

# ENDEPENDENCE CENTER NEWSLETTER

## MAY 2024

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### Registration Now Open for Summer Youth Program, Youth Endependent Advocates (YEA!)

ECI's Youth Endependent Advocates (YEA!) is a summer program with interactive events for youth with disabilities to learn skills, understand their rights, and socialize with others (schedule below). **Participants must be referred by a Department for Aging and Rehabilitative Services (DARS) counselor and pre-registration is required.** Acceptance into the summer program is based on a first-come, first-served basis after a referral is received from DARS. For information, contact Sarah Cook, [scook@endependence.org](mailto:scook@endependence.org), 757-351-1585.

**WHO:** Youth with disabilities, ages 16-21 (must still be in school). Participants should be motivated to be involved in activities and interested in learning and sharing.

**WHEN:** July 8 - August 1, Monday through Thursday, 1:00pm - 5:00pm daily

**WHERE:** Endependence Center, with a community outing on Tuesdays.

**TRANSPORTATION:** Participants will arrange their own transportation. Paratransit and bus tickets are provided.

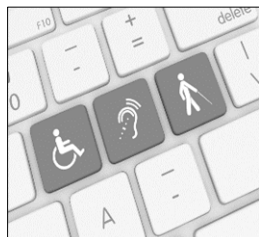
*Disability accommodations are provided.*



### Upcoming Open House Workshop for Public Health Organizations

ECI will host a free, hour-long open house workshop for public health organizations to discuss ECI services, the Independent Living philosophy, effective communication techniques for interacting with people with disabilities, access in medical settings, the Technology Assistance Program, transitioning from nursing facilities, housing, and to provide networking opportunities.

The workshop will be held on May 22 at 4:00pm - 5:00pm at ECI. No prior registration required. For questions, contact Benjamin White at 757-351-1583 or [bwhite@endependence.org](mailto:bwhite@endependence.org).



### ECI Media Room is Open!

The ECI Media Room re-opened in March, 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.

# MAY 2024

## **Endeppendence Center, Inc. Events**

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

**8<sup>th</sup> WED Board of Directors Meeting 1:00pm – 3:00pm**  
ECI Board of Directors meetings are open to the public.

**15<sup>th</sup> WED Independent Living Training: Maintaining Mental Health During Mental Health Awareness Month 2:00pm – 3:30pm**  
We will be discussing community resources and what we can incorporate in our daily lives to maintain our mental health. Join us as we discuss how we work through the "Moody Mondays" and get to the "Fabulous Fridays."

**18<sup>th</sup> SAT Youth Independent Living Skills Training 1:30pm – 3:00pm**  
How to Navigate the Internet, Social Media, and Other Computer Skills

**28<sup>th</sup> TUE Independent Living Skills Training on Podcasts What's Bugging You? 3:00PM – 4:30PM**  
This month, we'll record and edit our first episode.

**29<sup>th</sup> WED Advocacy Group: Title III Accommodations 2:00pm – 3:30pm**  
Discussion this month will surround Title III of the Americans with Disabilities Act, which covers discrimination against individuals with disabilities in places of public accommodation.

## **Community Events & News**

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

**3<sup>rd</sup> FRI Silent Dinner 5:30pm – 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.

**4<sup>th</sup> SAT ASL Hangout 11:00am – 8:00pm**  
**Bayville Farms Park (4132 First Ct Rd, Virginia Beach)**  
The ASL Hangout goal is to bring deaf, hard of hearing, and hearing people together to socialize and expand the ASL/deaf community. All users of sign language, any level, are welcome!

**18<sup>th</sup> SAT TOUCH Group: Empowering Disabled Women in Our Community 11:00am – 1:00pm**  
**ECI (6300 E. Virginia Beach Blvd., Norfolk)**  
Join the women of the TOUCH Group for great conversation on battling barriers as a disabled woman in our community.

**21<sup>st</sup> TUE Participant-Led Event 12noon – 2:30pm**  
**Ruby Tuesday (1201 N. Military Highway, Norfolk)**  
This event is organized by participants.

# May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*These events are not organized by ECI. Bus and paratransit tickets will not be provided by ECI.</i></p>			1	2	3 <p>Silent Dinner*            @ Lynnhaven Mall            5:30pm – 8:00pm</p>	4 <p>ASL Hangout*            @ Bayville Farms Park            11:00am – 8:00pm</p>
5	6	7	8 <p>Board of Directors Meeting            @ ECI            1:00pm – 3:00pm</p>	9 <p><i>ECI CLOSED FOR STAFF EVENT</i></p>	10	11
12	13	14	15 <p>ILS Training            "Maintaining Mental Health"            @ ECI            2:00pm – 3:30pm</p>	16	17	18 <p>TOUCH Group*            @ ECI            11:00am – 1:00pm            Youth ILS Training            @ ECI            1:30pm – 3:00pm</p>
19	20	21 <p>Participant-Led Event*            @ ECI            12noon – 2:30pm</p>	22 <p>Public Health Open House            @ ECI            4:00pm – 5:00pm</p>	23 <p><i>ECI CLOSED FOR STAFF EVENT</i></p>	24	25
26	27 <p><i>ECI CLOSED IN OBSERVANCE OF MEMORIAL DAY</i></p>	28 <p>ILS Training:            "What's Bugging You?"            @ ECI            3:00pm – 4:30pm</p>	29 <p>Advocacy Group            @ ECI            2:00pm – 3:30pm</p>	30	31	



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](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)

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## Schedule Changes

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

## Social Media

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