

ENDEPENDENCE CENTER NEWSLETTER

NOVEMBER 2023

ECI Launches New Independent Living Skills Training Series: What's Bugging You?

ECI is launching a new Independent Living Skills series focused around podcasts. This series, "What's Bugging You?" will be held the last Wednesday of the month.

Podcasts have taken off in the past few years. They are a way in which people can learn, laugh, keep up with current events, and discuss areas of interest. Come join ECI staff as we explore what and why so many people are listening to and creating podcasts.

This month, we will explore one short podcast about disability barriers and discuss if the solutions to those barriers are being discussed.

Our goal is learn about the current podcasts that exist, and then work to create our own participant-driven podcast to focus on potential solutions to what's bugging us. For more information, email Nichole Davis at ndavis@endependence.org.



Save the Date – ECI Holiday Party

Mark your calendars! This year's holiday party will be held on Wednesday, December 13 from 12noon – 4:00pm in Norfolk.

Become a Disability A.L.L.Y. in Your Community

Disability affects nearly 1 in 4 (26%) adults in the United States. Every community member can make a difference and play a part in identifying barriers that potentially impact people with disabilities. For more information to address those barriers and increase disability inclusion in your community, visit <https://www.cdc.gov/ncbddd/humandevlopment/become-a-disability-ALLY.html>

ECI Mailing List Updates

ECI is updating the newsletter mailing list. Participants working on goals will remain on the mailing list; you do not need to do anything. Everyone else – please let us know by December 5 if you want to continue receiving the newsletter (we hope you do!). Send an email to kmarinier@endependence.org or call 757-351-1569 if you want to continue receiving the newsletter. Please leave a message with your name and request to remain on the mailing list. If you now receive a mailed copy of the newsletter and would prefer to receive it by email, please provide your email address in the message.

NOVEMBER 2023

Endeppendence Center, Inc. Events

Held at ECI, 6300 E. Virginia Beach Blvd, Norfolk

8TH ECI Board of Directors Meeting 1:00pm – 3:00pm

WED ECI Board meetings are open to the public.

15TH Independent Living Skills Training: Social Safety 2:00pm – 3:30pm

WED Protecting yourself when using social media.

18TH Youth Independent Living Skills Training 1:30pm – 3:00pm

SAT Time for a reunion! This month, past participants of the summer program YEA! (Youth Endeppendent Advocates) come together to discuss goal progress and develop topics for next year.

29TH Independent Living Skills Training: What's Bugging You? 2:00pm – 3:30pm

WED See page 1 for more details.

Community Events & News

Transportation tickets are NOT provided to attend community events.

3RD Silent Dinner 5:00pm – 8:00pm

FRI **Lynnhaven Mall (701 Lynnhaven Parkway, Virginia Beach)**

Southside Silent Dinner is a silent, social, family-friendly event for the deaf community, CODA (Child of Deaf Adult), ASL beginners and students, and others interested in ASL.

18TH TOUCH Group 11:00am – 1:00pm

SAT **ECI (6300 E. Virginia Beach Blvd., Norfolk)**

Come out and join the TOUCH Group for good conversation, networking and entertainment. Individuals with a disability are important to us, so come be part of a great group of people and meet new friends from your community. Your friends and family are invited also, to learn and ask questions about disabilities in their community.

21ST Participant-Led Event 12noon – 2:30pm

TUES **Golden Corral Buffet and Grill (101 Volvo Parkway, Chesapeake)**

This event is organized by participants.



HRT: Free Fares on Election Day

On Election Day, November 7, fares for bus, light rail, ferry, and paratransit are FREE. For more information, visit

<http://www.gohrt.com/alert/virginia-election-day-free-fare/>.

November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Silent Dinner* @ Lynnhaven Mall 5:00pm – 8:00pm	4
5 DAYLIGHT SAVINGS TIME ENDS	6	7 	8 ECI Board Meeting @ ECI 1:00pm – 3:00pm	9	10 ECI CLOSED IN OBSERVANCE OF VETERAN'S DAY	11
12	13	14	15 ILS Training: Social Safety @ ECI 2:00pm – 3:30pm	16	17	18 TOUCH Group* @ ECI 11:00am – 1:00pm Youth ILS Training YEA! Summer Program Reunion @ ECI 1:30pm – 3:00pm
19	20	21 Participant-Led Event* @Golden Corral, Chesapeake 12noon – 2:30pm	22 ECI CLOSING AT 12noon	23 ECI CLOSED IN OBSERVANCE OF THANKSGIVING	24 ECI CLOSED	25
26	27	28	29 ILS Series: What's Bugging You? @ ECI 2:00pm – 3:30pm	30	<i>*These events are not organized by ECI. Bus and paratransit tickets will not be provided by ECI.</i>	



Disability Advocacy & Services

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Schedule Changes

Check the ECI website:
www.endependence.org
or call
(757) 461-8007, option 4

Accommodations

To request accommodations
for ECI activities:
(757) 351-1586 voice
(757) 461-7527 TDD
tmano@endependence.org

Social Media

Facebook: Endeppendence
Center, Inc.-Norfolk, Virginia