**ENDEPENDENCE CENTER NEWSLETTER APRIL 2023**

**ECI Operational Plan**

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

* ECI's office will be open for scheduled appointments only.
* You can call and speak with your IL Coordinator about scheduling an appointment to discuss your goals.
* ECI staff will be available by phone and email, Monday through Friday, 9:00am-5:00pm.
* ECI will be holding a few in-person group activities.
* ECI will update our Facebook page, website, and newsletter to reflect this policy and any changes.

**President's Corner – Lisbet Dula**

Judy was one of us, and everything she did was for us.

Judy Heumann, a disability civil rights warrior, passed away recently, but her legacy is with us every day.

Every ramp we use, every time we request a sign language interpreter or large print or braille, every time we hire a new personal assistant... This is all possible for us because Judy and her work with disability advocates across the country wanted a world where this all existed.

When Judy was born, there were no civil rights for people with disabilities. A person with a disability couldn't go to public school, buildings had only steps, buses had no wheelchair lifts, sidewalks had no curb cuts, and we were not encouraged to work, live on our own, or have any goals or dreams for our lives.

When Judy started out, she didn't know how to change things; she just knew things needed to change. So, she reached out, met many people with different skills and the same dream, and they literally changed our world.

It's up to us now to keep it going. We must be vigilant and not let any of these rights be taken back. We need to keep moving forward. When you need to advocate for yourself and others, do it! Then, when you stand up for your rights and for all your friends with disabilities, say, *"this is for Judy."*

**Consumer Advisory Committee Meeting**

**Wednesday, April 12,** **2:00pm to 3:30pm at ECI**

ECI Board of Directors appoints the Consumer Advisory Committee (CAC). The CAC is made up of active ECI participants. The CAC works on a consumer satisfaction survey each year to get feedback from participants about ECI services and reports to the Board with suggestions. For more information call (757) 351-1574or[**twebb@endependence.org**](mailto:twebb@endependence.org).

**Youth Cooking Skills**

**Saturday, April 15, 1:30pm to 3:00pm at ECI**

This training is for ages 16-24. For more information and to register, call (757) 351-1585 or text (757) 510-2772 or [**sbailey@endependence.org**](mailto:sbailey@endependence.org).

**Federal Fair Housing Law Training**

**Wednesday, April 19, 2:00pm to 3:30pm at ECI**

The training will cover illegal practices in the sale and rental of housing, disability protections, and the complaint process. Please bring your questions.

**"Crip Camp" and Celebrate the life of Judy Heumann**

**Wednesday, April 26, 1:00pm to 3:30pm at ECI**

The group will watch and discuss the movie “Crip Camp” and celebrate the life of Judy Heumann.

**Reporting your Wages to Social Security**

You can report your wages online using your personal and secure MySocial Security account. You can do this from a desktop computer, laptop, or mobile device. Your or your rep payee can report your wages if you receive SSDI, SSI, or both or are a spouse or parent who lives with a person who receives SSI. After you report your wages online, you or your rep payee can save or print a copy of your receipt. See this video on wage reporting [**https://youtu.be/3g\_9I1C6SYw**](https://youtu.be/3g_9I1C6SYw).

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**ECI LogoDisability Advocacy**

**& Services**

**Endependence Center, Inc.**

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Norfolk, VA 23502

##### Phone:

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(757) 461-7527 TTY

##### Email:

##### [ecinorf@endependence.org](mailto:ecinorf@endependence.org)

##### Website:

##### [www.endependence.org](http://www.endependence.org)

Check the ECI website at [**https://endependence.org/upcoming-events/**](https://endependence.org/upcoming-events/%20) for any changes to the

schedule or by calling

(757) 461-8007, Option 4

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