



December 18th, 2015

So today, Alma has left 😞 and the SWAT Team had their Christmas Party. 😊 It has truly been very busy and world and community events certainly affect even the humble little circles we operate in. Often we cram too much activity in such a finite day, week or month. I am sorry for I am the first to be guilty of that.

But we have to bring the Christmas/Holiday spirit and not let it get swallowed up in things for all the others. Last night a few of us had time to ponder on things we have set up for staff, board and consumers.

- We are set for the consumers on the 22nd, a Tuesday, a good luncheon for them: the food is bought and we have people assigned to do their individual and group assignments.
- Board/Staff/NAPCA Holiday Party: we decided to have it on Wednesday, the 23rd from 4:30 pm to 6:30 pm at a venue away from here:

CALIF CHRISTMAS PARTY 2016

Diamond Buffet and Grill

1901 West 7th Street (between Westlake and Bonnie Brae) LA 90057

(213) 989-1888, @ \$13.99 per head

4:30 to 6:30 pm

I changed my mind on just staying in for a couple of

reasons: others on staff want a change—the workplace is a daily venue—we want to celebrate and the last time we did outside the office was 2011!; we don't want the staff to be working and putting things away after the party; everyone deserves a break.

The chosen venue is close enough in Koreatown, we will have our own private room for 25 and is close to major bus and train stations, including Dash. We will ask Louis Burns to make sure that our Access Riders don't get stranded.

AND NOW, ABOUT THE GIFT!



We know that times are hard but the suggestion of doing away with the Secret Santa and just doing the White elephant game worth only \$10.00 was not received well by all. Christmas comes once a year and this is the one chance we have the opportunity to gift a co-worker. I think it is but fair to give people who wish to join the Secret Santa at the standard price of \$20.00 per person along with the possibility of receiving one of their 3 wishes, the chance to enjoy that.

Since our NAPCA workers are not working full time, I received a lovely suggestion that CALIF gives them each a special gift and excuse them from the Secret Santa. If they want to join the White Elephant game (remember that this is for things that are just lying around at home and never used but still giftable!), then they are free to join the fun! It will be a chance for us to show them our appreciation!

Since the 23rd is at 4:30 to 6:30, we can close CALIF at 2 PM on the 23rd and off for the rest of the Christmas weekend, to report back on Monday, December 28th, 2015.

HAVE A GOOD WEEKEND—THANK YOU VERY MUCH!

Love,
Lillibeth Navarro, ED



CALIF

Communities Actively Living Independent & Free
"Diverse Communities, Diverse Abilities, One Human Family"



TURKEY BOWLING FUND RAISER

COME JOIN CALIF FOR A FUN
ENCHANTED EVENING OF BOWLING
TO HELP RAISE FUNDS
FOR THE DISABILITY COMMUNITY

NOVEMBER 3RD, 2015

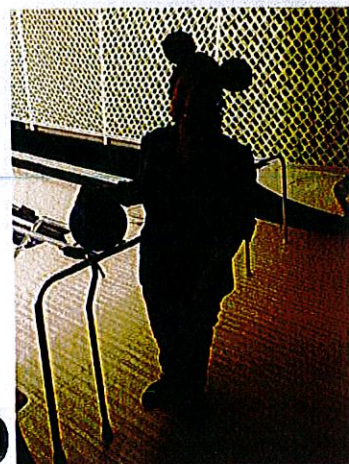
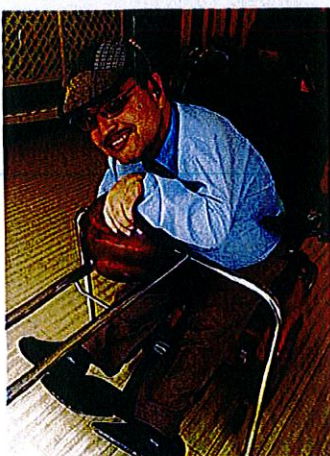
6PM-11PM

SHATTO BOWLING LANES

3255 W. 4TH STREET

(CORNER OF 4TH STREET AND VERMONT AVE.)

LOS ANGELES, CA 90020



COST: \$20 PER TICKET

(INCLUDES 2 GAMES WITH SHOE RENTAL)

RAFFLE PRIZES TO BE GIVEN OUT

To Purchase Tickets:

