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Summer Time is Here!

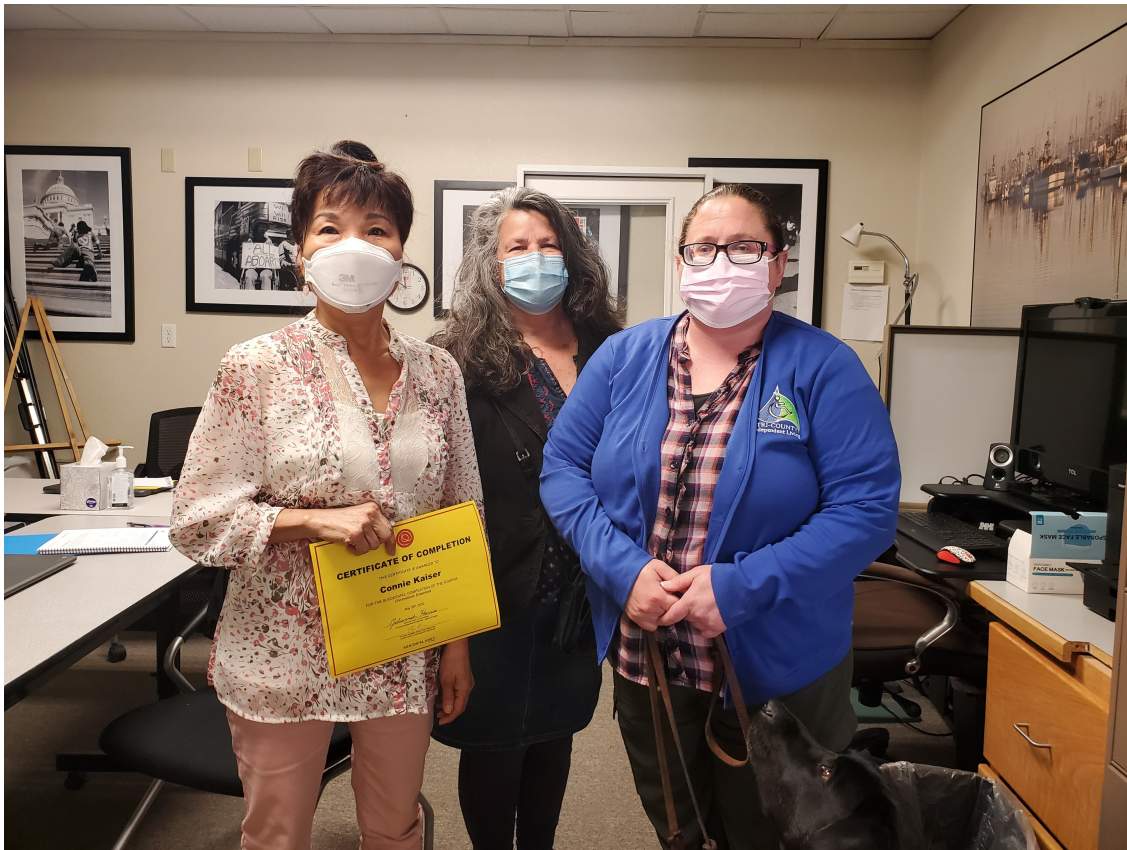


TCIL Chromebook Essentials Class

As summer is coming, we are offering summer classes on how to use

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a computer or tablet in ways that will improve people's quality of life. If you know somebody who is not getting information electronically because they don't understand how, please have them contact us. This is a great opportunity



Are you 60+ years old and want to learn how to use a computer?

Tri-County Independent Living in cooperation with the Area 1 Agency on aging is offering:

Chromebook Essentials

The course covers:

- Basic orientation
- How to sign in
- Getting online
- Internet Basics
- Email Basics
- And more

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Space is limited so sign up soon by calling Juli at 707-445-8404.

Note: TCIL clients are eligible to borrow a Chromebook to use at home during and after the class.

For more information or to sign up contact Juliannah Harris at 707-445-8404.

