



# THE MARIN INDEPENDENT

## Angels by the Bay



Dear Friends,

The Marin Center for Independent Living is proud to present our First Annual Fundraiser, *Angels by the Bay*.

Our luncheon event will be held on Thursday, October 16th, 2008 at the beautiful Corinthian Yacht Club in downtown Tiburon. The day will include a private shopping extravaganza of unique and exclusive gift items and memorabilia as well as a live auction. Despite our longstanding thirty year history of service, this is our First Annual Fundraiser. One hundred percent of the proceeds from *Angels by the Bay* will directly benefit those we serve.

We invite you to partner with us to become a sponsor of this event through your underwriting support or attend the event with friends and family. For more information please contact Kathleen Woodcock at ext. 17 or visit us at our website [www.marincil.org](http://www.marincil.org).

A heartfelt thanks goes to our underwriters (as of 7/08) who are listed on the back cover.

-Eli Gelardin, Executive Director

## Tech Expo '08



We are pleased to announce our collaboration with Santa Rosa's Disability Services and Legal Center (formerly Community Resources for Independence) and Sonoma State's Disability Services for Students Program in promoting an assistive technology expo scheduled for October 24<sup>th</sup> 2008. The event will be held from 10 AM – 3 PM in the Garret Building at the Sonoma County Fairgrounds (1350 Bennett Valley Road, Santa Rosa.) The goal of the event is to raise community awareness concerning remarkable advances in assistive technology and allied services that are enhancing access and inclusion opportunities for seniors and the disabled community. Over seventy exhibitors (including many Marin-based resources) will display the latest assistive technology devices and educational materials along with service information for seniors, people with disabilities, health professionals, educators and the general public. The keynote speaker will be Michael Muir, great-grandson of John Muir and Director of Access Adventures.

Presentations addressing a variety of informative AT issues are in the planning stages for the event. Diverse topics ranging from accessing Medicare/Medi-Cal assistive technology benefits to an exploration of recreation and adaptive sports assistive technology are being considered. More information can be found by accessing the event's website ([cri-dove.org](http://cri-dove.org)) and by contacting event coordinator, Vaughn Held at 707 528-2745, x 208 or by email: [vheld@sonic.net](mailto:vheld@sonic.net).

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## YOUTH LEADERSHIP FORUM (YLF) FOR STUDENTS WITH DISABILITIES

*A Unique Program for Future Community Leaders*

### WHAT IS THE YLF?

The YLF is an innovative, intensive five-day training program for high school juniors and seniors with disabilities. The training is presented in a fun, entertaining, and educational format in Sacramento, California.

### WHAT KIND OF STUDENTS PARTICIPATE IN THE YOUTH LEADERSHIP FORUM?

Young people with disabilities who demonstrate leadership potential, academic success, involvement in extra-curricular activities, community involvement and the ability to interact effectively with other students.

### WHAT SPECIFICALLY HAPPENS AT THE FORUM?

The program includes small and large group discussions, a talent/variety show, a dance, a formal luncheon with community leaders and a meeting in the Governor's Office.

Topics include "Choosing a Career," "Understanding the History of Disability as a Culture," and "Assistive Technology for Independence". Presenters include disability community leaders, legislators, celebrities, and other adult role models who have disabilities. Students identify existing challenges to personal and professional success and develop plans on how to overcome those challenges. Students learn to manage their independence.

Students develop public policy recommendations which are formally presented by the Governor's Committee on Employment of People with Disabilities to the Governor and State Legislature. Students develop "Personal Leadership Plans" which include specific action items for the students when they return to their communities.



Students learn how they may be able to participate in internships, mentoring programs, and other employment preparation activities once the Forum has ended.

### WHY HAVE THIS FORUM?

Young people with disabilities have both more opportunities and more challenges than at any other time in our nation's history. The Americans with Disabilities Act (ADA) has created unprecedented opportunities for these young people to fully develop as positive, contributing members of our society. The YLF enables them to learn from each other and from successful adults with disabilities. Hundreds of our YLF alumni lead independent lives and many have graduated from such prestigious universities as UCLA and Stanford and have successful careers.

### HOW DOES THE FORUM HAPPEN

Approximately 60 high school students are selected to attend through a competitive process. The event successfully integrates students who represent the disability and ethnic diversity of our state. The Forum is held annually at the end of July in the State Capitol, Sacramento and at California State University, Sacramento.

