

INDEPENDENCE CENTER NEWSLETTER FOR AUGUST 2017

MEDICAID WORKSHOPS

EDCD and Tech Waiver Now the CCC Plus Waiver Updates on the DD Waivers

On July 1, the Virginia Department of Medical Assistance Services combined the EDCD and Tech Waivers into a new Waiver program with new services. On August 1, most individuals with disabilities living in Tidewater who use Medicaid will be enrolled in a new Medicaid managed care program, Commonwealth Coordinated Care Plus (CCC Plus). The Endependence Center will conduct workshops on the new CCC Plus programs and provide an update on the DD Waivers program.

Thursday, August 3: 6:00pm-7:00pm - **CCC Plus** 7:15pm-8:30pm - **DD Waivers Update**
Saturday, August 5: 9:00am-10:30am - **CCC Plus** 10:45am-12noon - **DD Waivers Update**
Tuesday, August 8: 9:00am-10:30am - **CCC Plus** 10:45am-12noon - **DD Waivers Update**

All workshops will be held at the Endependence Center, 6300 E. Virginia Beach Blvd, Norfolk.

Please register for the workshops by sending a message to Tammy Manno, tmano@endependence.org or 351-1586. Please indicate the workshop you are registering for and provide your contact information in case there are any changes to the schedule.



The Endependence Center **Consumer Advisory Committee (CAC)** is having an Open House on **Monday, August 21st from 12:00pm to 1:00pm** (before Movie Monday) to help you fill out the enclosed Annual Participant Satisfaction Survey on Endependence Center Services. So come in and fill it out! Someone will be available to help you if you need assistance. If you would like for someone from the CAC committee to call you on the phone and fill it out, **please call Rena Lewis at 351-1578** and she will pass your name and number on to a CAC committee member to contact you. Surveys can also be mailed in, complete while at ECI or completed online at the Endependence Center website www.endependence.org (click on Survey link).

**Ready for an
Emergency?**
You can be.



Being ready for a hurricane or other disaster is a part of maintaining your independence. You need to prepare to meet your own needs as a person with a disability. Each person with a disability has to develop a **Personalized Emergency Plan** that can be implemented during a disaster for your survival. When developing your **Plan**, you need to prepare a **Supply Kit** and develop a **Support Network**. ECI will be providing more information on preparing for an emergency and basic first aid at a workshop on **Thursday, August 3 (1:30pm-3:00pm) at ECI**. Staff from the Norfolk Emergency Preparedness Department will present.

disABILITY LAW CENTER OF VIRGINIA

“Office Hours”

“Office Hours” is a program sponsored by the disAbility Law Center of Virginia (dLCV). A dLCV advocate or attorney will be at the Endependence Center on **Thursday, August 17 from 11:00am to 3:00pm** to talk to you, by appointment only, about issues related to discrimination as it relates to your disability. **To schedule an appointment, please contact Rena Lewis, 351-1578 or rlewis@endependence.org.**

AUGUST 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 IL Support Group @ ECI 2:00pm – 3:30pm	2	3 ILS Training – Emerg Prep/ Basic First Aid @ ECI 1:30pm – 3:00pm (See Page 1) ~~~~~ Workshops @ ECI CCC Plus 6:00pm–7:00pm DD Waivers 7:15pm-8:30pm (See Page 1 to register)	4	5 Workshops @ ECI CCC Plus 9:00am–10:30am DD Waivers 10:45am-12:00pm (See Page 1 to register)
6	7	8 Workshops @ ECI CCC Plus 9:00am–10:30am DD Waivers 10:45am-12:00pm (See Page 1 to register) ~~~~~ Participant Led Event** @ Waterside, Norfolk 12:00pm – 2:00pm	9 Consumer Advisory Committee @ ECI 11:00am – 12:00pm ~~~~~ Mix and Mingle @ ECI 12:00pm – 3:00pm	10 Participant Led Event** Women’s Group @ ECI 1:00pm – 2:30pm	11	12
13	14	15 Participant Led Event** M.A.N. Group @ ECI 1:00pm – 2:30pm	16	17 dLCV Office Hours @ ECI 11:00am – 3:00pm (by appointment only)	18	19
20	21 CAC Open House @ ECI 12:00pm – 1:00pm ~~~~~ Movie Monday “50/50” @ ECI 1:00pm – 3:00pm	22	23 Advocacy Group @ ECI 1:00pm – 2:30pm	24 Writer’s Club @ ECI 1:00pm – 3:00pm	25	26
27	28	29	30	31		

ENDEPENDENCE CENTER INDEPENDENT LIVING SKILLS TRAINING SCHEDULE FOR AUGUST 2017

1st IL Support Group -- 2:00pm – 3:30pm

TUE This support group is for anyone with a disability. We talk about adjusting to a disability, being independent, plus dealing with stereo types and attitudes.

