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**Tri-County Independent Living Invites you to  
Sit on a Board or Commission!**

**There are over 30 Humboldt County Boards,  
Commissions, and Committees you can apply to  
participate on!**

**We can help you identify the right Board for you.  
We can help you find and fill out applications.**

**We can help you make your voice be heard... what  
you do with it is completely up to you!**

**Email [alissa@tilinet.org](mailto:alissa@tilinet.org) or call 707-445-8404  
Just say you would like to participate on a board!**

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## The Talking Label Wand

The Talking Label Wand is a combination microphone and player, using specialized self-adhesive tactile labels that are provided and can be used to re-record over and over. These special labels trigger the wand to play back the recordings. Label anything by simply pressing a button while the tip is touching one of these labels. Then hear it play back a recorded label by touching the tip to it again. You can create virtually anything with this handy digital label recorder.

- Allows you to record your own talking labels for items anywhere
- Record messages to identify specific items, special dates, and more
- A terrific way for low vision and Blind users to identify their things
- Record notes or memos to yourself or others
- Create appointments, phone numbers, addresses, medication instructions
- 2 GB of built-in memory for storage
- Features five distinct volume settings
- 3.5mm headphone jack for utilizing your own ear buds or headphones
- Convenient loop at the top for hanging talking wand

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\$89.95 (independentliving.com)

\$88.74 (maxiaids.com)

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## This Season's Special Days!

**June 20th is Father's Day:** a day of honoring fatherhood and paternal bonds, as well as the influence of fathers in society.

**July 4th is Independence Day:** a federal holiday in the United States commemorating the Declaration of Independence of the United States, on July 4, 1776. The Continental Congress declared that the thirteen American colonies were no longer subject (and subordinate) to the monarch of Britain, King George III, and were now united, free, and independent states.

**We at TCIL hope your Summer is happy!**

**With a global pandemic it can be difficult to [feel connected](#).  
[We](#) are here for you.**

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### **Peer Profile: Brian B.**

Brian B. is a client with Tri-County Independent Living who struggles to cope with Schizoaffective disorder with PTSD. Brian often speaks of bringing awareness to the community of mental health challenges.

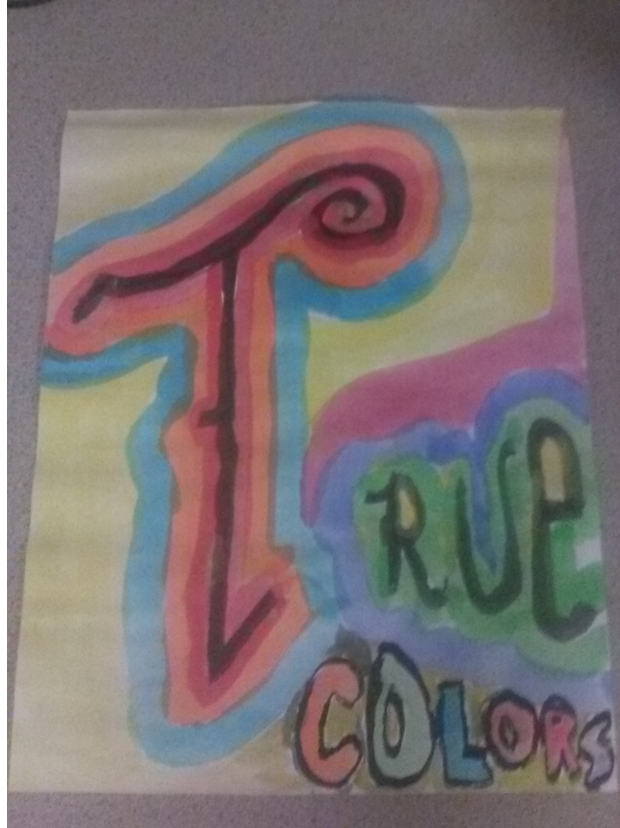
For the past 10 years Brian has been a community volunteer independently picking up garbage on city streets and eventually the local police department sponsored the equipment. He was given the citizen of the month award 2 years ago sponsored by Don Brown Insurance and Bi-Coastal Communications.

Although Brian had been very active with his community volunteer cleanups, he retired as he continually experienced bullying while picking up garbage. He has also been criticized simply for communicating differently. There are days he struggles with paranoia and is unable to leave his house.

One of Brian's life goals is to find an activity that would help bring joy. Brian has found refuge in a watercolor painting class with the HOPE Center at Humboldt County Behavioral Health, and paints pictures for his friends and people who help him along the way.

