



ENDEPENDENCE CENTER NEWSLETTER JANUARY 2022



ECI Operational Plan

ECI recognizes the seriousness and effect that the Coronavirus (COVID-19) can have on people we work with. So that ECI staff and participants stay safe, we have established the following operational plan:

1. ECI's office will be open for scheduled appointments only.
2. You can call and speak with your IL Coordinator about scheduling an appointment to discuss your goals.
3. ECI staff continue to be available by phone and e-mail, Monday – Friday, 9am – 5pm.
4. ECI will be holding a few in-person group activities. See page two for attendance requirements.
5. ECI will not be holding any participant-led events at ECI until further notice.
6. ECI's Facebook page, website, and newsletter will be updated to reflect this policy and any changes.

Independent Living Skills: Annual Overview

The event will focus on reviewing your independent living progress and goals you have for the new year. This ILS will be held in-person at ECI or via Zoom on January 11, 2022 from 2:00pm to 3:00pm. Please register by contacting your Independent Living Coordinator. Participation is limited to 12 people. **Registration is required. See page 2 of this newsletter for in-person attendance requirements.**

Accessing the Webinar: Register in advance for this webinar via Zoom at:

https://us02web.zoom.us/webinar/register/WN_jLPbxmsQR2OKf6iTPapPAw

After registering, you will receive a confirmation e-mail containing information about joining the webinar. If you have sound on your computer, you will hear the webinar through your computer. If you do not have access to the Internet or do not want to use sound through your computer, you can join the webinar by phone.

Accessing the Webinar through the Phone:

1. Call **1 646 518 9805**
2. You will be asked to put in the Webinar ID number: **868 9211 6552**
4. You should now be in the Webinar
5. To mute/unmute your phone, press *6 on your keypad

Youth Advocacy Group: "Advocating for Healthcare Access"

ECI youth participants will meet and have the opportunity to learn the necessary Independent Living Skills needed to advocate for healthcare access. The meeting will be held on **Saturday, January 22, 2022 from 10:00am-12:00pm, online through Zoom and in person at the Endependence Center.** For more information or to register, please contact Amy at ECI at 351-1597 or aouellette@endependence.org.

Please inform ECI no later than 12:00 pm on Friday, January 21st if you will be attending the group online or in person. If you plan to attend in person, let us know if you will need transportation ticket(s) so that we can register you, have tickets ready for you, and have a way to notify you if the meeting needs to be changed to another day. **Masks will be required to be worn. Please see page 2 of this newsletter for attendance requirements.**



Attending In-Person Events at ECI



ECI is committed to the health and safety of its employees and the individuals that we serve. ECI will post in our newsletter upcoming in-person events that we will be having. Due to COVID-19 and our capacity, we will limit the number of people who can attend an event, and all participants will need to register ahead of time to attend.

For you to attend these events, the following must be true:

1. You need to be an active participant of ECI.
2. Contact your coordinator 7 days before the date of an activity to let them know you will be attending. Be mindful that these will be group activities that may fill up quickly, so please register early.
3. You need to answer NO to the following questions:
 - a. Do you currently have or had a fever, cough, or shortness of breath?
 - b. In the last 14 days, have you had contact with any of the following:
 - i. Someone with a confirmed or presumptuous diagnosis of COVID 19
 - ii. Someone who has been or is waiting to be tested and is waiting on results for COVID 19
 - iii. Someone with a respiratory illness
 - iv. Someone who has or have been asked to self-quarantine
 - v. Visited a community with known cases of COVID 19 and not worn a mask/PPE or able to physically distance

For all people who will be participating in an activity:

1. All participants and visitors will be required to wear a mask and/or a face-shield
 - a. If they do not have a mask or face shield, ECI will provide a disposable one for them to use when they check in.
 - b. We understand that if they have been vaccinated per the CDC, they do not have to wear one, but at this time, we are not checking vaccination cards and operating under the conditions that ensure that regardless of vaccination status, all parties are safe.
2. All participants will be required to adhere to the 6 feet physical distance while attending in-person activities.
3. All participants' temperatures will be taken, and they will be asked questions to ensure they have not come into contact with someone who has COVID-19 when they arrive.
 - a. **If the answer to any of these is YES**, you will not be allowed to attend the in-person meeting.
4. Other Guidance
 - a. Participants and visitors will be asked to utilize the unisex accessible downstairs bathroom only during this time.
 - b. Participants may use the snack machine but will not be able to eat and drink while participating in the activity.

