

# The Independent Living Center of Kern County



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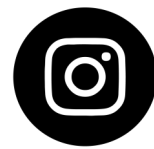
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<https://www.facebook.com/ILCKC/>



5251 Office Park Drive  
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FREE MATTER FOR  
THE BLIND AND  
PHYSICALLY DISABLED

Consumer

Address

Kern County, CA

**Winter 2023 Newsletter - This is Living!**

AVAILABLE IN ALTERNATIVE FORMAT—SCAN THE QR CODE



Winter 2023

## THIS IS Living! NEWSLETTER

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### Calendars

### Vaccine Incentive Initiative

## Highlights

- Independent Living Skills Calendars
- Staff Highlight & New Staff Welcome
- Get Vaccinated, Get Incentivized!

# Message from the Executive Director



New Year's greetings to every valued team member in the workplace, to our consumers, our partners, sponsors, Board of Directors, our Kern community, our friends, and family. This year, we turned every challenge into an opportunity! Welcome to a fresh start and a new year for ILCKC. Successes and achievements as well as failures and challenges are all part of life. The hope is to start off a wonderful and joyful new year by encouraging growth through achievements beyond

challenges! As the year passes, I wish you tremendous success in the year ahead. Perhaps the impossible will become possible for next year!

**“ILCKC Staff work diligently and are dedicated to consumer success.”**

I'd like to take this opportunity to thank all of our staff for their outstanding contributions this year. Another year comes to a close, and all of the ILCKC Staff work diligently and are dedicated to consumer success. Every day is an opportunity to develop the unique key to success for each individuals' independence!



# COVID-19 Vaccine Incentive Initiative



Get vaccinated



Get incentivized\*

## Eligibility\* for COVID-19 Vaccine Incentive Initiative:

- **Must be 18 years of age and older**
- **Must be eligible for the COVID-19 Vaccine**
- **Must have a significant disability**
- **Not have received the vaccination prior to December 1st of 2021**
- **Must be a Kern County resident**
- **Must become fully vaccinated to complete the program and receive the incentive:**
  - \* Either receiving one does of the Johnson & Johnson Vaccine
  - \* Or, receive two doses of Moderna or Pfizer
  - \* Booster shots are eligible for the COVID-19 Vaccine Incentive Initiative.

**\*While supplies last.**

## Vaccine Incentive Initiative: Playing a Part and Paying it Forward

The Vaccine Incentive Initiative at ILCKC sprouted from the need to increase vaccination numbers in Kern County. Because ILCKC serves individuals with disabilities who reside in Kern county and seeing that vaccination rates were low, our consumers and those living with a disability in Kern County became the target audience. 49 individuals living with a disability in Kern have been vaccinated or received their “booster” this year—they were encouraged by the Vaccine Incentive Initiative to do their part in being vaccinated.

Mr. Webster, a U.S. veteran and an older individual with a disability, became fully vaccinated and is proud that he can pay it forward. He shared a story with his ILCKC case manager about the use of his vaccine incentive gift card. At first, Mr. Webster jokingly stated that the gift card he earned “was laying in the dresser drawer, taking up space.” Then, he decided to use the \$50 gift card to assist a new mom who is independently taking care of her 20-month old baby. Happy to use his vaccine incentive to help a family friend, Mr. Webster did more than good by doing his part in being fully vaccinated against COVID-19; Mr. Webster played his part and payed it forward!



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# What is the Older Individuals who are Blind Program – OIB?

The Older Individuals who are Blind (OIB) program provides services to visually impaired individuals, 55 years of age and older, to assist them to live as independently as they can in Kern County. The OIB program seeks to stimulate independent living, empowerment, and full inclusion of older individuals who are blind or visually impaired. Training and skill-building for professionals and consumers serving the aging, blind population is provided. OIB Services are FREE to the community!



**Assistive Technology/Adaptive Equipment:** We teach computer literacy, magnification and screen-reader programs, and adaptive equipment including cellphones, iPhones, video magnifiers that are available for demonstration.

**Communication:** Instructions on how to use email, social media, keyboarding and more.

**Daily Living Skills:** Training skills on budgeting, techniques for shopping and home management, and more.

**Adjustment Counseling:** Support with coping skills and resources are highly encouraged.

**Orientation and Mobility:** Instruction on mobility techniques used to maintain orientation in your environment.

**Self-Advocacy:** Motivation for consumers to acquire self-advocacy skills is highly encouraged.

**Transportation:** Instruction and information in the use of available modes of public transportation.

**Low-Vision Training:** Training on use of remaining vision, use of optical and non-optical devices.

# Current ILCKC Programs & Services

## Deaf & Hard of Hearing (HoH) Services

Provides quality American Sign Language (ASL) interpreting services that facilitate communication between Deaf & HoH community and local business and organizations. (fee-for-service).

## Housing Resources & Services

Supports consumers with locating affordable, accessible housing through effective decision making, budgeting, referrals, mediation, and home modifications.

## Personal Assistance Services (PAs)

Develops a consumer's knowledge about care provider roles along with responsibilities, mediation, advocacy, and management of a care provider.

## Assistive Technology (AT) Services

Provides AT computer and mobile device trainings, AT offers DME at no cost to consumers. Any DME needs or donations, call AT to learn more!

## Financial Benefits Services

Assists consumers and aging adults with resources on financial benefits and guidance during the application process.

