



Message from Eddie Morgan our executive director

In 2023, we encountered challenges such as an earthquake, persistent rainfall, and fires in Del Norte. Despite these obstacles, our unwavering commitment to empowering individuals with disabilities endured.

I am pleased to announce that our ADRC Program and Veterans Direct Care Services are poised for significant advancements, underscoring our dedication to positive change.

We anticipate these programs will have a transformative impact on our clientele and communities, mirroring the success of our youth coordinator's innovative approach in creating new opportunities, exemplified by the Expo, and the initiatives undertaken by our various departments throughout the year.

Happy 20th Anniversary Mari!



In the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed.
- Khalil Gibran



Success Stories

Damon's Successes!



Damon and Indo

Damon has been working on his goals with ILS Indo Vang. A goal he has is to access his local community and build a social support system.

One way he has been working towards this goal is by exploring volunteer opportunities with Indo. An opportunity to volunteer at the Tri-County Independent Living Expo fit well with his goals.

While volunteering at the Expo, he was given the responsibility of assisting Expo attendees at the raffle prize table where he would answer questions and direct guests to requested vendor stations.

After the Expo, he reported that, "everything went fine, and I am looking forward to the next TCIL volunteer event."

TCIL's Residential Ramp Loan Program Changing Lives



We installed this ramp!

The Ramp Loan Program (RRLP) has been changing lives and increasing the independence for our clients.

Every ramp offers freedom of movement. Giving clients the ability to get in and out of their homes, often for the first time in years. Clients are able to go to doctor's appointments, shop, or engage in social activities. All the things that enable one to live in their own homes and communities.

The RRLP serves areas from Eureka to McKinleyville, with 3 or fewer steps. For those who do not qualify ATC Juliannah has prepared: a resource list of possible ramp funding sources, and the complete Lowes guide to building wooden ramps. If you are interested the RRLP or the resources listed please contact:

Juli (707)445-8404 or juliannah@tilinet.org

Chromebook Loan Program

TCIL's Chromebook Loan Program

What is a Chromebook?

* A laptop running Google's Chrome Operating System



It uses the internet to do things like:

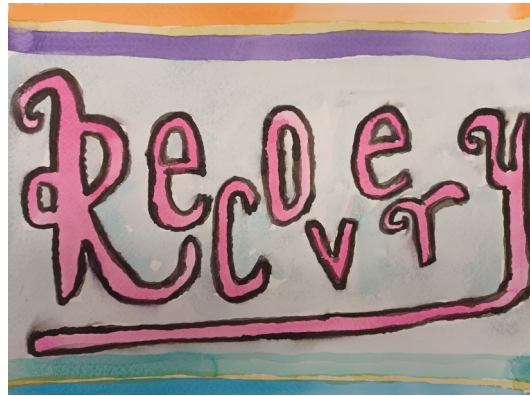
- browse the internet,
- email,
- create documents,
- manage finances,
- keep track of appointments,
- use social media to keep in touch with family and friends
- video chat
- and so much more

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 juliannah@tilinet.org

Brian's Success Story



I have developed an artistic style that helps me expand my communication skills. My style is called Word Imaging. I developed my style as a way to support and empower friends and kind strangers.

Recovery: Recovery is based on my specific disabilities. Recovery to me isn't about substance abuse... It's about me living with my disabilities, living securely, and living independently with self-determination.

I started on my disability journey in 2016. It was incredibly difficult at first, then I got involved with TCIL and the HOPE Center. I learn and use coping skills I pick up from friends, peer support groups, and organizations like Tri-County.

Community support has provided the help I needed to become skilled at managing very difficult challenges. Now I am looking forward to living each day with less stress and more freedom and happiness.

In my life right now I am really loving painting. I have been experimenting with watercolors and acrylic paints on many different kinds of surfaces. I am now moving into ceramic painting, my art keeps me alive and stable.

I would love to shout out to TCIL and the HOPE Center for empowering me in my journey of self discovery.

¡Muchas gracias!

TCIL Del Norte Office



Sequoia and Andy of TCIL Del Norte at the National Rural Independent Living Conference.



Andy with TCIL and RCRC held a focus group about increasing local state park's accessibility.



Over the past year TCIL Del Norte has become an increasingly cozy and welcoming space.

We commissioned local artist Kelly Marie to decorate our office's windows.

