



## Message from Eddie Morgan our executive director

2022 was a great year for TCIL. We recruited and added three new people to our wonderful staff, we opened a new site in Del Norte where the local mayor did a ribbon cutting, and we launched 2 new programs: Aging & Disability Resource Connection (ADRC) and Wild Rivers Veteran Directed Care (WRVDC). We've distributed hundreds of batteries to people who need to maintain their medical equipment during electrical shut-offs. We've provided essential support to clients by helping them transition out of residential care facilities and return to their own homes or other community-based housing situations. We have helped people with disabilities sign up for services that made it possible for them to continue living independently. We've also had fun along the way, participating in Bigfoot Days, presenting our Annual Expo, and participating in numerous community outreach events. We have not gone paperless yet, but we have done well and have reason to be very proud of our work. To all TCIL staff, thank you so much for your hard work and dedication. And to the Board of Directors, thank you for your continuing support of our efforts.

## SkyAngel 911 Pendant with Fall Detection



Do you need to be able to easily call 911 from your home and while out and about. This emergency alert pendant calls 911 anywhere cell phone service is available at the push of a button.

- ◆ It is worn around the neck or can be attached to a keychain.
- ◆ It can even be worn in the shower
- ◆ It has fall detection built in
- ◆ Offers approximate GPS location to 911 (accuracy varies depending on area)
- ◆ Is rechargeable with the charge lasting several days
- ◆ No monthly subscription like with cell phones or similar devices. Just pay for the device and be able to use it.
- ◆ Comes in a variety of colors
- ◆ Can be purchased from the manufacturer or other online retailers like amazon.com



For information on this or similar products contact Assistive Technology Coordinator Juliannah Harris (707) 445-8404 or [juliannah@tilinet.org](mailto:juliannah@tilinet.org)

## Comings and Goings



*Indo Vang*

Indo Vang is an altruistic person with a devotion to social justice. He first began his career assisting individuals living with disabilities at a day center in 2010. Originally, he started as a care provider and slowly worked his way up to becoming a Non-Profit Director before eventually joining TCIL earlier this year. Indo is driven by his passion for helping others learn how to be their own advocate through his first-hand lived experience in both the Transgender and Disability communities. As a neurodivergent individual, Indo aims to lead by example, spread awareness, and end the stigma behind psychiatric disabilities.



*Emily Wight*

Hello, my name is Emily. I have spent several years providing care for individuals with disabilities and I believe that everyone should have the opportunity to live the life they want to live and how they want to live it. I am very passionate about mental health and suicide prevention, and I spend my time outside of work following my passions through community engagement and volunteer work. One of my biggest goals at TCIL is to expand the Transition program from Eureka to the Del Norte and Trinity counties. I'm excited to grow and serve the members of this community!



*Tara Groswird*

Hello everyone, my name is Tara Groswird.

I have recently come to the Tri-County Independent Living office as an Intern with the WEX (work experience) program. I am just one of a long list of WEX workers that Tri-County Independent Living have accepted into their family & helped give the training and experience needed to gain long term employment. I myself have a hearing disability that I've struggled with for many years. The Tri-County Independent Living staff have been so incredibly understanding and supportive of me and my disability. They've been a vital asset to gaining the skills and experience I was looking for in a workplace and in my life. I am so blessed that they have welcomed me to be a part of their team and help me reach for my dreams.

Year In Pictures

2022

**From our family to yours!  
We hope you had a beautiful year!**



Year In Pictures

2022



**Between Birthdays, holidays, and appreciation of each other, we get together just about every month of the year! YAY 2022**



## Holiday Art Competition

**Holiday Art Competition****\$100 First Place Winner:**

Rachelle Aubrey

**Snowy Cabin**

Rachelle Aubrey has been an artist at HCAR's The Studio since 2003. "I started making art in high school at Fortuna High," she says. "My art makes me happy and excited ... I would like people to get excited when they see my art. I hope they think it's cool, neat and beautiful."