## Peer-to-Peer Support

Utilizes a peer, role-modeling approach to discuss barriers, successes, and problem-solving skills for independence for all people with disabilities and aging adults.

## Information & Referral (I/R)

Assists individuals by utilizing resources and referrals to agencies and/or other community partners.

## Advocacy & Systems Change

Educates and promotes positive change and inclusion for all individuals with disabilities through advocacy and mobilization in Kern County.

## Independent Living (IL) Skills

Empowers consumers to learn ways to live independently through money management, transportation navigation, and more.

## Transitions Program

Assists consumers in relocating out of an institution or skilled nursing facility into their own home. Transition services are also available for youth with disabilities in their efforts to transition into adulthood.

## Aging & Disability Resource Center

Kern County ILCKC has partnered with Aging and Adult Services to establish Kern County Aging and Disability Resource Center (KC-ADRC). KC-ADRC is here to help aging adults, people with disabilities, their families and their caregivers access help and supportive resources to live with dignity and as much independence as possible.

## Public Safety Power Shutoff (PSPS)

Empowers consumers to prepare for emergencies, especially those who use life-sustaining medical equipment that requires electricity.

## Older Individuals who are Blind (OIB)

Assists consumers who have any vision-related need with various forms of trainings and devices. Any vision-related needs!



## Disability Disaster Access & Resources

A program of the California Foundation for Independent Living Centers

### Disability Disaster Access & Resources (DDAR)

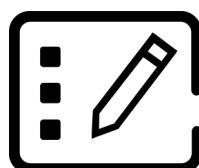
A program of California Foundation for Independent Living Centers (CFILC)

**DDAR provides necessary resources to people with disabilities affected by the season's first Public Safety Power Shutoff (PSPS)**

The California Foundation for Independent Living Centers (CFILC) 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.



Visit online to access resources and to learn more about DDAR scan the code!

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



**How ready will you be if there is an emergency?**

Plan in advance - take a look ahead!

### APRIL 2023

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### MAY 2023

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### June 2023

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# March 2023

## 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
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### Independent Living Skills

**Social Night: Movie** | Wednesday, March 8th | 2:00 PM - 3:00 PM

### St. Patrick's Day

Friday, March 17th | All Day

### Team Advocacy

**TITLE** | Monday, March 20th | 2:30 PM - 3:30 PM

### Informal Peer Support

Self-esteem & Coping | Wednesday, March 22nd | 2:00 PM - 3:00 PM

### Caesar Chavez Day

Monday, March 31st | All Day



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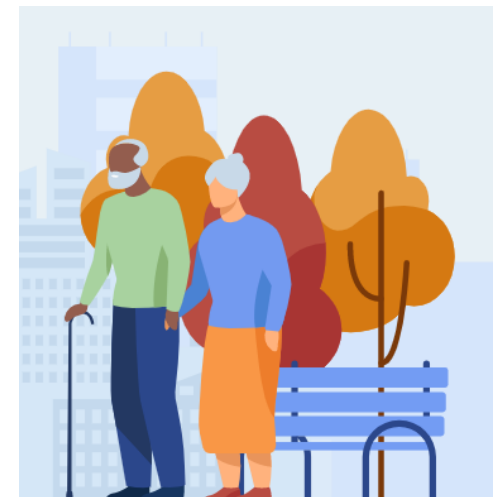
## Kern County Aging and Disability Resource Connection (KC-ADRC)

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](mailto:ADRC@ilcofkerncounty.org)

# KC-ADRC



## Kern County Aging and Disability Resource Connection

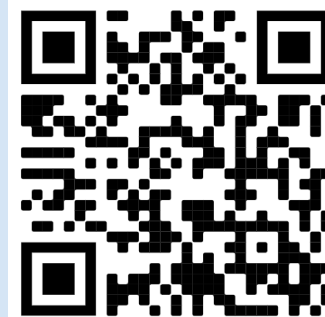
**ADRC** KERN COUNTY  
AGING & DISABILITY  
RESOURCE CONNECTION

[ABOUT](#)

[CONTACT US](#)

[NEWS AND UPDATES](#)

[FIND RESOURCES](#)



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](tel:(661)868-1000) or toll free [1-800-510-2020](tel:1-800-510-2020).

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



Find the help you're  
searching for




Navigate complex systems  
and processes



Discover new resources you  
didn't know existed

# January 2023

Independent Living  
Center of Kern County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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29	30	31				

## New Years' Day

Sunday, January 1st | All Day

## Independent Living Skills

New Year Nutrition | Wednesday, January 11th | 2:00 PM - 3:00 PM

## Martin Luther King Jr. Day

Monday, January 16th | All Day

## Team Advocacy


**TITLE** | Monday, January 23rd | 2:30 PM - 3:30 PM

## Informal Peer Support

Searching for Services | Wednesday, January 25th | 2:00 PM - 3:00 PM

# February 2023

Independent Living  
Center of Kern County

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

## Independent Living Skills

What is the ADA? | Wednesday, February 8th | 2:00 PM - 3:00 PM

## Valentines Day

Tuesday, February 14th | All Day

## Washington's Birthday

Monday, February 20th | All Day

## Team Advocacy

**TITLE** | Monday, February 20th | 2:30 PM - 3:30 PM

## Informal Peer Support

Celebrities with Disabilities | Wednesday, February 22nd | 2:00 PM - 3:00 PM



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