednesday, December 14th | 2:00 PM - 3:00 PM

**Team Advocacy**
How to Become a Self-advocate | Monday, December 19th | 2:30 PM - 3:30 PM

**Informal Peer Support**
Celebrity Disabilities | Wednesday, December 28th | 2:00 PM - 3:00 PM

**The office will be closed from December 23rd - 26th for the holidays.**

# Page 10: Agency Announcements

 We are here for our consumers and community from Monday - Friday, 8:30 AM - 5:00 PM

Our office is closed from 12:00 PM - 1:00 PM

## **We currently offer the following services:**

Aging and Disability Resource Connection (ADRC)

Advocacy

Peer-to-Peer Support

Information & Referral

Independent Living Skills Classes

Transitions Services

Financial Benefits Services

Older Individuals who are Blind (OIB) Services

Deaf & Hard of Hearing (HoH)

Assistive Technology Services (Device training)

Housing Resources and Services

Personal Assistance services (PAs)

Consumers are seen by appointment. Please call or contact our office and schedule an appointment. (661) 325 - 1063 | info@ilcofkerncounty.org

# Page 11: Agency Announcements

ILCKC looks forward to continued empowerment for individuals living with disabilities in Kern County to live as independently as they can - our doors are open to better assist you with services.

## **ILCKC Career Opportunities are available!**

View career opportunities online (hyperlink)
website URL: [www.ilcofkerncounty.org/career-opportunities/](http://www.ilcofkerncounty.org/career-opportunities/)

## **Assistive Technology—Device trainings are available!**

 Call our AT Specialist to schedule an appointment. (661) 325 - 1063

## **Paint Night with ILCKC—Implementing Art as a Healing Mechanism**

\*RSVP by calling Savanah Adams | (661) 325 – 1063
 \*Please RSVP before Monday, November 7th

# End of Newsletter: ILCKC Contact Information and Social Media

Address: 5251 Office Park Drive, Suite. 200, Bakersfield CA 93309

Office (661) 325 - 1063

Toll Free (800) 529 - 9541

Video Phone (661) 369 - 8966

Fax (661) 325 - 6702

Email info@ilcofkerncounty.org

[www.ilcofkerncounty.org](http://www.ilcofkerncounty.org)

Instagram @ILCKC
Facebook @ILCKC
Twitter @ilc\_kerncounty