TCIL 2022 Independent Living and Technology Expo

We had a wonderful time this year at the Expo! With Covid-19 closing down the process several times, we were starting to wonder if it would happen anytime soon. Much to our excitement it happened!

We had 21 organizations participate in our event. The organizations stated they would love to come next year, and a couple additional organizations state that they will want to donate or come next year, so things are looking good. Overall, we have bigger expectations for next year.

We are considering adding a competition or exhibition that will enhance the spirit of the Expo, such as a drone race, robot match, or a film competition. But the bottom line is we had a very successful Expo this year, learned a lot, and now feel we have the tools to do better next year. We would very much like to thank everybody that came and participated.

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It was a beautiful day at the Adorni Center on the waterfront!

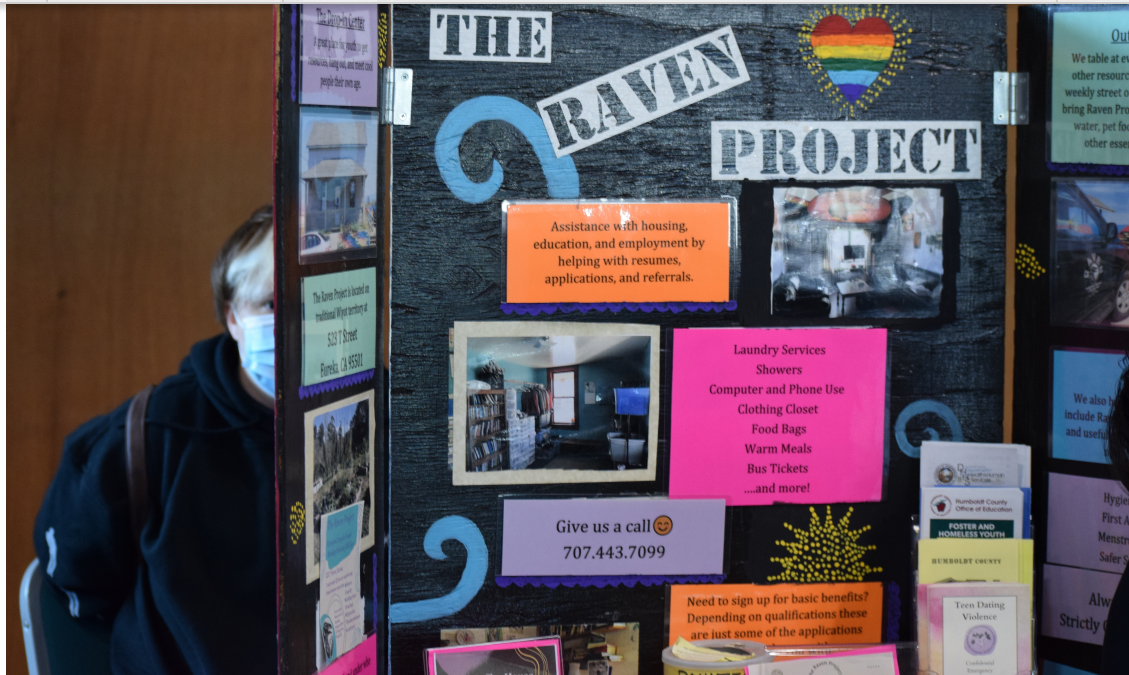


We had many great organizations vending!

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The Raven Project



IHSS Advisory Board

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Humboldt Domestic Violence Services



Redwood Coast Regional Center

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Visiting Angels

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CR Disability Services and Programs for Students

TCIL's Northern Expansion Project is Complete.

[Subscribe](#)[Past Issues](#)[We have expanded services in Del Norte with a brand new office!!](#)[Translate ▼](#)

Above Picture: Left to right - Carolyn Webb (Office Manager), Sequoia Commins (ILS), Samantha Nickles (Youth Coordinator), Trish Cottrell (Program development Specialist).

