



TCIL Disability & Senior EXPO 2026



Disability and Senior

**Welcome
Humboldt
County!!!**

- Assistive Technology
- Connections
- Networking
- Education on Rights
- Resources
- Referrals

Eddie's Message

Welcome to Tri-County Independent Living's EXPO 2026! Tri-County Independent Living (TCIL) is part of a worldwide network of advocates working 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. Information and education is vital as we work to move towards this future.

The TCIL Expo 2026 is designed to inform, educate, and share some of the many options that are available to promote independent living.

We hope it is beneficial to everyone in our community. Enjoy exploring the EXPO 2026!



Digitally signed by Eddie A Morgan
for verification go to <https://www.tri-county-il.org/verify> or <https://www.tri-county-il.org/verify>

Eddie A Morgan, MPA
Executive Director

Tri-County Independent Livings EXPO History

Tri-County Independent Living has been hosting their EXPO for 21 years. Each year we increase the number of exhibitors and speakers to engage the community more. This year we are focusing on “What the future holds for the Disabled and Aging Communities?”

Every EXPO is unique and informative. Join us to learn about the history of the disability rights movement, gain insight into organizations that support the disabled and aging community, and network with people from other non-profit and community organizations.

TCIL 2026 Expo Steering Committee

Chair and Co-Chairs

Jessica Warrick, AAS, Chair

Carolyn Webb, BA, Co-Chair

Eddie Morgan, MPA, Executive Director

Logistics

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Maya Minushkin, BA

Jennifer Godare

Finance

Tara Grosword, Finance

Food Procurment

Emerald Gardenr and Maya Minushkin

Raffle Organizing

Maggie Torres, BA

Mari Dorenstreich

Emerald Gardener

Marketing

Madeleine McDonell

Catherine Peacock

Design-Logo and Email Signature

Anisa Escobedo-

Independent Contractor

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Eddie Morgan, MPA

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Kevin O'Brien

Scott Baker

Schedule of Speakers

10:00

Opening Ceremony

11:15

Speaker-Harper Lacey CORE

11:30

Lunch announcement to tablers/workshop
announcement

12:00-1:00

Speaker/Workshop-James Peck, Alexander
Method

1:30-2:30

Speaker-Aaron Caruthers SCDD

2:15

Announcement

1:45

Raffle off ChromeBook

2:00

End of Day

Guest Speakers

Harper Lacey-CORE



Community Organized Relief Effort

CORE's Climate Resilience & Disaster Preparedness team is dedicated to amplifying environmental awareness and disaster preparedness efforts by partnering with trusted local organizations to foster community resilience.

Through providing workshops, resources, hands on opportunities, and more, we strive towards a more equitable world in which underserved communities are prepared and can effectively respond to crisis from within.

Guest Speakers

James Peck-Alexander Technique



Join James for this presentation on the Alexander Technique, a gentle and practical approach to improving comfort, confidence, and ease in everyday life. Designed for older adults, caregivers, and individuals navigating physical, cognitive, or emotional changes.

This presentation explores how finding choices in movement, breathing, and body awareness can support greater well-being. Through body mapping, breathing exercises, and regulation activities, participants can learn practical tools to reduce unnecessary tension, conserve energy, and enhance their overall quality of life.

Discover how moving with greater ease can make daily activities safer and more comfortable.

Aaron Caruthers



The California State Council on Developmental Disabilities (SCDD) is established by state and federal law as an independent state agency to ensure that people with intellectual and/or developmental disabilities (I/DD) and their families receive the services and supports they need.

People with I/DD know best what supports and services they need to live independently and to actively participate in their communities. Through advocacy, capacity building and systemic change, SCDD works to achieve a person-centered and family-based system of individualized services, supports, and other assistance.