## Holiday Art Competition



**\$75 Second Place Winner:**  
Kaitland Ocheltree  
**Christmas Star**

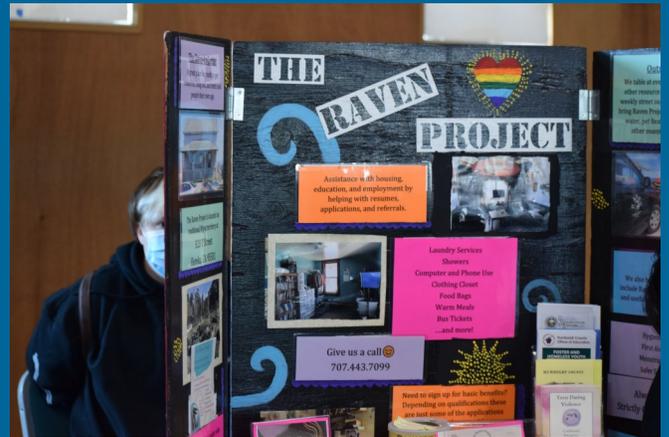
**\$50 Third Place Winner:**  
Kym Hansen  
**Winter Friends**



# Tri-County Independent Living EXPO



After several post-ponements due to COVID uncertainty from the originally scheduled date in September 2021, TCIL was able to present their 2022 Technology Expo at the Adorni Center on May 20, 2022.



## Tri-County Independent Living EXPO

The event showcases TCIL's services and assistive technology as well as providing a forum for community partners to do outreach and share their information and services with the older adults and persons living with disabilities in our communities.



## Success Stories

### Success Story One

Indo Vang first became a client of TCIL in September of 2021 and started working with ILS/Program Coordinator Mari Dorenstreich. With Mari's assistance, Indo developed an independent Living Plan-ILP to complete the process of applying for Social Security Disability Insurance. Indo complied with all the guidelines established by the Social Security Administration and was a pleasure to work with as a client.

Indo now works under the leadership of Mari as the newest Independent Living Specialist. As an integral part of the TCIL ILS Department, Indo continues to strive for excellence. It has been almost four months since Indo began his employment with TCIL and the team couldn't be happier to have him.

Indo has demonstrated a work ethic that is outstanding. He is dependable, reliable, and hardworking. In his short time with TCIL, Indo has shown an aptitude for carrying on TCIL's mission of promoting the Independent Living Philosophy.



Indo and Mari

“As a Neurodivergent member of the 2SLGBTQIA+ community, my goal is to guide others like me through the steps of achieving their dreams,” says Indo.

With his professionalism and caring nature, Indo has become a beloved member of the TCIL family.

### Success Story Two

A Yurok Veteran who is hearing impaired came into the DN office accompanied by his sister as they explore different living options.

Upon hearing the information being provided, Sequoia communicated directly with the man using pen and paper to ask him where he would like to live since their residence was being put on the real estate market.

## Success Stories

The man was not aware that plans were being made for him to relocate to Klamath, CA for elder housing. In the safe space of the office, brother and sister were able to speak to each other about how he did not want to move to Klamath and that he loves his life here in Crescent City.

Sequoia was able to list resources in Crescent City that he could utilize because his choice is the first priority. Learning that there is Yurok housing in Crescent City and there are other tools like assistive technology, both brother and sister look forward to working together to make HIS choice the reality.

### Success Story Three

A man with multiple disabilities who has never lived alone was living alone in his new residence for one month. He attended a regularly scheduled appointment about housing when he explained to Sequoia that he threw away his medicine because he believed there was something wrong with it but admitted that he may have needed to keep the medication. Sequoia walked with him to his pharmacy and helped him learn how to order, pay, and pick up his medication. He was able to stay on his medication and became empowered because he had been told incorrectly that he couldn't do those things himself.

### Success Story Four

A woman with multiple disabilities has been regularly getting chromebook tutorials on her own laptop. Her car was broken into and her phone was stolen. Through many appointments, the client was able to access her old Facebook profile, order a new phone, and import all data to her new phone. This is of great relief to her because her old Facebook account was the only way she could communicate with her family and have access to photos of her late son. She is now learning how to type and is exploring how to advocate for her learning disability.



Sequoia

## Congratulations!

### Congrats Juli on 7 Years!

Juli has completed 7 years of service at TCIL. She joined TCIL in 2015 bringing the knowledge and experience she gained pursuing her Masters Degree in Assistive Technology.

Juli is dedicated to assuring clients have the equipment they need to continue to live their lives independently, from shower chairs to emergency alert devices to mobility support. TCIL is lucky to have Juli on the team.



Juliannah Harris and Lisa Leon

### Congrats Lisa on 5 Years!

Lisa reached her 5 year milestone this year. She was hired as Admin Support and quickly demonstrated her skills and abilities.