Brian is now finding support with the Peer Support and Advocacy Group at Tri-County Independent Living.

Brian would like to encourage everyone to have an open mind and think before they speak badly about a person who is disabled.



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## Peer Profile: Kathleen K.

Home Transition Client

Transition Coordinator: Lisa Leon

September 19, 2019

I am a transition client of Tri-County Independent Living (TCIL). My name is Kathleen. I would like to share my success story with you. I entered the local hospital and was there for 3 weeks due to a fall. The injuries that I sustained from the fall was a badly broken arm. I went from St. Joseph Hospital then to Alder Bay Assisted Living. At this time, I felt frustrated. I was now living in a restrictive living environment. I received a phone call from Kim my nurse at my primary care doctor's office. Kim, let me know that she has reached out to Lisa with TCIL. I was told I will receive a phone call from her.

I met with Lisa (Transition Coordinator), Kim (registered nurse) and Melissa (Social Worker) with St. Joseph Home Health in Alder Bay Assistive Living. I was facing a financial hardship paying my rent for my home that I have in the community and having to also pay for my care at Alder Bay Assisted Living. I participated in the TCIL Home Transition Program.

Lisa had coordinated with other service providers to assist with meeting my immediate needs. I was able to transition home achieving my independent living plan goal. Lisa completed an application with me for transition grant funds provided by Department of Rehabilitation. I was able to get assistance with paying my rent at my home. The transition grant also assisted with paying for the first 2 weeks of personal assistant care that I received from Agape Home Care.

TCIL picked me up in their paratransit van and transported me to Safeway and Target to get groceries that were covered in the transition grant fund. Lisa worked alongside her colleague Juliannah, Assistive

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response system through Advanced Security. This has given me fall protection through a program called Easy Call. I wear a waterproof pendant around my neck that is linked to the emergency medical technicians all the time.

I also had some got some basic necessities that I needed. I received a power lift recliner, house phone with answering machine, dial-a-ride tickets, large trash can with lid along with trash bags, and twin-size bed sheets to fit my hospital bed. I started services with Suddenlink for internet, phone and cable. I provided TCIL with a utility bill from Recology. The transition grant was able to assist with restoring my trash and recycling services. Lisa installed my hand-held shower and assisted me with installing my new house phone.

Along the way Lisa has taught me some independent living skills. Lisa has given me a form to use for budgeting every month. We also have written a budget for me as an outline. I learned how to use transportation, how to go to the store and operate a motorized shopping cart. Having this practice has given me the direction for a comfortable head start. It has allowed me to increase my daily independence.

I have decided to go back to work at the Department of Health and Human Services. Lisa has talked to me about when to contact the State Disability Insurance office to let them know I will be returning to work. Lisa has also talked to me about a reasonable accommodation. A reasonable accommodation is a written request that describes assistance or changes to a position or workplace that will enable an employee to do his or her job despite having a disability. Under the ADA, employers are required to provide reasonable accommodations to qualified employees with disabilities, unless doing so would pose an undue hardship.

I have accomplished multiple goals written in my independent living plan. I live at home and I work full time. I am using my advocacy skills

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living skilled tasks in my daily routine. The Home Transition Program filled in the missing link I needed to be successful in living independently in my home. I know Tri-County Independent Living fully supports each of my decisions. I look forward to working in the future creating new goals that will assist me with avoiding institutional placement.



## Supporting customers with past due balances: We're here to help

The COVID-19 customer protections have been extended until at least June 30, 2021. For the latest updates, please visit [pge.com/COVID19](https://www.pge.com/COVID19).

As the impacts of the COVID-19 pandemic start to subside, we encourage customers with past due balances to explore available financial assistance programs now, before the emergency customer protections come to an end.

### Get help with past due bills

For qualified customers, including those who recently lost their jobs—even if you are receiving unemployment benefits—we offer additional support to help you save money on bills:

- **Low-Income Home Energy Program (LIHEAP).** Eligible customers may qualify for up to \$1,000 to pay eligible household energy costs through this federally funded program\* that helps low-income households with your energy bills. To find the local LIHEAP agency in your area to apply, please visit [csd.ca.gov/energybills](https://csd.ca.gov/energybills), or call the help line at **1-866-675-6623**.
- **Payment Arrangement Plans.** Use flexible payment plans to get you back on track. To learn more, please visit [pge.com/helpmepay](https://www.pge.com/helpmepay) or call **1-800-743-5000**.

