

THIS is Living!

NEWSLETTER



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Class Calendars
Career Opportunities & more

Highlights

- Discover Team Advocacy
- Learn about Emergency Preparation
- RSVP for the ILCKC Paint Night





Savannah Adams

Public Policy Coordinator

Savannah 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 Savannah'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.

First Quarter Staff Highlight!

Savannah Adams also facilitates the ILCKC Team Advocacy meetings!



Join in every month

ILCKC Team Advocacy Meetings
2:30 PM - 3:30 PM

Third Mondays of the month

Join on in person or online!



Savannah touring Studio KGET with Ricelia Layus, KGET Executive Accountant



Savannah promoting the 2022 ADA event with Ilyana Capellan during Studio 17 Live



Savannah next to the raffle winner at the Hispanic Business Conference & Expo

ILCKC Career Opportunities

Long-Term Supports & Services (LTSS) Manager

Resource Development Coordinator (RDC)

Apply Online!



ilcofkerncounty.org/career-opportunities/



Welcome To the ILCKC Team!

Lupe Del Rio
Accounting Clerk



Lupe joined ILCKC in 2022 and brings a vast range of accounting experience.

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!



Disability Disaster Access & Resources

A program of the California Foundation for Independent Living Centers



Disability Disaster Access & Resources (DDAR)

A program of CFLC (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?

TIPS TO GET YOU PLANNING

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, caretakers - 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 or scan the code!

www.disabilitydisasteraccess.org



Contact ILCKC to learn about local PSPS
and emergency resources in Kern County!

(661) 325-1063 | info@ilcofkerncounty.org



About Kern County Aging and Disability Resource Connection (KC-ADRC)

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



Scan or visit: <https://kerncountyadrc.org/contact/>

The website includes information on KC-ADRC and links to an interactive database of service providers in Kern County that provide aging and disability resources. Individuals who are unable to visit KC-ADRC's website can request personalized support by calling: (661) 868-1000 or, toll free, 1-800-510-2020.



Find the help you're
searching for



Navigate complex systems
and processes



Discover new resources you
didn't know existed

AVAILABLE IN ALTERNATIVE FORMATS

October 2022

Independent Living
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Join us online or in-person!

Join Zoom Meeting <https://us02web.zoom.us/j/2566548249>



Meeting ID: 256 654 8249

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

Dial by your location

+1 669 900 9128 US (San Jose)



www.ilcofkerncounty.org

5251 Office Park Drive
Suite 200
Bakersfield, CA 93309



661.325.1063 PHONE
661.325.6702 FAX
800.529.9541 TOLL FREE
661.369.8966 VIDEO PHONE



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AVAILABLE IN ALTERNATIVE FORMATS

November 2022

Independent Living
Center of Kern County

Join us online or in-person!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23		25	26
27	28	29	30			

Join Zoom Meeting <https://us02web.zoom.us/j/2566548249>



Meeting ID: 256 654 8249

***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

Dial by your location

+1 669 900 9128 US (San Jose)

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.



www.ilcofkerncounty.org

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December 2022

Independent Living
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	
	26	27	28	29	30	31

Join us online or in-person!

Join Zoom Meeting <https://us02web.zoom.us/j/2566548249>

Meeting ID: 256 654 8249



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

Dial by your location

+1 669 900 9128 US (San Jose)

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



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Effective as of September 19 2022, ILCKC's office is open to the public.

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 our office and schedule an appointment.

(661) 325 - 1063 | info@ilcofkerncounty.org



AGENCY ANNOUNCEMENTS

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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:

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 Savannah Adams | (661) 325 - 1063

Please RSVP before Monday, November 7th

ILCKC Social Event - Paint Night

Independent Living Skills: Social Event

Paint Night with ILCKC

Wednesday November 9th

2:00 PM - 5:00 PM

Reserve your spot by contacting us:

(661) 325 - 1063 | Savannah Adams



The Independent Living Center of Kern County



**5251 Office Park Drive, Suite. 200
Bakersfield CA 93309**

Office (661) 325 - 1063

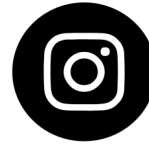
Toll Free (800) 529 - 9541

Video Phone (661) 369 - 8966

Fax (661) 325 - 6702

Email info@ilcofkerncounty.org

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@ilc_kerncounty



<https://www.facebook.com/ILCKC/>



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Consumer

Address

Kern County, CA

Autumn 2022 Newsletter - This is Living!