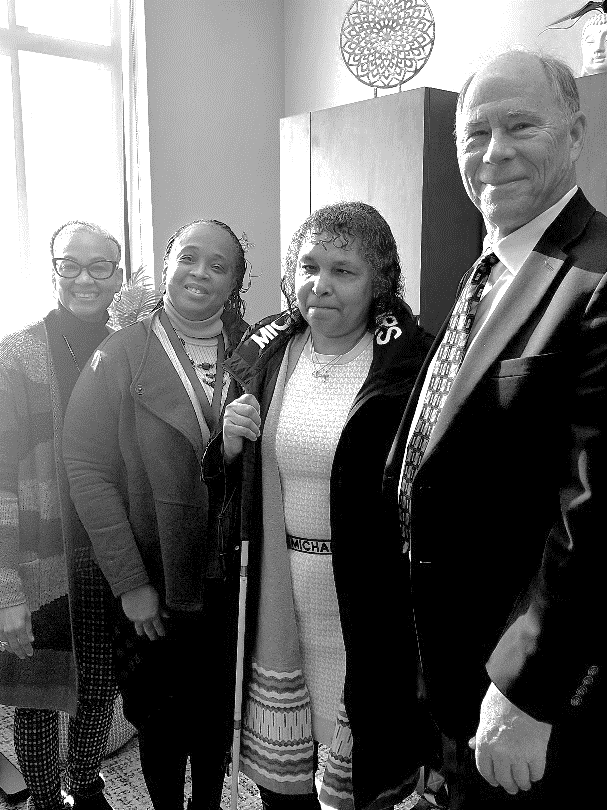
ENDEPENDENCE CENTER NEWSLETTER MARCH 2024

**Independent Living Day at the General Assembly Wrap-Up**



ECI participants, board members, and staff traveled to Richmond last month for Independent Living Day at the General Assembly. They met with legislators to discuss issues important to people with disabilities.

Discussions this year centered around opposing legislation that would legalize assisted suicide, increasing Medicaid personal care rates, and increasing funding to allow CILs to maintain services.

For updates on The Virginia Association of Centers for Independent Living (VACIL) legislative priorities, see the ECI website or Facebook page.

*Pictured left: ECI attendees of IL Day with Lisa Barnes, Chief of Staff for Delegate Convirs-Fowler*

# ECI Partners with disAbility Law Center of Virginia for Presentation on Healthcare

*Private thirty-minute consultations available after presentations*

On March 5 at 10:00am at ECI, the disAbility Law Center of Virginia will present on the importance of, and your rights to, effective communication and accessibility in healthcare for individuals. Some key considerations include:

* Healthcare facilities should prioritize physical and digital accessibility for individuals with disabilities, such as wheelchair ramps, accessible restrooms, and websites compatible with assistive technologies; and
* Healthcare providers should be knowledgeable about and utilize various communication aids, such as sign language interpreters, communication boards, or speech-to-text applications, based on the specific needs of each individual.

After the presentation, people with disabilities can request a private 30-minute consultation with the disAbility Law Center of Virginia about effective communication and accessibility in healthcare and voting rights. To schedule a 30-minute consultation, please email [Joliefawn.Liddell@dlcv.org](mailto:Joliefawn.Liddell@dlcv.org). To request disability accommodations for the presentations below, please contact [tmanno@endependence.org](mailto:tmanno@endependence.org) or 757-351-1585.

**MARCH 2024**

Endependence Center, Inc. Events

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

**5th Effective Communication & Accessibility in Healthcare for People with Disabilities**

**TUE 10:00am – 11:00am.**

See page 1 for details.

**13th Board of Directors Meeting 1:00pm – 3:00pm**

**WED** ECI Board of Directors meetings are open to the public.

**16th Youth Independent Living Skills Training 1:30pm – 3:00pm**

**SAT** How to Get a Job Workshop

**20th Independent Living Skills Training: Bystander CPR 2:00pm – 3:30pm**

**WED** Bystander CPR is a hands-only version of CPR. Attendees will learn both how to perform Bystander CPR and instruct others to do so. This ILS will be taught by EVMS students.

