

ENDEPENDENCE CENTER NEWSLETTER

JANUARY 2024

Protect Yourself from Fraud and Scams

Lately, fraud and scams are popping up more and more, and can be devastating. Scams are constantly changing and knowing the common types of frauds and scams can help protect you.

ECI was notified by the Administration of Community Living (ACL) of increases in scam calls from imposters claiming to be from Eldercare Locator, Social Security, and even Medicaid.

Remember:

- **The government will never contact you and ask for a Social Security number.**
- **The government will never ask for payment by gift card or wire transfer.**
- **Social Security numbers cannot be suspended.**

Here are some general tips that ACL provided that can help everyone protect themselves:

- If you are ever suspicious about a call, **hang up immediately**. Find the organization's contact information on your own (don't use caller ID), and call or email them directly to discuss the situation.
- Never give out your Social Security number, banking information, or Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.
- Never pay someone you do not know well via gift card or wire transfer.
- Never click on an email link or attachment, unless you fully trust the sender.
- Sign up for the National Do Not Call Registry at <https://www.donotcall.gov>.

The goal of scams is to commit fraud and steal your money and potentially your identity. The common payment methods used by scammers are wire transfers, gift cards, and person-to-person payment services and mobile payment apps, such as Cash app, Venmo, or Paypal.

The Consumer Financial Protect Bureau has detailed information about understanding the most common types of scams and how to take action if you are a victim of a scam. Visit their website at <https://www.consumerfinance.gov/consumer-tools/fraud/>.

Housing Workshop to be Held at ECI

Are you receiving Medicaid Developmental Disabilities (DD) Waiver services or on a wait list for DD Waiver services and interested in housing opportunities? The Southside Housing & Supportive Services Team invites individuals with developmental disabilities and their family members to an information session to learn about independent housing resources. The session will include a housing panel of individuals that have moved from various settings into their own home in the community. Did you know over 2,100 people with developmental disabilities are living in their own home using natural supports and/or supports provided through the Medicaid DD Waiver? You can too! Please join us at the session to find out how to make this a reality for you or someone you know. It will be a hybrid session with in-person availability and virtual access via Microsoft Teams. **REGISTRATION IS REQUIRED TO ATTEND.** To register, email mrodgers@endependence.org by January 8.

JANUARY 2024

Endeppendence Center, Inc. Events

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

- 4th THU Advocacy Group Meeting 2:00pm – 3:30pm**
The Advocacy Group is focused on access at Norfolk recreation centers. Surveys and site visits have been conducted at several recreation centers. The Advocacy Group will meet to discuss results of these surveys and to plan their next steps.
- 10TH WED ECI Board of Directors Meeting 1:00pm – 3:00pm**
ECI Board meetings are open to the public.
- 11TH THU Housing Information Session 3:00pm – 4:30pm**
Focus is housing for people with developmental disabilities. See page 1 for more details.
- 17TH WED Independent Living Skills Training: Respiratory Health 2:00pm – 3:30pm**
ECI will be bring awareness to "Respiratory Health" in our January ILS training. Come and learn more about COVID-19 and join in a hand washing demonstration.
- 20TH SAT Youth Independent Living Skills Training 1:30pm – 3:00pm**
How to Handle Emotions in Stressful Situations
- 24TH WED Independent Living Day at the General Assembly**
In January, advocates from the Endeppendence Center will join with other advocates from across Virginia to celebrate Independent Living Day. This is an opportunity to meet with Virginia General Assembly legislative staff to share information about issues important to people with disabilities. If you attended independent living skills training or the Advocacy Group meetings in 2023, talk with your Independent Living Coordinator about possibly attending Independent Living Day.
- 31st WED Independent Living Skills Training: What's Bugging You? 2:00pm – 3:30pm**
This month, we'll learn what is needed to create a podcast, and the steps to create one.

Community Events & News

Transportation tickets are NOT provided to attend community events.

- 5TH FRI Silent Dinner 5:00pm – 8:00pm**
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.
- 16th FRI Participant-Led Event 12noon – 2:30pm**
Pinboys at The Beach (1577 Laskin Road, Suite 100, Virginia Beach)
This event is organized by participants.
- 20th SAT TOUCH Group 11:00am – 1:00pm @ ECI**
Come and join the TOUCH Group for networking and the opportunity to learn from our peers. Our disability is important to us, and we want to make sure everyone has enough support and understanding of living with their disability.

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 ECI CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	2	3	4 Advocacy Group Meeting @ ECI 2:00pm – 3:30pm	5 Silent Dinner* @ Lynnhaven Mall 5:00pm – 8:00pm	6
7	8	9	10 ECI Board Meeting @ ECI 1:00m – 3:00pm	11 DD Housing Opportunities @ ECI 3:00pm – 4:30pm	12	13
14	15 ECI CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY	16 Participant-Led Event* @ Pinboys at the Beach, Virginia Beach 12noon – 2:30pm	17 ILS Training: Respiratory Health @ ECI 2:00pm – 3:30pm	18	19	20 Youth ILS Training How to Handle Emotions in Stressful Situations @ ECI 1:30pm – 3:00pm TOUCH Group @ ECI 11:00am – 1:0pm
21	22	23	24 IL Living Day @ General Assembly	25 ECI CLOSED 12noon – 2:00PM FOR STAFF MEETING	26	27
28	29	30	31 ILS Series "What's Bugging You?" @ ECI 2:00pm – 3:30pm	*These events are not organized by ECI. Bus and paratransit tickets will not be provided by ECI.		



Disability Advocacy & Services

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

Phone:

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

E-Mail:

ecinorf@endependence.org

Website:

www.endependence.org

Newsletter alternate format:

contact (757) 351-1598 or
ehoapili@endependence.org

ELECTRONIC SERVICE REQUESTED

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

Place label here

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