

Front Page

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Independent Living Center of Kern County (I.L.C.K.C.)

This is Living! Newsletter

Autumn Edition: October, November, December



In partnership with the City of Bakersfield, I.L.C.K.C. has been working to ensure that all city bus stops are marked as no-parking zones with red curb paint.

(Read more on Page 2)

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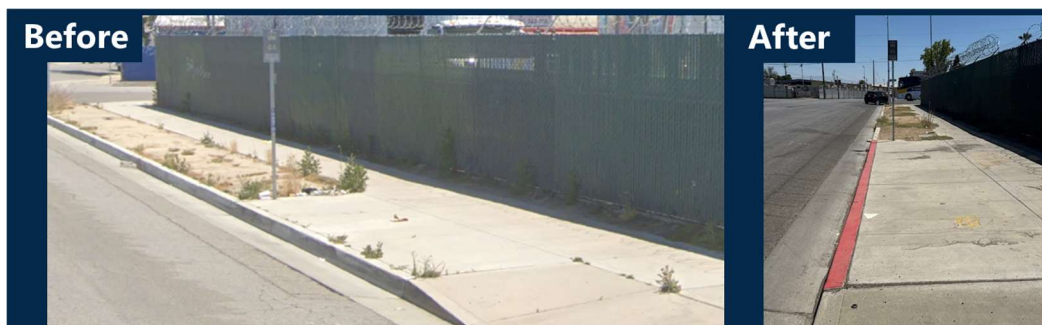
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Making Bus Stops More Accessible

In partnership with the City of Bakersfield, I.L.C.K.C. has been working to ensure that all city bus stops are marked as no-parking zones with red curb paint. This effort helps prevent vehicles from blocking access for people with disabilities, ensuring that buses can safely pull to the curb and that riders can board and exit without barriers.

Two bus stops have already been successfully painted: East 19th Street & Sonora Street and Wible Road & Wilson Road. Pictured below is the before and after photograph of East 19th Street & Sonora Street.



There is continued work with the city to expand this effort and improve accessibility at all bus stops throughout Bakersfield - this is just the beginning!

This article is brought to you by I.L.C.K.C. Individual & Systems Change Advocacy!

Individual & Systems Change Advocacy at I.L.C.K.C.

Creating positive change and inclusion for people with disabilities through education, advocacy, and community action in Kern County.



Connect with our Public Policy Coordinator to learn more about advocating for the rights of people with disabilities.
[Click here](#), scan the Quick Response (Q.R.) code or reach us by:

Phone (661) 325 - 1063 | **Video Phone** (661) 369 - 8966

Toll-Free 1(800) 529 - 9541 | **Email** info@ilcofkerncounty.org

Website www.ilcofkerncounty.org



Artificial Intelligence's Role in Revolutionizing Assistive Technology



Artificial Intelligence (A.I.) is transforming assistive technology, creating more personalized, efficient, and integrated tools for people with disabilities. This evolution is happening across several key domains, fundamentally changing how individuals interact with the world and perform daily tasks.



Communication and Mobility

In communication, A.I. is making conversations more accessible for those with speech, hearing, and cognitive disabilities. Beyond common real-time captioning in platforms like Microsoft Teams and Zoom, A.I. is powering specialized devices that can convert atypical speech and even sign language into audible speech and text. This allows for clearer and more effective communication. In mobility, A.I. innovations are leading to advancements like smart wheelchairs that can navigate complex environments and exoskeletons that assist individuals with spinal cord injuries. These technologies use a combination of sensors and A.I. algorithms to adapt to the user's movements and surroundings, promoting greater independence.

(Continued on next page...)

Artificial Intelligence's Role... (continued)

Visual Assistance and Navigation

A.I.-powered tools are creating a more navigable world for individuals who are blind or have low vision. While apps like Microsoft's Seeing A.I. are widely known, more advanced technologies are emerging. One example is **META Glasses**, which use A.I. to read text aloud, describe surroundings, and even recognize faces along with personal video calls in real-time, this offers the user with hands-free information that helps with daily tasks and navigation.

Learning and Productivity

A.I. is also transforming educational and professional environments. While tools with A.I.-driven predictive text and grammar checkers, such as Grammarly, aid individuals with dyslexia or motor impairments, other technologies provide deeper support. A.I. assistants can help students and professionals with cognitive disabilities organize thoughts, summarize complex documents, and manage schedules more effectively.

The future is looking bright with these advancements that are making learning and work more inclusive and accessible.

This article is brought to you by I.L.C.K.C. Assistive Technology!

Assistive Technology Services at I.L.C.K.C.

Here to inform people with disabilities about Assistive Technology (A.T.) devices and durable medical equipment (D.M.E.) that can help with living more independently. Services include, but are not limited to device demonstrations, computer usage, screen-reader software navigation, JAWS, Zoom Text, and more!



Connect with our A.T. Specialists today to learn more!