**26th NEW DATE AND TIME! Independent Living Skills Training on Podcasts**

**TUE What's Bugging You? 3:00pm – 4:30pm**

This month we'll learn more about and practice using podcast equipment.

**27th Advocacy Group 2:00pm – 3:30pm**

**WED** Review of ADA Title II, State and Local Government Provisions

Community Events & News

*Transportation tickets are NOT provided to attend community events.*

**1ST Silent Dinner 5:30pm – 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.

**19th Participant-Led Event 12noon – 2:30pm**

**TUE The Twisted Crab (420 Monticello Ave, Suite 13D, Norfolk)**

This event is organized by participants.

**16th TOUCH Group 11:00am – 1:00pm**

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

Join us for positive insight and networking. Take this opportunity to create new connections and sharing ideas with others who also have a disability in your community. Your disability is important to us, so lets talk about it.

**ECI Media Room is Re-Opening!**The ECI Media Room will re-open March 1, providing a space with internet and phone access and a computer with adaptive equipment. This space can be used for up to two hours and is open Monday – Friday, 9:30am – 4:00pm. Availability is not guaranteed, and reservations are encouraged. For more information or to reserve the room, contact your ECI Coordinator.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | **1** | **2** |
|  |  | ***\*These events are not organized by ECI. Bus and paratransit tickets will not be provided by ECI.*** |  |  | **Silent Dinner\***  **@ Lynnhaven Mall**  **5:30pm – 8:00pm** |  |
| **3** | **4** | **5** | **6** | **7** | **8** | **9** |
|  |  | **dLCV Presentation**  **@ ECI**  **10:00am – 11:00am** |  |  |  | **ASL Hangout\***  **@ Wasserhund Brewing**  **6:00pm – 9:00pm** |
| **10** | **11** | **12** | **13** | **14** | **15** | **16** |
|  |  |  | **Board of Directors Meeting**  **@ ECI**  **1:00pm – 3:00pm** |  |  | **Youth ILS Training**  **@ ECI**  **1:30pm – 3:00pm**  **TOUCH Group**  **@ ECI**  **11:00am – 1:00pm** |
| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
| ***Cursive text reads "Happy St. Patrick's Day." Four-leaf clovers and gold drops surround the writing.*** |  | **Participant-Led Event\***  **@ The Twisted Crab**  **12noon – 2:30pm** | **ILS Training**  **"Bystander CPR"**  **@ ECI**  **2:00pm – 3:30pm** |  |  |  |
| **24**  **31** | **25** | **26** | **27** | **28** | **29** | **30** |
|  | **\*NEW DATE!\***  **ILS Training**  **"What's Bugging You?"**  **@ ECI**  **2:00pm – 3:30pm** | **Advocacy Group**  **@ ECI**  **2:00pm – 3:30pm** |  |  |  |
|  |  |  |  |

March 2024

ECI LogoDisability Advocacy & Services

Endependence Center, Inc.

6300 East Virginia Beach Blvd  
Norfolk, VA 23502

***Phone:***

(757) 461-8007 Voice

(757) 461-7527 TDD

***E-Mail:***

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

***Website:***

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

***Newsletter alternate format:***

contact (757) 351-1598 or [ehoapili@endependence.org](mailto:ehoapili@endependence.org)

**Schedule Changes**

Check the ECI website: [www.endependence.org](http://www.endependence.org)

or call

(757) 461-8007, option 4

**ELECTRONIC SERVICE REQUESTED**

**Accommodations**

To request accommodations

for ECI activities:

(757) 351-1586 voice

(757) 461-7527 TDD

[tmanno@endependence.org](mailto:tmanno@endependence.org)

**Non-Profit Org.**

**U.S. Postage**

**PAID**

**Norfolk, VA**

**Permit No. 102**

Place label here

**Social Media**

**Facebook:** Endependence Center, Inc.-Norfolk, Virginia