

THE INDEPENDENCE CENTER

AUGUST 2025 NEWSLETTER

Opening Doors to Opportunities

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.



Emergency Preparedness: Things to Do

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>.
- 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.

EVENT LISTINGS

AUGUST 2025



ECI Events

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

- 6th WED** **Consumer Advisory Committee** **2:00pm - 3:30pm**
This month, we will review the Consumer Satisfaction Survey results.
- 14th THU** **Federal Budget Discussion** **2:00pm - 3:30pm** **Virtual Option**
See page one.
- 19th TUE** **Independent Living Skills Training on Podcasts** **3:00pm - 4:30pm** ***DATE CHANGE***
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 WED** **Independent Living Skills Training** **2:00pm - 3:30pm** **Virtual Option**
The next installment of our ILS Training Series, *Health & Wellness Planning*. This month, meal planning and dietary guidelines!
- 23rd SAT** **Youth Independent Living Skills Training** **1:30pm - 3:00pm**
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 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.

- 1st FRI** **Silent Dinner** **5:30pm - 8:00pm**
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 MON** **PEATC Community Office Hours** **9:30am - 11:30am** ***NEW TIME***
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 SAT** **TOUCH Group** **11:00am - 1:00pm**
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.

AUGUST 2025

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



Disability Advocacy & Services

ELECTRONIC SERVICE REQUESTED

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Accommodations

To request accommodations
for ECI activities:
(757) 351-1586 voice
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To request an alternate
format of our newsletter:
(757) 351-1598 voice
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