TCIL Del Norte Office



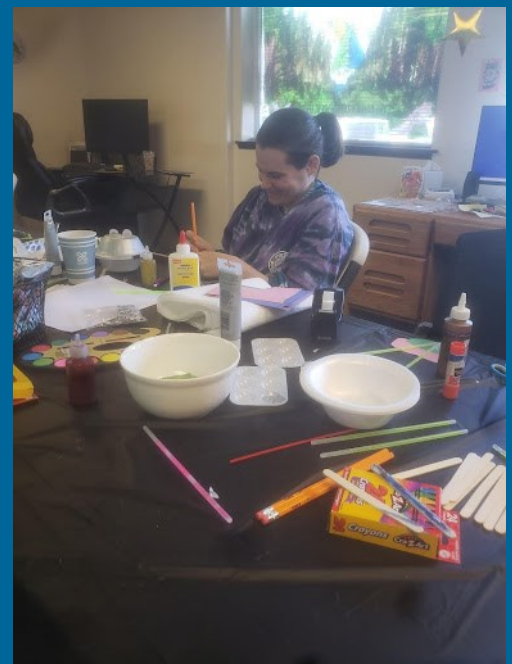
TCIL Del Norte remained a place of resilience and peer support even during the Smith River Complex fire.



Our office bloomed this year with the launch of our community made disability pride art wall. In this photo the art wall is decorated for October



Together Sequoia, Jennifer, and Catherine launched a Peer Support Art Group to be hosted monthly in our Del Norte Office.



EIGIIS 2.4G Ergonomic Trackball Handheld Finger USB Wireless Mouse PRICE: \$29.99



- ◆ Ergonomic design; easier on palm and wrist
- ◆ Ambidextrous design; left or right hand
- ◆ Sculpted shape; supports hand staying in one place
- ◆ No space limitation
- ◆ Range distance; about 10m
- ◆ Adjustable DPI; sensitive rolling ball
- ◆ Plug and play; USB 2.0 Interface, no software required
- ◆ Powered by one AAA battery

TCIL's AT Assistant Elizabeth uses this mouse daily. She uses it to help with the wrist/hand pain and discomfort she experiences when she uses a regular mouse. It allows her to rest her arm/hand on her leg, the arm of her chair, desk, or mid-air, while navigating and scrolling her computer. It requires only the thumb to move the cursor, allowing the arm and wrist to be kept still.



Left and Right handed mouse



"This mouse has saved my wrist and hand! It took a minute to get used to the trackball, but I picked it up quickly and now I can't imagine working at a computer without it!"

For information on this or similar products contact Assistive Technology Coordinator Julian-nah Harris (707) 445-8404 or julian-nah@tilinet.org

Comings and Goings



Sequoia Commins

Sequoia has gone through a recent change and has been promoted to Site Supervisor.

While she still sees TCIL consumers on an appointment basis, one of her duties is to support the many wonderful TCIL employees that come to work in Del Norte and Adjacent Tribal Lands.

Sequoia celebrates her second year at TCIL



Catherine Peacock

Catherine became an official member of the TCIL- DN team this October as an Administrative Assistant.

Catherine has been assisting with outreach events, providing a sprightly reception at the door to welcome clients, and assisting in operations.

We appreciate Catherine's artistic flair and her ability to brighten any environment.



Jennifer Ruiz

Jennifer is almost finished with her 10 week internship with TCIL-DN.

This introspective and kind individual has assisted with developing and pushing along projects like submitting a strategy grant to expand the DN office.

Jennifer has been updating the fan favorite resource guide, and creating an art support peer group.

Year In Pictures

2023

2023 was a great year for Outreach and Advocacy!