3rd ILS Training - "Emergency Preparedness/Basic First Aid" – 1:30pm - 3:00pm

THU Scott Mahone, Deputy Emergency Manager for the City of Norfolk, and Nate Jones, CERT Manager, will provide Information on preparing for an emergency, how to get alerts regarding emergencies, safety, and basic first aid. (See Page 1.) (NOTE: Day change.)

3rd Medicaid Workshop, CCC Plus -- 6:00pm – 7:00pm

THU Medicaid Workshop, DD Waivers Update – 7:15pm – 8:30pm

See Page 1 to register for each workshop.

5th Medicaid Workshop, CCC Plus -- 9:00am – 10:30am

SAT Medicaid Workshop, DD Waivers Update – 10:45am – 12:00noon

See Page 1 to register for each workshop.

8th Medicaid Workshop, CCC Plus -- 9:00am – 10:30am

TUE Medicaid Workshop, DD Waivers Update – 10:45am – 12:00noon

See Page 1 to register for each workshop.

9th Consumer Advisory Committee -- 11:00am – 12:00pm

WED This committee is comprised of participants that have been appointed by the ECI Board of Directors to conduct the annual satisfaction survey. All participants at the Center get a chance every year to fill out a survey and let ECI know about the services they have received along with suggestions.

17th dLCV "Office Hours" -- 11:00am – 3:00pm

THU A dLCV advocate or attorney will be at the Endependence Center to discuss issues related to discrimination as it relates to your disability. By appointment only – Contact Rena Lewis at 351-1578 to schedule.

21st CAC Open House - Annual Participant Satisfaction Survey -- 12:00pm – 1:00pm.

MON (See Page 1.)

Movie Monday -- 1:00pm – 3:00pm

The movie, "50/50" will be shown followed by a discussion of thought and feelings regarding disability and how it relates to the movie.

23rd Advocacy Group -- 1:00pm – 2:30pm

WED Discussion about the rights of people with disabilities and how to advocate for ourselves and others.

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**PARTICIPANT LED SCHEDULED EVENTS\*\***

Tuesday, August 8, 2017 - 12:00pm – 2:00pm @ **Waterside**

333 Waterside Drive, Norfolk

Thursday, August 10, 2017 – 1:00pm – 2:30pm – **Women's Group** @ ECI

Tuesday, August 15, 2017 - 1:00pm – 2:30pm – **M.A.N. Group** @ ECI

Thursday, August 24, 2017 – 1:00pm – 3:00pm – **Writer's Club** @ ECI

Participants schedule these events; therefore, staff will not be present, however, staff will be available for assistance for events taking place at the Endependence Center. **\*\*HRT Paratransit/Bus Tickets WILL NOT be provided for events in the community!! (Tickets will be provided for events taking place at ECI)**

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COMMUNITY INFORMATION

Silent Dinner Schedule - AUGUST 2017

All take place 6:30pm – 9:00pm in the food court of each mall listed below and is open to the general public. Meet the Deaf community, ASL-English interpreters, ASL students, and signers.

8/4 Lynnhaven Mall ~ 8/11 Greenbrier Mall ~ 8/18 Lynnhaven Mall ~ 8/25 Greenbrier Mall



Disability Advocacy & Services

Endeppendence Center, Inc.
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Norfolk, VA 23502

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U.S. Postage
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E-Mail:

ecinorf@endeppendence.org

Website:

www.endeppendence.org

Place label here

Alternate formats of this
Newsletter is available upon
request by contacting
Cheryl Simpson at 351-1575

Trainings and Activities
ARE HELD AT ECI unless
otherwise noted.

Check ECI website at
www.endeppendence.org
for any changes to the
schedule or by calling
461-8007, Option 4

To sign up for a training
or to request an
accommodation within two
weeks of an event such as a
sign language interpreter,
CART, attendant, or Braille,
contact Rena Lewis at
351-1578 Voice,
461-7527 TDD or,
rlewis@endeppendence.org

What Activities
Would You
Like to See on
the Schedule
and Do?

Please contact
Deon Latham at
581-6932 with your
ideas of places you
would like to go
and things you would
like to do in the
community at a
Participant Led Activity

Mix and Mingle

All are welcome to
come to the Center to
socialize with others
and play cards, watch
movies, etcetera.

For All Ages

August 9, 2017
12:00pm – 3:00pm