[Click here](#), scan the Quick Response (Q.R.) code or reach us by:

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Trainings and Sessions Opportunities



Independent Living Skills

- Interact
- Learn New Skills
- Socialize with Others

Become Independent



Team Advocacy

- Learn Your Rights
- Express Accessibility Barriers & Obstacles
- Create Positive Impact

Become an Advocate



Peer Support

- Share Experiences
- Connect with Peers
- Gain Insight

Become a Mentor

How to join monthly Independent Living Skills (I.L.S.) Trainings, Team Advocacy Sessions and Peer Support Sessions:

In-Person

I.L.C.K.C. Office Location

5251 Office Park Drive, Suite 200, Bakersfield California 93309 }

Hybrid Formats **

Join By Zoom Online or By Phone Call

Zoom Link: [Click here](#) or scan the Quick Response (Q.R.) code

Zoom Identifier (ID): 256 654 8249

United States (U.S.) Dial-In: +1 669 900 9128



All sessions are subject to change.

** Refer to calendars on Pages 6 through 8 for trainings, sessions and any event information that apply to a hybrid formats!

October Training, Session and Event Opportunities*


Su	M	Tu	W	Th	F	Sa
			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	

October is National Disability Employment Awareness Month (N.D.E.A.M.)!

* All Independent Living Skills (I.L.S.) Trainings, Peer Support Sessions, Team Advocacy Sessions and Events are subject to change. Sessions are held at I.L.C.K.C. unless noted below.

I.L.S. Training, Low Impact Chair Exercise Class **

Beale Library located at 701 Truxtun Avenue, Bakersfield, California 93301


 Wednesday, October 08, 2025 from 10:30 A.M. – 11:30 A.M.

ART WORKSHOP in collaboration with Dignity Health

Dignity Health located at 2215 Truxtun Avenue, Bakersfield, California 93301

 Wednesday, October 15, 2025 from 2:00 P.M. – 4:30 P.M.

Team Advocacy Session, Paving Progress

 Monday, October 20, 2025 from 2:00 P.M. – 3:00 P.M.

Peer Support Session, Removing Barriers **

 Wednesday, October 22, 2025 at 2:00 P.M.

In-Person

I.L.C.K.C. Office Location

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

** Zoom Online is Available!

Zoom Online or By Phone

Zoom Link [Click here](#) or scan the Quick Response (Q.R.) code

Zoom Identifier (ID) 256 654 8249

United States (U.S.) Dial-In +1 669 900 9128



November Training, Session and Event Opportunities*

Su	M	Tu	W	Th	F	Sa
						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						

November is Diabetes Awareness Month!

* All Independent Living Skills (I.L.S.) Trainings, Peer Support Sessions, Team Advocacy Sessions and Events are subject to change. Sessions are held at I.L.C.K.C. unless noted below.

Observance of Veterans Day

■ Tuesday, November 11, 2025

I.L.C.K.C. Office is Closed All Day

I.L.S. Training, Low Impact Chair Exercise Class **

Beale Library located at 701 Truxtun Avenue, Bakersfield, California 93301

▨ Wednesday, November 12, 2025 from 10:30 A.M. – 11:30 A.M.

Team Advocacy Session, Creating Impact

▨ Monday, November 17, 2025 from 2:00 P.M. – 3:00 P.M.

Peer Support Session, Removing Barriers **

▨ Wednesday, November 26, 2025 at 2:00 P.M.

Observance of Thanksgiving

■ Thursday and Friday, November 27-28, 2025

I.L.C.K.C. Office is Closed All Day

In-Person

I.L.C.K.C. Office Location

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

** Zoom Online is Available!

Zoom Online or By Phone

Zoom Link [Click here](#) or scan the Quick Response (Q.R.) code

Zoom Identifier (ID) 256 654 8249

United States (U.S.) Dial-In +1 669 900 9128



December Training, Session and Event Opportunities*

Su	M	Tu	W	Th	F	Sa
	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			

December is Universal Human Rights Month!

* All Independent Living Skills (I.L.S.) Trainings, Peer Support Sessions, Team Advocacy Sessions and Events are subject to change. Sessions are held at I.L.C.K.C. unless noted below.

I.L.S. Training, Low Impact Chair Exercise Class **

Beale Library located at 701 Truxtun Avenue, Bakersfield, California 93301

/// Wednesday, December 10, 2025 from 10:30 A.M. – 11:30 A.M.

I.L.S. Training, Holiday Celebration

/// Wednesday, December 10, 2025

Contact I.L.C.K.C. for more information! (Refer to Page 9)

Team Advocacy Session, Rise & Advocate

■■■■ Monday, December 15, 2025 from 2:00 P.M. – 3:00 P.M.

Peer Support Session, Removing Barriers **

■■■ Wednesday, December 17, 2025 at 2:00 P.M.