Year In Pictures

2023



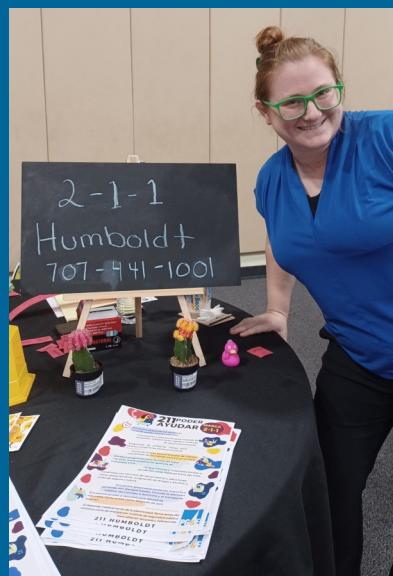
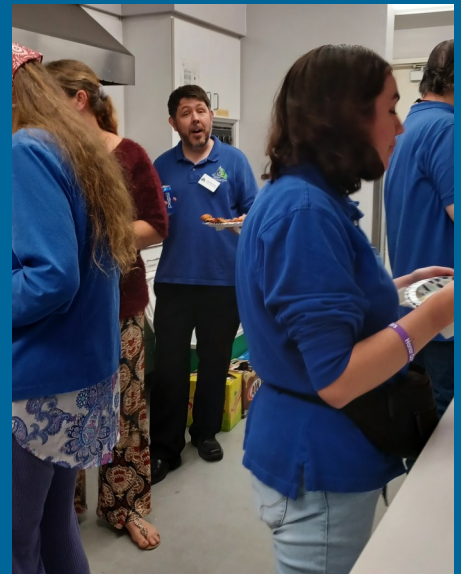
Between working with CalTrans, Coalition for Responsible Transportation Priorities, City of Eureka, and Eureka Police Dept. on increasing Multi-modal Transportation access, and our community outreach efforts. We had a great year for advocacy!



14th Annual Tri-County Independent Living EXPO

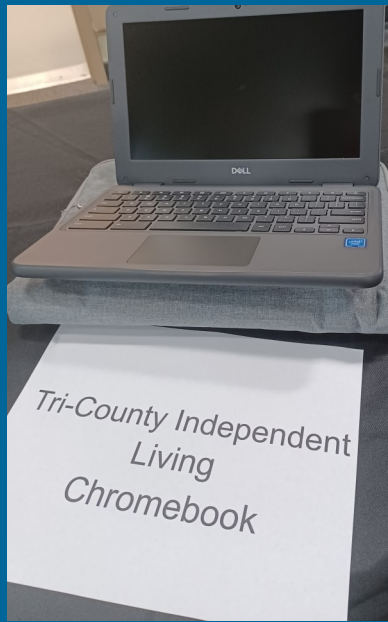
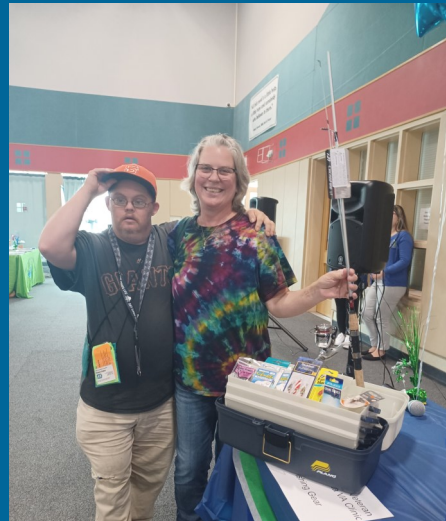
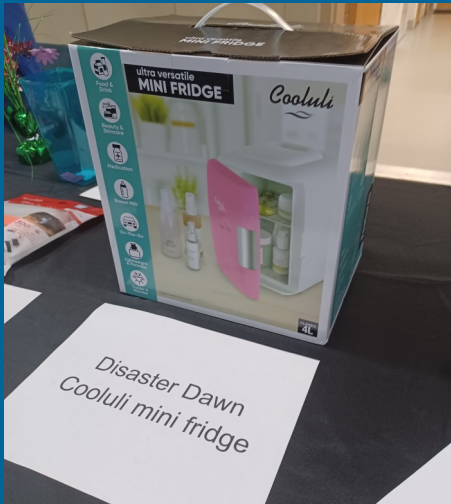
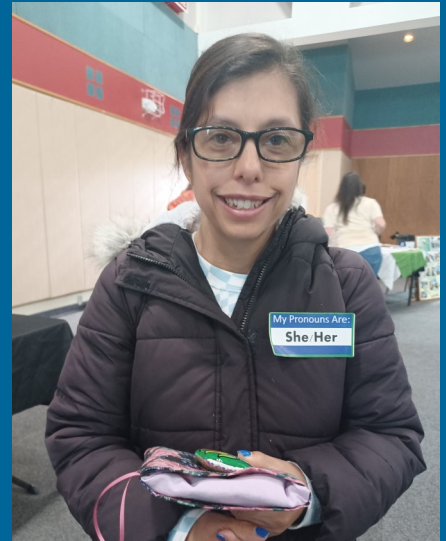
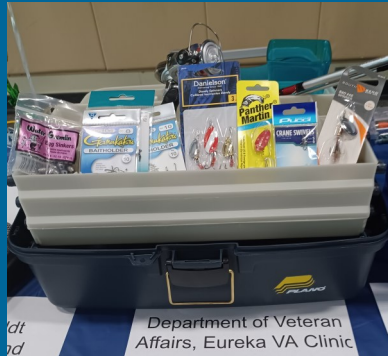


The Tri-County Independent Living Expo brought 30 vendors together to provide a day of resources, prizes, and fun. Thank you to all of our community partners and allies in helping to make our 14th Annual Independent Living Expo a wonderful success!



