



WINTER ISSUE

THIS IS Living! NEWSLETTER

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Guests explore resources and chat with vendors in ASL at Deaf Community Day 2023

Highlights

2023 Deaf Community Day Photo Gallery

- Team Advocacy | Voting Rights
- 2024 Monthly Opportunities
- Ed Robert's Day | January 23rd



INDEPENDENT
Living CENTER OF
KERN COUNTY

TEAM ADVOCACY

Team Advocacy provides a safe space for a diverse group of people with disabilities to discuss and address disability-related issues.

Chat with Peers.

Share Perspective.

Become an Advocate.

Pave the way for change!



TEAM ADVOCACY SESSIONS ARE HELD ON THE THIRD MONDAY* OF THE MONTH (*SUBJECT TO CHANGE)

PLEASE REFER TO THE QUARTERLY CALENDAR FOR UPCOMING SESSIONS! (SEE PAGES 6-8)

Did you know?

[ADA.gov/topics/voting](https://www.ada.gov/topics/voting)



The ADA requires state and local governments and their election officials to ensure that people with disabilities have a full and equal opportunity to vote in all elections; this includes those who vote by mail.

Election officials must provide vote-by-mail ballot applications in alternative formats upon request.

This Includes: Large Print, Braille, or another Accessible Format.



Make these requests a reasonable amount of time in advance.

(More information online [ADA.gov/topics/voting](https://www.ada.gov/topics/voting))

Visit online to contact your local elections office [KernVote.com](https://www.kernvote.com)

Our Public Policy Coordinator is here to help you learn more about advocacy!



www.ilcofkerncounty.org/programs/systems-change-advocacy/

Visit online to learn more about advocacy services.

2023 Deaf Community Day

Photo Gallery



ASL Interpreter beside vendor as guest communicates in ASL.



Guests happily wave at the camera



Guests communicate with Bakersfield College Booth



Vendors pose with energy, hands in the air!



Guests pose with the "interpreting" sign.



B-GLAD vendor sits with a smile and poses with "peace" signs



Vendors communicate in ASL offering information.



ASL Junction vendors pose with energy and silly faces.



Local Deaf Artist, Adolfo poses with "I Love You" signs by his art.

Welcome to the ILCKC Team!

Courtney Henson | Deaf & Hard of Hearing Services Provider

Ashley Cheney | Deaf Advocate

Lonnie Harris | Special Projects Provider

Meet our staff! www.ILCofKernCounty.org/staff/

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ILCKC MONTHLY OPPORTUNITIES



Independent Living Skills

- Interact
- Learn New Skills
- Socialize with Others

Become Independent



Team Advocacy

- Learn Your Rights
- Express Accessibility Barriers & Obstacles

Become an Advocate



Peer Support

- Share Experiences
- Connect with Others
- Gain Insight

Become a Mentor

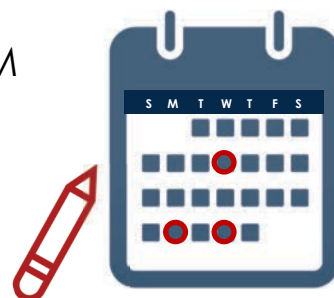
FREE Monthly Opportunities for Consumers!

Attend in-person or *online!

Independent Living Skills - 2nd Wednesday at 2:00 PM

Team Advocacy - 3rd Monday at 2:30 PM

Peer Support - 4th Wednesday at 2:00 PM



Sessions are held at ILCKC

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

Offered in a hybrid format! Join on *Zoom or Call-in!

*** For more information on upcoming opportunities and how to join, see pages 6-8!**

Ed Roberts, His Life and Legacy

<https://www.britannica.com/biography/Ed-Roberts>

"...Roberts contracted polio at age 14 and was paralyzed from the neck down. Requiring an iron lung or a respirator to breathe, he attended high school in California by telephone before attending in person in his senior year. Early on, Roberts encountered obstacles as a result of his disability. Because he had not completed physical education and driver education courses, his high school refused to let him graduate, but the decision was reversed after his mother petitioned the school board for his diploma. In 1962, after two years of attending a local college, he was accepted to the University of California, Berkeley, but the university, which had been unaware of his disability when he applied, refused to admit him on the grounds that his iron lung would not fit in a dormitory room. Roberts challenged the administration and ultimately was admitted..."

[Read the Full Article >>](#)



"There are very few people even with the most severe disabilities who can't take control of their own life.

The problem is, the people around us don't expect us to."

- Ed Roberts, Interview on 60 Minutes with Harry Reasoner

**CHECK OUT THE VIDEO ON ED ROBERTS,
DISABILITY ACTIVIST ON 60 MINUTES >>**

<https://www.youtube.com/watch?v=ZxidR5SZXxA>



January 2024

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	31			

New Year's Day | Monday, January 1st

Our office will be CLOSED in observance.

Independent Living Skills | Tips to "Organize" Daily Routines

Wednesday, January 10th | 2:00 PM - 3:00 PM

Martin Luther King Jr. Day | Monday, January 15th

Our office will be CLOSED in observance.

Team Advocacy | Connection

Monday, January 22nd | 2:30 PM - 3:30 PM

Ed Robert's Day | Monday January 23rd

Informal Peer Support | IL Philosophy

Wednesday, January 24th | 2:00 PM - 3:00 PM



Zoom ID 256 654 8249

US Dial-In +1 669 900 9128

Join by scanning the QR code!