REALIZATION OF A DREAM - By Trish Cottrell

When I interviewed as a Bachelor of Social Work student intern in Spring of 2018, I asked TCIL's executive director, Ms. Donalyn Sjostrand, if there were plans to open a Del Norte County office in Crescent City, and she said the idea was being explored. Following graduation in May 2019, I was hired as a part-time Independent Living Specialist (ILS), and the weekly trips to Crescent City with Mari Dorenstreich, ILS/Program Coordinator, soon began. Five months later, the TCIL-Del Norte office was open every Thursday and Friday in the Del Norte Senior Center.

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After 3 1/2 years, under the supervision of TCIL Community Advocate
Alissa Norman, my Masters internship began, and the Northern
Expansion Project (NEP) was born. With the guidance of our new
executive director, Eddie Morgan, the goal was to find a larger office
space that could be open full-time. Now my schooling is behind me
and the NEP has successfully been completed with Sequoia
Commins, ILS, available in our new office five days a week.

TCIL exists 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. While this
Project was a long-time dream of mine, it was only fulfilled because
our agency works as a team to develop and meet the goals of its staff,
much in the same
way as we do each day for those who come through our doors.

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This is our Executive Director Eddie Morgan standing in front of some wonderful artwork created for us by Joe Camper of Del Norte County. Joe made both wood art coat racks for us!

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Tri-County Independent Living

All Services are FREE

Del Norte

No income requirement

No documentation of disability requirement



Sequoia Commins

Are you living with a **disability** and looking for some assistance with living more **independently**? Then check us out!



Trish Cottrell

We are a part of the Del Norte community, we have our roots here, and we want to help you gain greater access to your independence.

Core services in Del Norte County: Independent Living Skills, Housing Information, Advocacy, and more! Give us a call and let's discuss your needs.



Sam Nickles

No transition or diversion services at this location.

An individual with one or multiple of the following Disabilities: Cognitive, Mental, Physical, Hearing, Vision, Traumatic Brain Injury/Head Injury, Learning Disability, Developmental Disability... other.



Carolyn Webb

Website: Tilinet.org
Phone #: (833) 866-8444
Ask for Del Norte



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Tri-County Independent living and Department of Rehabilitation's (DOR) Voice Options program, provides eligible Californians who are unable to speak, or who have difficulty speaking, with a **free speech-generating device** on a long term loan.

Any eligible Californian will have the opportunity to test six different speech-generating applications for up to 14 days:

-  GoTalk NOW Plus
-  LAMP Words for Life
-  Predictable
-  Proloquo2Go
-  Proloquo4Text
-  TouchChat HD with WordPower

Once the trial period has ended, the user will exchange the borrowed iPad for a long term loan iPad with their preferred speech-generating application installed.

For further information and an opportunity to participate in this program, CONTACT: Tri-County Independent Living at (707) 445-8404, or email aa@tilinet.org

Voice Options Program!

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Disability Pride Fest 2022

First Annual

Free Admission

Redwood Coast Regional Center, Tri-County Independent Living, Synapsis, and Ink People invite you to this year's Disability Pride Event!

Saturday July 23rd at Synapsis from 2-5pm
1675 Union, Eureka 95501

- Disability pride props/Photo booth
- crafts (coloring book pages, DIY fidgets, button-maker)
- Art show (The Studio/Trajectory)
- Screening local films (The Studio)
- Speakers on disability pride
- Open mic! on disability pride/experiences (Word Humboldt)

For those who can, this event requires masking regardless of vaccination status. Thank you!

We are looking for:

1. Open mic Speakers - Email Alissa@tilinet.org for more details
2. Info, to volunteer or for access needs please Email Elizabeth EHassler@redwoodcoastrc.org or call at 707-445-0893 ext. 321

New Legislation

SB 1338, as amended, Umberg. Community Assistance, Recovery, and Empowerment (CARE) Court Program.

What will the bill do:

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specified persons to petition a civil court to create a voluntary CARE agreement or a court-ordered CARE plan and implement services, to be provided by county behavioral health agencies, to provide behavioral health care, including stabilization medication, housing, and other enumerated services to adults who are suffering from schizophrenia spectrum and psychotic disorders and who meet other specified criteria.

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

Are

This Season's Special Days!

July 4th is Independence Day: This federal holiday commemorates the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain.