- **California COVID-19 Rent Relief Program.** Can help eligible renter households experiencing financial hardship due to COVID-19 pay rent and utilities. Additionally, landlords who have experienced a loss in income because of unpaid rent may qualify for financial assistance for their utility bills and past rent. Visit [Housingiskey.com](https://www.housingiskey.com) for more information.
- **Relief for Energy Assistance through Community Help (REACH).** Receive financial assistance during times of hardship. To learn more and apply for this program, please visit [pge.com/REACH](https://www.pge.com/REACH), or call **1-800-933-9677**.

\*PG&E is not responsible for administering this program. To find the local LIHEAP agency in your area to apply, please visit [csd.ca.gov/energybills](https://csd.ca.gov/energybills), or call the help line at **1-866-675-6623**.



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### Find ways to reduce future energy bills

To further assist qualifying customers, we can help you find additional support through programs such as:

- **California Alternate Rates for Energy (CARE) Program.** Save 20% or more each month on your energy bill. To see if you qualify for this program, please visit [pge.com/care](https://pge.com/care) or call **1-866-743-2273**.
- **Family Electric Rate Assistance (FERA) Program.** Apply for a monthly discount on your electric bill when you have three or more people in your household. To see if you qualify for this program, please visit [pge.com/fera](https://pge.com/fera) or call **1-866-743-2273**.
- **Energy Savings Assistance Program.** Reduce your energy bills with free energy-efficient home upgrades. To see if you qualify for this program, please visit [pge.com/esa](https://pge.com/esa) or call **1-800-933-9555**.
- **Medical Baseline.** If you have special energy needs due to certain medical conditions, you can receive a lower rate on monthly energy bills. Additionally, you can enroll without a medical professional signature, and we have suspended removals from the program for up to one year. For more information about this program, or if you need assistance filling out the application, please visit [pge.com/medicalbaseline](https://pge.com/medicalbaseline), or call **1-800-743-5000**.

### Customer protections

Emergency protection support currently in effect during the pandemic include **suspending service disconnections for nonpayment and waiving deposit requirements** for all residential and small business customers. Learn more at [pge.com/COVID19](https://pge.com/COVID19).

### Business customer support

For more information on the resources available for your business, please visit [pge.com/support](https://pge.com/support).

### Be aware of scams

Check out our tips to help protect you from potential scams by visiting [pge.com/scams](https://pge.com/scams).

### We're here to help

If you are experiencing financial hardships and have trouble paying your bill due to the economic impact of the coronavirus (COVID-19), we can help.

Visit [pge.com/billhelp](https://pge.com/billhelp) or call us at **1-800-743-5000**.

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## New Legislation

Governor Newsom signed [a new bill](#) into law on March 5, 2021. This law is called AB (Assembly Bill) 86.

Schools must develop a program to help with learning loss, known

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Go to this [LINK](#) to read all about it!

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## **TCIL can help you and those you love in many ways!**

### **Information and Referral**

**Independent Living Skills:** Assistance obtaining benefits, housing, employment, education, and life skills to enhance independence.

**Youth services:** Self-determination, interpersonal life skills, independent living skills, and services to support transition into adulthood.

**Assistive Technology:** Technology to assist in living with a disability, chrome books, AT and DME lending library, and ramp program accessibility assistance.

**Personal Attendant:** In-Home Support Services, referrals, and private pay referrals.

**Peer Support:** A support group where us peers can come together once a week to be there and offer support for the challenges in life.

**Advocacy:** Self-Advocacy, individualized personal goals, referrals to legal, referrals to vocational, systems change, and education.

**Home Transitions:** Assisting the client from start to finish in transitioning from an institution to a less restrictive environment, assistance with writing grants to help our clients, achieve independence at home, transitional and permanent housing searches, and housing applications. We also help with obtaining an ID's and birth certificates, finding doctors, picking up medications and taking the client shopping.

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### Try-County Independent Living

Invites you to Join our Zoom Peer Support Group on Tuesdays at 3:00p.m.



Call or Email Alissa @ 707-445-8404  
Alissa@tilinet.org

Peers - An individual with one or multiple of the following challenges: Cognitive, Mental, Physical, Hearing, Vision, TBI/Head Injury, Learning Disability... other.

### TCIL Mission Statement

To promote the philosophy of independent living, To connect individuals with services, and work to create an accessible community, so that people with disabilities can have control over their lives and full access to the communities in which they live.



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