COVID-19 Vaccine Booster Information

ECI would like to share updated information from the Virginia Department of Health related to COVID-19. The Virginia Department of Health is now recommending that individuals 18 years and older should receive a booster dose of the COVID-19 vaccine. **The booster dose is FREE for all Virginians.** The Virginia Department of Health is providing the following guidance:

- For the Pfizer-BioNTech and Moderna vaccines, a booster dose is recommended 6 months after the 2nd dose.
- For the Johnson & Johnson vaccine, the booster dose is recommended 2 months after the first dose.

If you are not sure if you need a booster:

- You can call the **Virginia Department of Health COVID-19 Hotline at 1-877-829-4682, Monday-Friday, 8:00 am to 6:00pm**
- Talk to your doctor

According to the Virginia Department of Health, the booster will help make sure you are still protected against serious illness from COVID-19.

Please visit the Virginia Department of Health website to find more information and the location of a vaccine site nearest you: <https://www.vdh.virginia.gov/>

Winter Weather

Winter is here, and it is vital to prepare for winter storms that can bring extreme cold, freezing rain, snow, ice, and high winds. Winter storms can create a higher risk of vehicle accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Taking preparedness actions:

- Keep an emergency supply kit in your vehicle that includes jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep a full tank of gas and, if possible, have a professional check your battery, anti-freeze, and cooling system.
- Gather emergency supplies for the home if you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets.
- Prepare your home by insulating, caulking, and weather stripping.
- Test all smoke alarms and carbon monoxide detectors.
- Pay attention to weather reports and warnings of freezing weather and winter storms.
- Sign up for your locality's alert system through the emergency management office for the locality.

During a winter storm, you can also stay safe by doing the following:

- Stay off the roads.
- Stay indoors and dress warmly.
- Limit your time outside.
- Prepare for power outages.
- Listen for emergency information and alerts.
- Reduce the risk of heart attack by avoiding overexertion when shoveling snow.
- Look for signs of hypothermia and frostbite.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- While staying safe from COVID-19, check on your neighbors by texting, emailing, or calling them.

If you need more information, contact your ECI Coordinator.



Disability Advocacy & Services

Endeppendence Center, Inc.
6300 East Virginia Beach Blvd
Norfolk, VA 23502

Phone:

(757) 461-8007 Voice
(757) 461-7527 TDD

Fax:

(757) 455-8223 or
(757) 461-5375

E-mail:

ecinorf@endeppendence.org

Website:

www.endeppendence.org

**Alternate formats of this
the newsletter is available upon
request by contacting
757-351-1575**

ELECTRONIC SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Norfolk, VA
Permit No. 102

Place label here

Check the ECI website at
<https://endeppendence.org/upcoming-events/> for any changes to the
schedule or by calling
461-8007, Option 4

To request an
accommodation,
757-351-1598 Voice,
757-461-7527 TDD
or
jbertsch@endeppendence.org



ECI is on Facebook.
You can access it two
different ways

1. Go to www.endeppendence.org
and click on the "like" lower
right section near "Find us on
Facebook."
2. Go to your personal Facebook
page, and in the search box, look
for **Endeppendence Center, Inc.**
– **Norfolk, Virginia**

You must click the "like" button.



<https://endeppendence.org/upcoming-events/>



ECI is on Twitter @ECINorfolk