Hybrid classes are offered!

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

Zoom address link:

<https://us02web.zoom.us/j/2566548249>

February 2024

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		

Independent Living Skills | Assistive Technology Tips & Tricks

Wednesday, February 14th | 2:00 PM - 3:00 PM

Presidents Day | Monday, February 19th

Our office will be CLOSED in observance.

Team Advocacy | Advocate Work

Monday, February 26th | 2:30 PM - 3:30 PM

Informal Peer Support | Social Security Benefits Programs

Wednesday, February 28th | 2:00 PM - 3:00 PM



Zoom ID 256 654 8249

US Dial-In +1 669 900 9128

Join by scanning the QR code!

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

Zoom address link:

<https://us02web.zoom.us/j/2566548249>

Hybrid classes are offered!

March 2024

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
31						

Independent Living Skills | Basic American Sign Language

Wednesday, March 13th | 2:00 PM - 3:00 PM

St. Patrick's Day | Sunday, March 17th

Team Advocacy | Accessibility

Monday, March 18th | 2:30 PM - 3:30 PM

Informal Peer Support | Assistive Technology Tips & Tricks

Wednesday, March 27th | 2:00 PM - 3:00 PM



Zoom ID 256 654 8249

US Dial-In +1 669 900 9128

Join by scanning the QR code!

Hybrid classes are offered!

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

Zoom address link:

<https://us02web.zoom.us/j/2566548249>

Plan in advance - take a look ahead!

April 2024

Su	M	T	W	T	F	Sat
	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				

NOTES

[illegible]

NOTES

05/27 - Office will be closed in

observance of Memorial Day

May 2024

Su	M	T	W	T	F	Sat
			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	31	

NOTES

[illegible]

June 2024

Su	M	T	W	T	F	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	181	9	20	21	22
23	24	25	26	27	28	29
30						

Assistive Technology Repair and Re-Use Services

Within our AT Program, we offer a **Repair and Re-Use** services
Repair & Re-Use offers pre-owned equipment such as
wheelchairs, shower benches, crutches, and walkers at no cost to
People With Disabilities or individuals with Access and Functional Needs.

Based on availability.

Contact our office to connect with our AT specialist!

**INDEPENDENT LIVING CENTER OF KERN COUNTY, EMPOWERING
PEOPLE WITH DISABILITIES TO LIVE AS INDEPENDENTLY AS POSSIBLE!**

Happy New Year!

Donate to ILCKC Today!

Independent Living Center of
Kern County 🌟

Visit Online: www.ilcofkerncounty.org/donations/

OR scan the code!



Make this a monthly donation



Donate with PayPal

Donate with Debit or Credit Card

ILCKC appreciates your continued support!



Please Submit Feedback, Questions, or Comments:

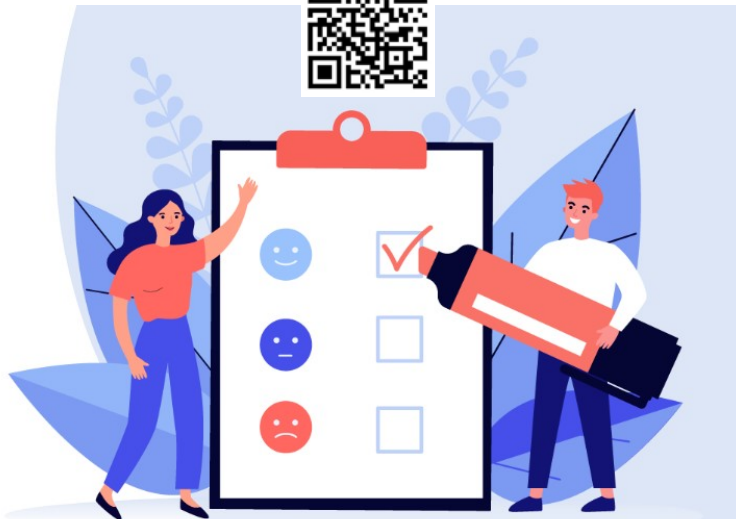
Email | info@ilcofkerncounty.org

Phone | (661) 325 - 1063

Videophone | (661) 369 - 8966

or visit our website

www.ilcofkerncounty.org



Disability Disaster Access & Resources

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

Visit Online to Learn More

disabilitydisasteraccess.org/



Scan the QR code

Ready for a power outage emergency?

DDAR provides necessary
resources to people with
disabilities affected by Public
Safety Power Shutoffs (PSPS)

ADRC KERN COUNTY
AGING & DISABILITY
RESOURCE CONNECTION

[ABOUT](#)

[CONTACT US](#)

[NEWS AND UPDATES](#)

[FIND RESOURCES](#)



The KC-ADRC 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://kerncountyardrc.org/contact/>



Find the help you're
searching for



Navigate complex systems
and processes



Discover new resources you
didn't know existed

The Independent Living Center of Kern County



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

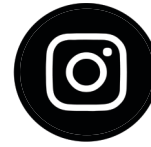
Office | (661) 325 - 1063

Toll Free | (800) 529 - 9541

Video Phone | (661) 369 - 8966

Fax | (661) 325 - 6702

Email | info@ilcofkerncounty.org



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Suite 200
Bakersfield, CA 93309



Consumer

Address

Kern County, CA

Winter Issue Newsletter - This is Living!

JANUARY | FEBRUARY | MARCH