

ENDEPENDENCE CENTER NEWSLETTER

JANUARY 2025

Independent Living Day at Virginia General Assembly: February 4, 2025

Independent Living Day is an annual event for people with disabilities to travel to Richmond and join with other advocates to educate legislators about issues important to people with disabilities. The 2025 Independent Living Day will focus on why wages need to be increased for personal care attendants, funding for Centers for Independent Living, and the dangers of assisted suicide. We will leave from the Endependence Center at 8:30am and return around 6:00pm. If you are interested in traveling with the Endependence Center to Richmond for Independent Living Day, please contact your Independent Living Coordinator and talk with them about how you might be able to participate.



Waiting for a Home: The Journey for Accessible Housing

This month's Independent Living Skills training will discuss Public Housing Agency (PHA) Plans. Public housing agencies are required to submit these plans to the Department of Housing and Urban Development. Come learn how to use your voice to let public housing agencies know about your housing needs.



"I waited two years to move into an accessible home. My previous home had steps, so it was urgent I move for my health. I wrote a letter to the CEO of the Norfolk Redevelopment Housing Authority (NRHA) and explained my situation. My doctor helped by writing two letters to explain why I needed to move into a complex with an accessible unit. The CEO personally reviewed my case, and the very next day, I received a call offering me the accessible unit I now live in.

This experience showed me the power of my voice. I plan to share my story at Independent Living Skills trainings, speak at public hearings, and work with others so we can push for more affordable AND accessible housing." - ECI Participant Regina Williams



New! Attend Independent Living Skills Trainings via Zoom in 2025

ECI is adding a virtual option for those who need to attend ILS trainings virtually. Speak with your coordinator or visit our website for more information.

JANUARY 2025

Endeppendence Center, Inc. Events

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

- 7th TUE** **Consumer-Directed Personal Care Assistant (CD-PAS) Workgroup**
2:00pm – 3:30pm
Do you hire personal assistants through the CD-PAS program? Come join a work group to discuss how to educate legislators about what this program does for you, how it supports your ability to live an independent life of your choosing, and the critical need for a pay rate increase. Zoom option available. Email ehoapili@endeppendence.org to register.
- 8th WED** **Board of Directors Meeting** **1:00pm – 3:30pm**
ECI Board of Directors meetings are open to the public.
- 15th WED** **Independent Living Skills Training** **2:00pm – 3:30pm**
What are Public Housing Agency (PHA) Plans? Do you feel there is a need for affordable housing for people who have extremely low income? Do you want to have a voice to let public housing agencies know about your housing needs? This ILS training, we'll discuss annual housing plans HUD requires from public housing agencies to report on their strategies to meet the local housing needs and goals.
- 22nd WED** **Independent Living Skills Training: Planning Meeting for Independent Living Day**
2:00pm – 3:30pm
Advocates who registered with their Independent Living Coordinator to attend Independent Living Day in Richmond will meet on January 22. The meeting will be to discuss priorities, how to educate legislators and the agenda for Independent Living Day.
- 25th SAT** **Youth Independent Living Group** **1:30pm – 3:00pm**
The Youth Group will be creating a vision board on setting your goals for 2025. Please RSVP to Olivia Brichter at 757-351-1585 or obrichter@endeppendence.org by January 22nd. We are looking forward to a year of fun, learning and advocacy.
- 28th TUE** **Independent Living Skills Training on Podcasts – What's Bugging You?**
3:00pm – 4:30pm
The ILS training series on podcasts resumes this month! We'll review our second episode and plan topics for our third episode.
- 29th WED** **Group Peer Mentoring** **2:00pm – 3:30pm**
The monthly Group Peer Mentoring Discussion is an opportunity for participants to share experiences, provide information, and support one another to accomplish their goals.

Community Events & News

Transportation tickets are NOT provided to attend community events.

- 18th SAT** **TOUCH Group** **11:00am – 1:00pm**
Endeppendence Center (6300 E. Virginia Beach Blvd., Norfolk)
Happy New Year to everyone! Come and join our discussion on starting the new year off right. We welcome everyone, and all ideas are welcome. For questions, contact Montrell Rodgers, 757-238-1293 or via email at vatouch.22@gmail.com.

January 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>*This event is not organized by ECI and bus and paratransit tickets will not be provided. There will be no Participant-Led event in January.</i>			1 ECI CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	2	3	4
5	6	7 CD-PAS Workgroup @ ECI 2:00pm - 3:30pm	8 Board of Directors meeting @ ECI 1:00pm - 3:00pm	9	10	11
12	13	14	15 ILS Training: PHA Plans @ ECI 2:00pm - 3:30pm	16	17	18 TOUCH Group* @ ECI 11:00am - 1:00pm
19	20 ECI CLOSED IN OBSERVANCE OF DR. MARTIN LUTHER KING JR. DAY	21	22 ILS Training: IL Day Planning @ ECI 2:00pm - 3:30pm	23	24	25 Youth Group @ ECI 1:30pm - 3:00pm
26	27	28 ILS Training: What's Bugging You? @ ECI 3:00pm - 4:30pm	29 Group Peer Mentoring @ ECI 2:00pm - 3:30pm	30	31	



Disability Advocacy & Services

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Schedule Changes

Check the ECI website:
www.endeppendence.org

Accommodations

To request accommodations
for ECI activities:
(757) 351-1586 voice
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Social Media

Facebook: Endeppendence
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