Lisa took on the role of developing TCIL's Transition and Diversion program which provides assistance for clients who are ready to move from care facilities back to their own homes or other community-based living situations.

Diversion Services help prevent and avoid institutionalization due to a significant disability.



**Out and About**



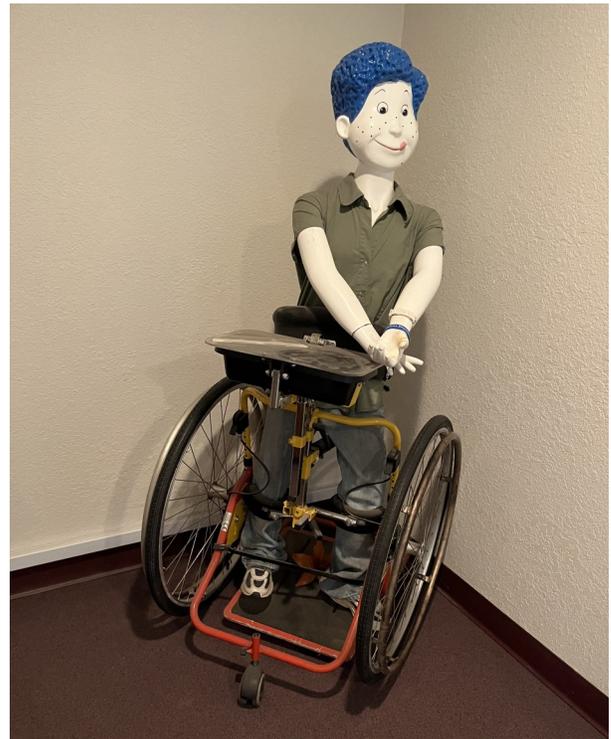
Sam

**We Support Our Youth!**

A big achievement in entering the fray that is community youth programming, Youth Coordinator Samantha Nickles and Independent Living Skills Specialist Sequoia Commins participated in the Youth Wellness Summit on September 23rd in conjunction with many other Del Norte youth programs within the community. The event was held at Crescent City’s Cultural Center on Front Street where different schools bussed in high schoolers to be exposed to different resources, grab some grub, and receive a T-Shirt with a chance to win some awesome prizes. Since the series was based upon Mental Wellness, Samantha created a playful handout that explained exercises in stretching and breathing as well as mental health resources available in the county.

**HASL- A League of Their Own**

Situated above the scenic Highway 199 in Grants Pass, Oregon is a fellow CIL- Handicap Awareness and Support League. Our Del Norte team, Executive Director, and Assistive Technology coordinator toured HASL on October 20th to explore differences in services and learn more about their renowned durable medical equipment lending library. The TCIL team exchanged ideas and discussed ways of moving forward within their own lending library as the members of HASL explained how they had started and expanded their program. HASL’s spark for activism in the disability rights community was inspiring and both teams parted ways looking forward to collaboration.



Some old fashion assistive technology

## Disability Disaster Access and Resources

### DDAR Program partnering with DDS to expand service to Regional Center clients

Since 2021, TCIL has been distributing batteries supplied by PG&E to clients in Humboldt and Trinity Counties.

In 2022 the California Department of Developmental Services (DDS) started a three-year, renewable contract with TCIL and other ILCs across the state and purchased a limited number of Yeti Batteries for distribution to Regional Center clients.

The batteries provide backup power to run their medical devices during power outages. The batteries reserved for local Regional Center clients are currently being distributed by TCIL's Emergency Preparedness Coordinator, Dawn Albrecht, who runs the Disability Disaster Access and Resources (DDAR) program.

Although Dawn has already been providing backup batteries provided by PG&E to Regional Center clients, the additional DDS batteries will increase the number of available batteries, allowing more individuals to receive free Yeti batteries.

Next year, more Regional Center clients will be selected to receive a battery from DDS.

If you think you might qualify for a battery (even if you are not a Regional Center client) contact Dawn at (707) 407-5653 - or call the TCIL office at (707) 445-8404.

### Our Storage Unit For Batteries



### Three Sizes of Batteries



## Cultural Exchange

### Cultural exchange to improve the lives of vulnerable populations during disasters.



In September, representatives from Osaka, Japan met with Dawn Albrecht, TCIL's Emergency Preparedness Coordinator, as part of an ongoing exchange of information about emergency planning, response, and recovery policies and programs for individuals with disabilities and other vulnerable populations in California and Japan.