Observance of Christmas Eve and Christmas Day

■ Wednesday and Thursday, December 24-25, 2025

I.L.C.K.C. Office is Closed All Day

In-Person

I.L.C.K.C. Office Location

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

** Zoom Online is Available!

Zoom Online or By Phone

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Holiday Celebration

Independent Living Skills (I.L.S.) Training, Holiday Celebration

In-Person at the I.L.C.K.C. Office Location

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

Wednesday, December 10, 2025



Contact I.L.C.K.C. for more information!

Phone (661) 325 - 1063

Fax (661) 325 - 6702

Video Phone (661) 369 - 8966

Email info@ilcofkerncounty.org

Toll-Free 1(800) 529 - 9541

Website www.ilcofkerncounty.org

Kern County Aging & Disability Resource Connection

A "One-stop Shop" for Aging and Disability Related Informationa and Services!

No Wrong Door (N.W.D.) System opens the door for consumers, their families and caregivers to access Long-Term Services and Supports (L.T.S.S.) through one organization or agency.



To visit the Kern County Aging & Disability Resource Connection website, [click here](http://www.kerncountyadrc.org) or scan the Quick Response (Q.R.) code. Website www.kerncountyadrc.org

Contact I.L.C.K.C. to learn more!

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Consumer Success Story: Increasing Independence!

The consumer is a 45-year-old female residing in Kern County. Two and a half years ago, she suffered a drug overdose from fentanyl use and was without oxygen for seventeen minutes before first responders administered Narcan, reversing the effects of the drug and resuscitating her. As a result, she sustained anoxic brain damage, leaving her with severe cognitive impairments and dementia.

Her family became responsible for meeting her daily needs, but even with In-Home Supportive Services (I.H.S.S.) hours, the caregiving demands became overwhelming. Her brother reached out to County Supervisor Phillip Peters' office, which led to a referral to the Department of Human Services (D.H.S.). D.H.S. Director Lito Murillo then referred the case to the Independent Living Center of Kern County (I.L.C.K.C.), where it was received by I.L.C.K.C. Transition & Diversion Services, Transition Coordinator Lonnie Harris.

I.L.C.K.C. staff advocated for the consumer and her family, successfully assisting them in obtaining Social Security Disability Income (S.S.D.I.) and, over the course of several months, securing an Assisted Living Waiver (A.L.W.). These resources allowed I.L.C.K.C. to coordinate her placement into a specialized dementia care unit.

After 254 days from initial contact, the consumer was safely transitioned into an appropriate level of care. I.L.C.K.C. staff managed and coordinated every aspect of the transition, ensuring a smooth process. This placement greatly improved the consumer's quality of life and significantly reduced the caregiving burden on her family—ultimately increasing independence for both the consumer and her loved ones.

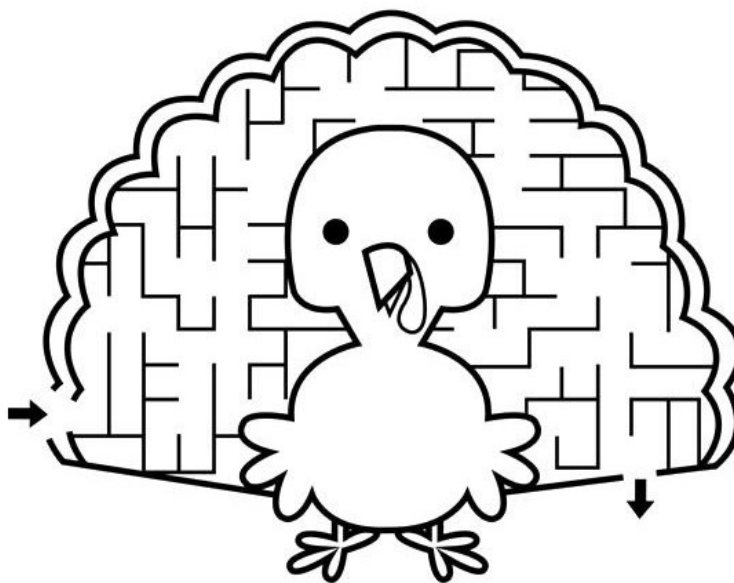


Holiday Coloring and Puzzles

Pumpkin: Color in your pumpkin or draw a "Jack-o'-lantern"!



Thanksgiving Turkey Maze: Work out the route of the maze!



How many holiday wreaths can you locate in the newsletter?

(Remember to include the wreath on this page!)

Total:



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Contact Information

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Bakersfield, California 93309

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Website www.ilcofkerncounty.org

Connect Online!

Instagram | @ILCKC

X | @ILC_KernCounty

Facebook | @ILCKC



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Independent Living Center of Kern County

5251 Office Park Drive

Suite 200

Bakersfield, California 93309



Free Matter
Accessible Material for
People with Disabilities

Recipient Name

Street Address

City, State ZIP Code

Our agency mission is to empower people with disabilities to grow creatively, professionally, and personally; and to educate the community about disability-related issues.

Independent Living Center of Kern County (I.L.C.K.C.)

www.ilcofkerncounty.org