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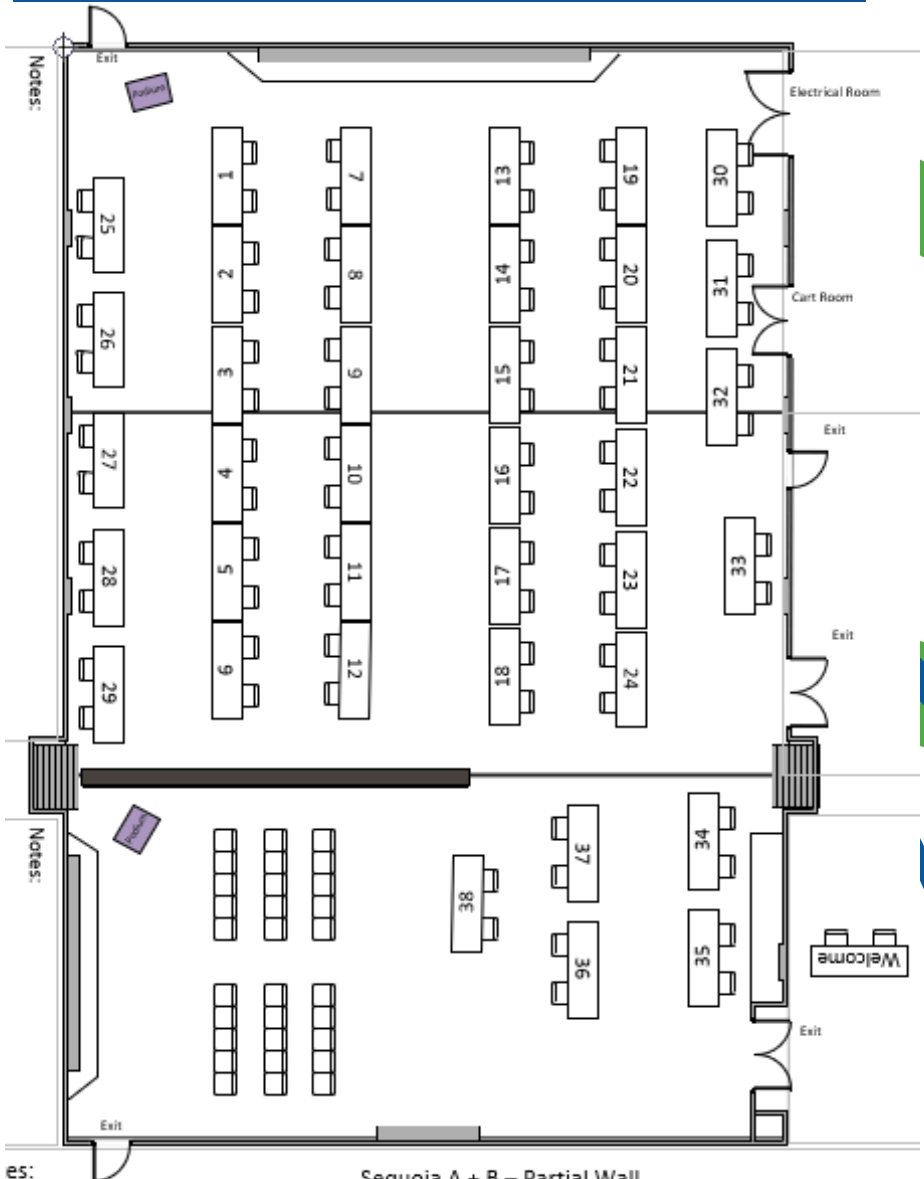
Tables Location

1	UpLift	20	Building Bridges
2	HCAR	21	IHSS
3	NOAA	22	Neurohealth
4	HTA	23	Arcata House Partnership
5	Compass Cares	24	RCRC
6	Redwood Capital Bank	25	DDAR
7	Teaming Up	26	HC Office of Elections
8	Adult Day Health Care	27	Advanced Crisis Solutions
9	Reaching For Independence	28	DHHS Sub.Abuse Prevention
10	SASS/CR	29	California Connect
11	Visiting Angels	30	NCHIIN
12	C RTP		
13	Hope Center DHHS		
14	SCDD		
15	North Coast Speech Pathology		
16	Eternal Homecare Solutions		
17	2-1-1 Humboldt		
18	Advanced Security Systems		
19	Humboldt Senior Resource Center		

Tables Location

31	May Living Design
32	CORE
33	Independent Living Specialist
34	Transition and Diversion/ADRC/ A1AA
35	HCAOG
36	Max- Wrong Shape Studio
37	SEIU2015
38	DRC
39	DCARA

Tables Location



Sequoia A + B – Partial Wall

38 Rectangles w/ 2 chairs in both spaces

Theater for 30 in A, 1 rectangle with 2 chairs in lobby

Independent Living EXPO – October 9, 2026



**Thank you for attending the
Tri-County Independent
Living 2026 Disability and
Senior EXPO!**

**We hope to see you at the
2027 Disability and Senior
EXPO.**

**If you would like to participate at next
years EXPO then reach out to
Jessica@tilinet.org for information on how
to get on the list early.**



Tri-County Independent Living

139 5th St.

Eureka, CA 95501

(707)445-8404

286 M St., Suite C

Crescent City, Ca 95531

(707)908-8621