Tomohide Atsumi, PhD., is Dean and Professor for the Graduate School of Human Sciences at the University of Osaka. Yuko Ishizuka, also from the University of Osaka, is an engineer who specializes in building design for individuals with special needs. They spent two days with Dawn, discussing ideas and policies, and learning about the DDAR program, (which won the second-place award in 2020 for innovative programs designed to help meet the needs of vulnerable populations during disasters in the United States).

The Japanese guests participated in home visits and interviews with DDAR program recipients in Hoopa and interviewed Dawn to learn more about the DDAR program and disasters impacting California residents. While in Hoopa, they were treated to smoked salmon, acorn porridge, and lessons on Hoopa tribal history and culture from DDAR client and Hoopa tribal member Sherlette Colegrove.

This is the third cultural exchange between Dawn and her friends from Japan. Dawn was their guest during a visit to Japan in 2019, during which time she studied emergency response and recovery from the Kobe earthquake and flooding events and shared her resources for emergency planning practices for individuals with developmental disabilities with her Japanese colleagues.

## Chromebook Loan Program

### TCIL's Chromebook Loan Program

What is a Chromebook?

\* A laptop running Google's Chrome Operating System



It use the internet to do things like:

- browse the internet,
- email,
- create documents,
- manage finances,
- keep track of appointments,
- use social media to keep in touch with family and friends
- video chat
- and so much more

Includes built-in accessibility out of the box like:

- Vision- make the screen easier to read or with a few keystrokes
- Hearing- make it easier to access audio and video content
- Motor- options for those who have trouble using a traditional keyboard
- And more.

If you are interested in borrowing a Chromebook please contact Assistive Technology Coordinator Julianah Harris at (707) 445-8404 or [julianah@tilinet.org](mailto:julianah@tilinet.org)

**2022 Agency Holidays**



**2023 Agency Holidays  
(office will be closed)**

<b>Sunday, January 1st</b>	<b>New Year's Day</b>
<b>Monday, January 16th</b>	<b>Martin Luther King Day</b>
<b>Monday, February 20th</b>	<b>Presidents' Day</b>
<b>Friday, March 31st</b>	<b>Caesar Chavez Day</b>
<b>Monday, May 29th</b>	<b>Memorial Day</b>
<b>Tuesday, July 4th</b>	<b>Independence Day</b>
<b>Monday, September 4th</b>	<b>Labor Day</b>
<b>Friday, November 10th</b>	<b>Veterans' Day</b>
<b>Thursday, November 23rd</b>	<b>Thanksgiving</b>
<b>Friday, November 24th</b>	<b>Day after Thanksgiving</b>
<b>Monday, December 25th</b>	<b>Christmas</b>

## Emergency Preparation

### 7 Essential Items for Emergency Preparation

**Water:** You should have about 10 quarts of water per person in your home of clean water in your home to be used for drinking and food preparation purposes.

**Food:** Food that is packaged as meals which can be stored in the home. And food that can be easily carried and be stored for quite some time, such as protein bars.

**Backpack:** You will need to have something to carry the things you need for emergency purposes. You should have a “bug-out” backpack that contains the essential items.

**Medical Supplies:** A first aid kit is essential as it can treat small injuries before they become big problems. The medical supplies should contain all prescription medications you and your family needs.

**Radio:** A radio allows you to hear vital information that can assist in your survival. You should purchase radios that are powered by a hand-crank, so no batteries are needed.

**Multitool:** A proper multitool contains what you need to survive starting with a knife for slicing and defense, pliers for pulling, scissors for cutting, and a myriad of other tools all in one easy to carry device.

#### Lighter or Fire Starter

Fire can cook your food, keep you protected, and warm your body so you can survive. You should carry more than one method of starting a fire. A fire starter kit uses multiple methods of starting a fire. Plus, having a lighter and box of matches gives you backup options.

**Join Us!**

# **Try-County Independent Living Invites you to**

**Join our Peer  
Support Group on  
Tuesdays at  
3:00p.m.**

**On Zoom**

**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.**



**TRI-COUNTY**  
Independent Living  
139 5th Street  
Eureka, CA 95501

**Non-Profit Organization**  
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Permit No. 32

**OR CURRENT RESIDENT**

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