**One in Five: A Statewide Candidate Virtual Forum with the Disability Community**

SEPTEMBER 2025 NEWSLETTER

Join us virtually on Monday, September 15 at 6:00pm to hear from candidates running for the offices of Governor, Lt. Governor, and Attorney General. Candidates will discuss their past work on issues important to the disability community, and their policy plans if elected. We know that collectively, the disability community has the power to enact meaningful change and influence lawmakers and elected leaders to build a more inclusive, more accessible future for Virginia.

Visit <https://endependence.org/zoom> for the registration link. ASL interpretation will be provided. For accommodations, please email Lucy.Beadnell@TheArcofNOVA.org.

*This event is brought to you by The Arc Virginia, The Arc of Northern Virginia, the Autism Society of Northern Virginia, and REV UP Virginia!. The Endependence Center will serve as a co-facilitator for this important conversation.*

**Upcoming Free Virtual Trainings by VACIL**

The Virginia Association of Centers for Independent Living will hold three virtual trainings in September. Visit <https://www.endependence.org/zoom> for registration links.

**Better Off Dead? Disability, Dignity, and the Debate over Assisted Suicide**

**Monday, September 8 2:00pm – 3:30pm**

As states expand the legalization of assisted suicide, the lives of people with disabilities can be jeopardized and devalued. Other countries, including Canada, have legalized assisted suicide for people with disabilities who are living with conditions the person does not feel are acceptable. These countries do not require the individual to have a terminal illness. Assisted suicide (sometimes referred to as medical aid in dying) legislation has been considered by the Virginia General Assembly for several years. Presenter: Seth Whitten, Deputy Director, disAbility Resource Center, Fredericksburg

**Technology for People Who Are Deaf, Hard of Hearing or with Speech Disabilities**

**Tuesday, September 16 10:00am – 11:00am**

The Virginia Department for Deaf and Hard of Hearing (VDDHH) offers services, including assistive technology, that can help people increase their communication and independence. This training will provide a review of VDDHH services and technology through the Technology Assistance Program. Presenter: Brittany Howard, Virginia Department for the Deaf and Hard of Hearing

**Medicaid Home and Community-Based Waiver Services**

**Tuesday, September 30 2:00pm – 4:00pm**

People with disabilities who need support such as personal care, community engagement, and residential support may be eligible to receive Medicaid services through the Medicaid Commonwealth Community Care Plus Waiver or Developmental Disabilities Waivers. Information about eligibility, screening and services will be discussed.Presenter: Maureen Hollowell, Virginia Association of Centers for Independent Living.

*Training facilitated by the Virginia Association of Centers for Independent Living,* [*www.vacil.org*](http://www.vacil.org)*. Training provided with funding from the Virginia Statewide Independent Living Council.*

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**SEPTEMBER 2025**



## Statewide Events

### These events are held virtually. You can find the registration links at <https://endependence.org/zoom>.

**8th Better Off Dead? Disability, Dignity, and the Debate over Assisted Suicide 2:00pm – 3:30pm**

**MON** See page one for details.

**15th One in Five: A Statewide Candidate Forum 6:00pm – 7:30 pm**

**MON** See page one for details.

**16th Technology for People Who Are Deaf, Hard of Hearing or with Speech Disabilities**

**TUE 10:00am – 11:00am**

 See page one for details.

**30th Medicaid Home and Community-Based Waiver Services 2:00pm – 4:00pm**

**TUE** See page one for details.

## ECI Events

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

**17th Board of Directors Meeting 1:00pm – 3:00pm \*DATE CHANGE\***

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

**17th Independent Living Skills Training 2:00pm - 3:30pm \*VIRTUAL OPTION\***

**WED** The next installment in our *Health & Wellness* series: physical exercise and mindfulness.

**24th Group Peer Mentoring 2:00pm - 3:30pm**

**WED** Share experiences, provide information, and support other participants.

**27th Youth Independent Living Skills Training 1:30pm – 3:00pm**

**SAT** Learn ways to enjoy going online and using social media, and how to stay safe online.

**30th Independent Living Skills Training on Podcasts 3:00pm - 4:30pm**

**TUE** It's time! This month, we'll record both questions and responses for our next episode.

## Community Events & News

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

**5th Silent Dinner 5:30pm – 8:00pm**

**FRI Market Hall Dining Pavillion (Norfolk Premium Outlets, 1600 Premium Outlets Blvd., Norfolk)**

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

**6th TOUCH Group 11:30am – 2:30pm**

**SAT Portsmouth City Park, Triple Shelter (7 Cpl J M Williams Ave, Portsmouth)**

Come out and join us for a nice picnic at Portsmouth City Park (triple shelter). This picnic will be full of food, games, prizes, and more. For questions, contact Montrell Rodgers at 757-238-1293 or VATOUCH.22@gmail.com.

***There will be no PEATC Community Office Hours this month.***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
|  | ***ECI Closed in Observance of Labor Day*** |  |  |  | **Silent Dinner\***@ Market Hall Dining Pavillion5:30pm – 8:00pm | **Touch Group Picnic\***@ Portsmouth City Park11:30am – 2:30pm |
| **7** | **8** | **9** | **10** | **11** | **12** | **13** |
|  | **VACIL Virtual Training: Better Off Dead**@ ECI or virtual2:00pm – 3:30pm |  |  | **National Disability Voting Rights Week** |  | **ASL Hangout\***@ Ocean View Fishing Pier6:00pm – 9:00pm |
|  |  |  |  |  |
| **14** | **15** | **16** | **17** | **18** | **19** | **20** |
|  | **One in Five: Statewide Candidate Forum**@ ECI or virtual6:00pm – 7:30pm | **VACIL Virtual Training: VDDHH Technology**@ ECI or virtual10:00am – 11:00am | **Board Meeting**@ ECI1:00pm – 3:00pm**ILS Training: Exercise**@ ECI2:00pm - 3:30pm |  |  |  |
| **21** | **22** | **23** | **24** | **25** | **26** | **27** |
|  |  |  | **Group Peer Mentoring**@ ECI2:00pm - 3:30pm |  |  | **Youth ILS: Staying Safe Online**@ ECI1:30pm – 3:00pm |
| **28** | **29** | **30** |  |  | *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.*** |  |
|  |  | **VACIL Virtual Training: Waiver Services** @ ECI or virtual2:00pm – 4:00pm**ILS Training on Podcasts**@ ECI3:00pm – 4:30pm |   |  |  |  |

# SEPTEMBER 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

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**Norfolk, VA**

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**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)