### WILL THERE BE MORE FORUMS IN THE FUTURE?

The first-ever YLF was held in Sacramento in 1992 and successful forums have been held annually since. Additionally, more than 30 other states use our YLF as a model.

### HOW MUCH DOES THE FORUM COST?

The cost is approximately \$1500 per student not including thousands of dollars for services and goods provided in-kind by volunteer supporters. However, there is no charge for the student delegates to attend the Forum.

For more information about applying for and participating in YLF 2009 please contact us.

# The Advocate

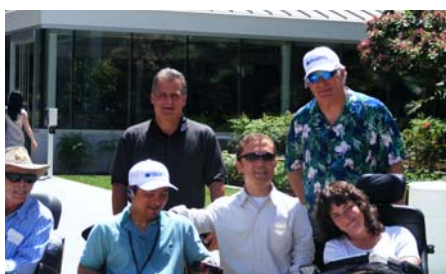


## Budget Cuts

In April, Marin CIL's Peer Support group members joined other CILs in the Bay Area and held a rally outside the Governor's office in San Francisco to protest the proposed budget cuts to IHSS and other social service programs. Members of the group also met one on one with the Governor's staff to discuss their concerns about the proposed cuts.

## Capital Action Day

On May 15, 2008, a number of our staff and members of our Peer Support group attended Capital Action Day in Sacramento. Over 1500 individuals attended the rally. The group visited legislators to educate them on issues impacting people with disabilities.



## Accessibility

We have received a number of calls from consumers this year regarding accessibility concerns in department stores, restaurants, banking facilities, public agencies, beaches, and sidewalks in a number of Marin County municipalities. Our Systems Change Advocates and members of the Peer Support group have been quick to respond and educate business owners about the ADA.

Many of the businesses and agencies that we visited were very receptive to making changes to improve accessibility to seniors and persons with disabilities.

Special thanks go to the following businesses and agencies for making changes to improve accessibility:

Mervyn's, San Rafael; Long's Drugs, Mill Valley; Cheesecake Factory, Corte Madera; Redwood Credit Union, San Rafael; Rite Aid, Corte Madera;

Nordstrom, Corte Madera; DMV, Corte Madera; DMV, Novato; US Post Office, Mill Valley; Sutter Labs, San Rafael.

Special acknowledgements also go to the Golden Gate National Parks staff who met with a volunteer from the Peer Support group and one of our Systems Change Advocates in an effort to improve accessibility at Stinson Beach. We are reviewing the acquisition of mats to permit beach access for wheelchairs (see below), accessible picnic areas and dressing rooms and other options for individuals in wheelchairs.

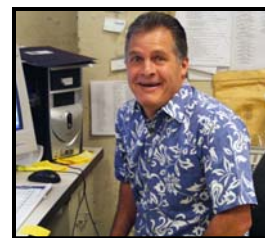


The Systems Change Advocates and Peer Support Group members have worked positively to secure the necessary changes and have made these access issues a win for everyone concerned. If you are interested in participating in this process please visit our Peer Support Group which meets weekly on Fridays from 2-3:30.

## Our Systems Change Advocates



Phil Shepard



Rocky Birdsey

## Calendar of Upcoming Events

- Para Transit Coordinating Council, 3rd Monday of every month, 1:30pm, Whistle-stop Wheels.
- San Rafael ADA Advisory Committee, 1st Wednesday of every month, 2pm, City Hall 2nd floor.

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Nonprofit Organization  
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San Rafael, CA

*Angels by the Bay Sponsors*

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Bank of Marin	David Peters Photography	Sol Food	Melting Pot

**The Marin Center for  
Independent Living**

**Offers the following free services:**

- ◆ Access Modifications
- ◆ Assistive Technology
- ◆ Benefits Counseling (SSI, SSDI, etc.)
- ◆ Breast Cancer Benefits Counseling
- ◆ Disability Rights Advocacy
- ◆ Equipment Recycling Closet
- ◆ Independent Living Skills Training
- ◆ Information and Referral
- ◆ Nursing Home Transition Assistance
- ◆ Personal Assistant Registry

**PEER SUPPORT GROUP  
FRIDAYS 2:00-3:30 PM**

**TRAUMATIC BRAIN INJURY GROUP  
TUESDAYS 5:30-7:00 PM**

**Share experiences**

Strategize solutions

Meet friends

Advocate

This and all printed materials are available in alternate formats. This newsletter can also be sent by email. Call Phil for info at ext. 19