July 25th is Hire a Veteran Day: Every day, hundreds of our military personnel leave the service in search of civilian employment. On July 25th, National Hire a Veteran Day reminds employers to consider veterans to fill their open positions. As highly trained, qualified individuals, they are ideal for numerous trades.

September 29th is Coffee Day: Ah, the perfect cup of java. According to an expert cupper (a professional coffee taster), there are four components of a perfect cup: aroma, body, acidity, and flavor.

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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Troy-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.

**Call TCIL @ 707-445-8404 For Assistance or
Questions about Preparing for a Disaster.**

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APPLYING FOR PG&E'S MEDICAL BASELINE PROGRAM IT'S AS EASY AS 1,2,3!

1 CHECK YOUR ELIGIBILITY. Review the complete list of qualifying conditions/machines available at [pge.com/medicalbaseline](https://www.pge.com/medicalbaseline) and work with a qualified medical practitioner to certify that a full-time resident in your home requires use of qualifying medical devices (or has specific heating/cooling needs) to treat ongoing medical conditions. Note, eligibility for Medical Baseline is based on medical conditions or needs, NOT on income.

2 VISIT [pge.com/medicalbaseline](https://www.pge.com/medicalbaseline) to download and print the Medical Baseline Program application form or call **1-800-743-5000** and ask to have one mailed to you.

3 COMPLETE AND SIGN Part A of the Medical Baseline Program application form, including your preferred contact method, and make sure Part B is completed and signed by a qualified medical practitioner. Then, mail it in to:

**PG&E Credit and Records Center
Medical Baseline
P.O. Box 8329
Stockton, CA 95208**

Do You Have a Plan to Stay Safe During Power Outages?



UPDATE YOUR CONTACT INFORMATION by visiting [pge.com/mywildfirealerts](https://www.pge.com/mywildfirealerts) or calling **1-800-743-5000**.



PREPARE AND PRACTICE A PLAN to keep you and your family safe during an emergency. Visit [pge.com/wildfiresafety](https://www.pge.com/wildfiresafety) for more steps you can take to prepare.



STAY INFORMED ABOUT OUTAGES by visiting [pge.com/outages](https://www.pge.com/outages).



DURING A PUBLIC SAFETY POWER SHUTOFF please answer calls and/or reply to text messages from **1-800-743-5002**. (Tip: Save this number in your phone)



WILL YOU NEED EXTRA HELP DURING A POWER SHUTOFF? If you or someone you know has a disability or additional special needs, the California Foundation for Independent Living Centers can help you during a PSPS. For more information please visit [disabilitydisasteraccess.org](https://www.disabilitydisasteraccess.org).

Due to COVID-19 shelter-in-place requirements and changing medical practitioner priorities, PG&E customers can self-certify their eligibility to enroll in the Medical Baseline program. Signature by a qualified medical practitioner is not required to apply but may be required to remain on the program beyond one year.

NOTE FOR MEDICAL PROFESSIONALS

A licensed physician, nurse practitioner, physician assistant or person licensed pursuant to the Osteopathic Initiative Act, may certify a patient's eligibility as having a life-threatening condition or illness for the Medical Baseline Program. This program is not connected to any other medical assistance program like Medicare or Medi-Cal and only provides a lower energy rate from PG&E and extra notifications during a PSPS. A full list of qualifying conditions and machines is available at [pge.com/medicalbaseline](https://www.pge.com/medicalbaseline).

Following the wildfires in 2017 and 2018, some of the changes included in this document are contemplated as additional precautionary measures intended to further reduce future wildfire risk. "PG&E" refers to Pacific Gas and Electric Company, a subsidiary of PG&E Corporation. ©2020 Pacific Gas and Electric Company. All rights reserved. CCR-0420-2235. 04/23/2020.

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

Information and Referral

Social Security: For all your questions related to Social Security Disability Benefits, Supplemental Security Income, Reconsideration and Appeals, Overpayments, Work Incentives while receiving Social

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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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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 or call 707-445-8404
Just say you would like to participate on a board!

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.



Please Donate

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