# A 3D illustration of a maze with a large dollar sign at the exit. A small businessperson figure holding a briefcase stands at the entrance, looking toward the maze. A large human hand reaches down and touches the entrance wall to guide them. ECI to Hold Meeting to Discuss Federal Budget

The federal budget was passed by Congress and signed by the President. ECI will hold a meeting to discuss the federal budget and what the Commonwealth of Virginia may need to consider based on federal changes.

**August 14, 2:00pm - 3:30pm**

Join the meeting in person at ECI or virtually. To register to attend virtually, please visit <https://endependence.org/zoom>. For accommodation requests, email tmanno@endependence.org or call 757-351-1586.

# The Endependence Center, Opening Doors to OpportunitiesEmergency Preparedness: Things to Do

AUGUST 2025 NEWSLETTER

As summer winds down (though hot days are still ahead!), it's a great time to review emergency plans, check supplies, and be sure you're prepared for hurricanes, thunderstorms, extreme heat, and more.

Here are a few suggestions to get started:

* If it's been a while since you tested your smoke detectors, test them now. Make a note to test them once a month.
* Check your emergency kit supplies. The Virginia Department of Emergency Management (VDEM) recommends keeping three-days' worth of supplies for everyone in your household. This should include medications, hygiene and medical supplies, and batteries for assistive devices. For more information on building and storing your kit, visit [https://vaemergency.gov](https://vaemergency.gov/).
* Stay informed! Sign up for alerts from your city of residence and be sure to follow local, state, and national agencies on social media (links can be found on our website).
* When inclement weather or extreme heat is expected, keep your cell phone and assistive devices charged in case you lose power.

Preparing for an emergency ahead of time can minimize panic and last-minute scrambling, save valuable time, and reduce stress.

**

**AUGUST 2025**



## ECI Events

### Unless noted otherwise, events are held at ECI (6300 E. Virginia Beach Blvd., Norfolk)

**6th Consumer Advisory Committee 2:00pm - 3:30pm**

**WED** This month, we will review the Consumer Satisfaction Survey results.

**14th Federal Budget Discussion 2:00pm - 3:30pm Virtual Option**

**THU** See page one.

**19th Independent Living Skills Training on Podcasts 3:00pm - 4:30pm \*DATE CHANGE\***

**TUE** We'll come up with questions for the next episode: how words hurt, and the weird ways people may interact with people with disabilities due to a lack of education or exposure.

**20th Independent Living Skills Training 2:00pm - 3:30pm Virtual Option**

**WED** The next installment of our ILS Training Series, *Health & Wellness Planning*. This month, meal planning and dietary guidelines!

**23rd Youth Independent Living Skills Training 1:30pm – 3:00pm**

**SAT** Come and celebrate the end of summer with ice cream, activities, games, and fun. Please RSVP to Amy Ouellette at 757-351-1597 or aouellette@endependence.org by August 20.

**27th Group Peer Mentoring 2:00pm - 3:30pm**

**WED** 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.

**1st Silent Dinner 5:30pm – 8:00pm**

**FRI The Burger Bar (4721 Virginia Beach Blvd., Virginia Beach)**

All are welcome! Come meet the Deaf Community, ASL-English interpreters, ASL students, CODA (Child of Deaf Adult), signers, and others interested in ASL.

**4th PEATC Community Office Hours 9:30am – 11:30am \*NEW TIME\***

**MON Endependence Center (6300 E. Virginia Beach Blvd., Norfolk)**

This is an opportunity for families to visit Parent Educational Advocacy Training Center (PEATC) staff in-person. For questions, call or text PEATC's Region 2 Family Support Specialist at (757) 271-6613 or visit <https://peatc.org>.

**16th TOUCH Group 11:00am – 1:00pm**

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

 Come and join our discussion on avoiding fraud and scams. We welcome all information and ideas that may help us be better people in our daily living.For questions, contact Montrell Rodgers at 757-238-1293 or VATOUCH.22@gmail.com.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  |  |  |  |  | **1** | **2** |
|  |  | *Events subject to change. Check the ECI website and Facebook for up-to-date information.* ***\*This event is not organized by ECI; bus and Paratransit tickets will not be provided.*** |  |  | **Silent Dinner\***@ The Burger Bar5:30pm – 8:00pm |  |
| **3** | **4** | **5** | **6** | **7** | **8** | **9** |
|  | **PEATC Community Office Hours\***@ ECI9:30am – 11:30am |  | **Consumer Advisory Committee (CAC)**@ ECI2:00pm - 3:30pm  |  |  | **ASL Hangout\***@ New Realm Brewing Co6:00pm – 9:00pm |
| **10** | **11** | **12** | **13** | **14** | **15** | **16** |
|  |  |  |  | **Federal Budget Discussion**@ ECI or virtual2:00pm - 3:30pm  |  | **TOUCH Group\***@ ECI11:00am – 1:00pm |
| **17** | **18** | **19** | **20** | **21** | **22** | **23** |
|  |  | **ILS Training on Podcasts** @ ECI3:00pm – 4:30pm | **ILS Training:****Health & Wellness Planning**@ ECI2:00pm - 3:30pm |  |  | **Youth ILS: Summer Fun**@ ECI1:30pm – 3:00pm |
| **24** | **25** | **26** | **27** | **28** | **29** | **30** |
|  |  | ***ECI Office Closed for Staff Event*** | **Group Peer Mentoring**@ ECI2:00pm - 3:30pm |  |   |  |
| **31** |

# AUGUST 2025



Disability 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

**Website**:

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

**Accommodations**

To request accommodations

for ECI activities:

(757) 351-1586 voice

(757) 461-7527 TDD

tmanno@endependence.org

To request an alternate

format of our newsletter:

(757) 351-1598 voice

(757) 461-7527 TDD

ehoapili@endependence.org

**ELECTRONIC SERVICE REQUESTED**

**Facebook**



**@ECINorfolk**

Endependence Center, Inc. Norfolk Virginia

**Non-Profit Org.**

**U.S. Postage**

**PAID**

**Norfolk, VA**

**Permit No. 102**

**Support ECI**



Scan the QR code above
to make a tax-deductible donation to ECI via our website, or visit:

[endependence.org/donate](https://endependence.org/donate)