14th Annual Tri-County Independent Living EXPO

Some of the many winners and prizes of our free EXPO TCIL raffle!



Andy Padilla's Story: TCIL Youth Coordinator and Client

Written by Andy

Something special about Centers for Independent Living is that many staff members are also clients. I am both the Youth Coordinator and a TCIL client. As a client I receive services through TCIL and the Association of Programs for Rural Independent Living (APRIL). This year I had two success stories as a client.



Andy with Assistive Tech

Firstly, I set an assistive technology Independent Living goal. My goal was to gain access to A.T. that would make reading easier and more enjoyable to me, a dyslexic. With TCIL's help, I was able to sample using a Bone Conductive headset and enroll in California's Braille and Talking Book Library. Both have increased my access to text to speech technology that make reading accessible for me.



Andy with Friend

My other success was accessing peer support services. I joined APRIL's peer support program for young community leaders with disabilities. The group helped me to build resilience. I was later invited to an empowerment program hosted by APRIL. I made friends through the program who helped me to grow my resiliency. In October, I attended APRIL's national conference, got to learn from Disability Rights Movement leaders, and was celebrated as part of the next generation of the movement's leaders.

TCIL Del Norte

TCIL Del Norte Advocacy and Outreach

The Del Norte & Adjacent Tribal Lands community took on an ambitious task: Introduce all students to sources of strengths and build resiliency skills through a yearly 3 part event series called, the Youth Wellness Summit (YWS). At the Summits, students meet community organizations that can support them, play games that build resilience, and learn about sources of strengths.

TCIL helped reduce noise levels which youth last year identified as overstimulating. TCIL also helped to create an outdoor space youth could retreat to for relaxation.



Photo Description: Jennifer and Catherine tabling for TCIL

After the May YWS, Sequoia and Andy of TCIL were asked to join the planning committee to help make future events more inclusive of youth and community members with disabilities. Through their involvement, this school year's first 2 events were more accessible and inclusive.



Photo Description: Sequoia, Terrin and Nick

Over 400 students have been able to take part in summits this school year. Ultimately what is really special about the Youth Wellness Summit is it is a community wide project that no one organization could have hosted alone. We would love to thank the rest of our community who make YWS possible. Our agency is proud to continue to learn and grow resiliency with the community of Del Norte.

Holiday Art Competition**7th Annual Holiday Art Competition**

**\$100 First Place Winner:
Humboldt Snow Globe
By: Leslie**



I am Leslie Allen, watercolor artist, native of Humboldt County. My love of animals and the outdoors are reflected in my paintings. In 2020, I had a large brain tumor removed between my eyes. Somehow this experience expanded my creativity. Now I consider my disability a superpower.

Holiday Art Competition

Tri-County Independent Living has a Holiday Art Contest every year, to celebrate artists with disabilities. Art not only helps us cope, but also provides a chance for us to express our feelings, to share with the world. Thank you to all of the artists who participated in our contest this year, and a huge congratulations to the winners!

\$50 Third Place Winner:

Midnight Tree

By: Ken



\$75 Second Place Winner:

**The Whites and Blues of
Winter**

By: Kjerstine

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.

2023 Agency Holidays



2024 Agency Holidays (office will be closed)

Monday, January 1st	New Year's Day
Monday, January 15th	Martin Luther King Day
Monday, February 19th	Presidents' Day
Monday, April 1st	Caesar Chavez Day
Monday, May 27th	Memorial Day
Thursday, July 4th	Independence Day
Monday, September 2nd	Labor Day
Monday, November 11th	Veterans' Day
Thursday, November 28th	Thanksgiving
Friday, November 29th	Day after Thanksgiving
Wednesday, December 25th	Christmas



TRI-COUNTY

Independent Living

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Eureka, CA 95501

Non-Profit Organization

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