Pay by CASH or CHECK @ CALIF 634 S. SPRING ST. 2ND FLOOR LOS ANGELES 90014

-OR- via PayPal on CALIF WEBSITE: www.calif-ilc.org

-OR- TO CALIF @ NIGHT OF THE EVENT

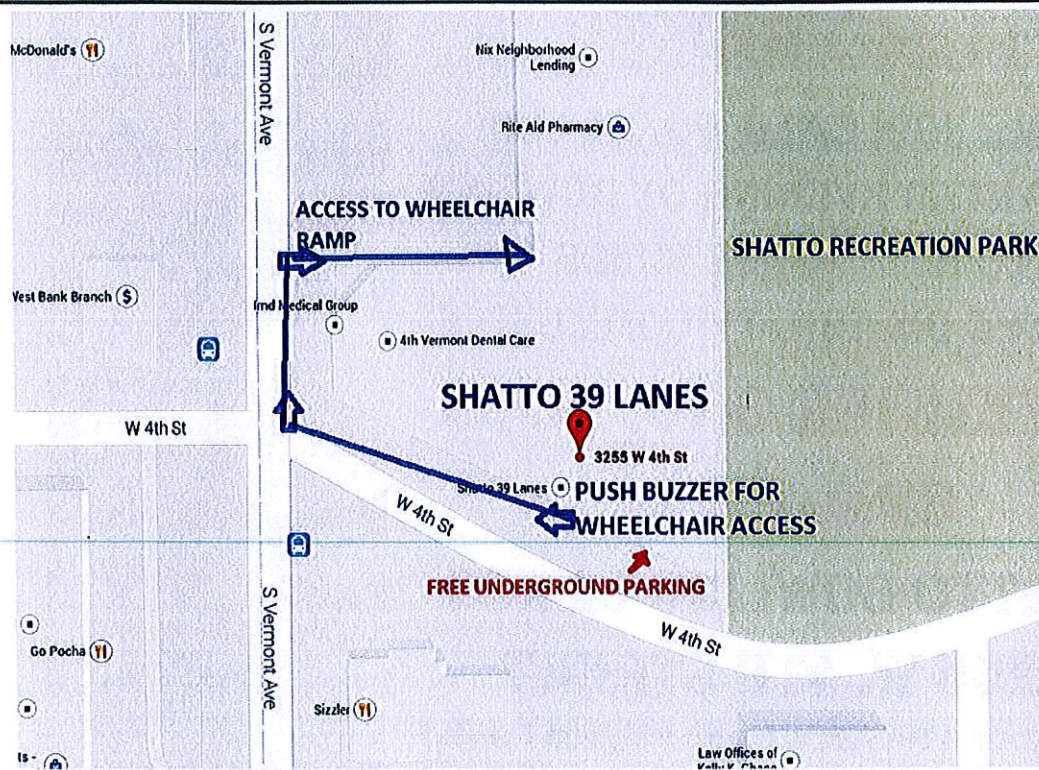
ACCESSIBILITY: at the main entrance on 4th Street, buzz for assistance

****There is an Access ramp through blue gate on Vermont Ave. next to Rite Aid****

**** (please see back side of this flyer for more info) ****



BOWL FOR FUN, HEALTH, &



Accessibility: at the main entrance on 4th street is the electric buzzer that will call upon someone to escort the person to the wheelchair ramp to the Bowling alley entrance on Vermont Avenue, bordering the fence between Shatto 39 Lanes and Rite Aid.

Bus lines that stop at 4th Street and Vermont Ave.:
Bus Line 201
Bus Line 204

Free Underground Parking on 4th Street side of the Bowling Alley
Accessible Bathroom is unisex and key is at the front desk.

Buy your own food: bargain drinks from the bar and regular fast food from the Bowling Alley concession stand. There is also a McDonalds across the street on Vermont Ave., or Sizzler Restaurant across from the Bowling Alley on 4th St.

****Raffle prizes will be given out!****

For ticket purchases made through the CALIF website (via PayPal), please redeem your tickets at the event. Register your name(s) for an RSVP List.

For assistance pertaining to event, please call:

Lillibeth Navarro, CALIF Executive Director (213) 840-4199
Mario Montejo, Manager Shatto Bowling Lanes (213) 385-9475



CALIF

Communities Actively Living Independent & Free

634 S. Spring Street, 2nd Floor, Los Angeles, CA 90014

Ph: (213) 627-0477 Fax: (213) 627-0535 TDD: (213) 623-9502

Email: info@calif-ilc.org Website: www.calif-ilc.org

October 6, 2015

Dear Friends & Supporters of CALIF:

Last year, we made the wonderful discovery that people with disabilities can play and enjoy bowling! I was one of them who tried it for the first time—I was nervous at first and embarrassed and then I went all out, even scoring a strike to my complete surprise!

We are doing it again this year and calling it Turkey Bowling! Since we are doing it in the month of November close to Thanksgiving, come and join us and bring someone you want to thank in a special way like your family, personal care assistant or driver or some people who make life easier for you. Thank them with a game of bowling and food available at the venue. Billiard tables are also available for those who might want to try another game but those would require additional tickets.

So, come bowl with us and help CALIF build its program funds to enhance independent living services that add to the quality of life of the Disability Community.

What: TURKEY BOWLING

When: TUESDAY, November 3rd, 2015,
from 6:00 PM to 11:00 PM

Where: Shatto 39 Lanes

3255 W 4th St (corner of 4th and Vermont)
Los Angeles, CA 90020 in Koreatown



Tickets are \$20.00 each and each ticket entitles you to two games, including the bowling shoes should you need them. For more information, call Nelson Manaay at CALIF (213-627-0477) or email us at LNAVARRO@CALIF-ILC.ORG. Thank you very much!

Have fun, stay fit and help the cause,

Lillibeth Navarro

CALIF Executive Director and Founder

"Diverse communities, diverse abilities, one human family!"

Adaptive Bowling: Let's Start it In Los Angeles!

Bowling for people with disabilities on the rise

By Karen Meyer

April 30, 2009 (CHICAGO) -- Last fall, the Rehabilitation Institute of Chicago's fitness center added a new sport to their roster, bowling. This is an activity that can be adapted for people with different physical abilities. Bowling has always been an activity that attracts people of all ages. Now, with adaptive equipment and accessible bowling lanes, bowlers with physical disabilities can be part of this American past time.

Although RIC's bowling team just started, bowlers are exploring their abilities, said director of fitness Mitch Carr.

"May be a wheelchair user and they may not need a ramp or some may need a ramp, there's ambulatory bowlers that may have weakness in one side of the other, and again they're just adapting, whether that means by shifting weight, balance or using that ramp to help bowl," Carr said.

Bowling for people with physical disabilities is on the rise.

"In fact, there is a national bowling league, like the Professional Bowling Association. There is wheelchair bowling league on a national level that people can compete at," said Carr.

The program is new, so they are looking for more bowlers when it starts again in the fall.

"The bowlers pay a small fee. It's a \$30 fee for the program that carries them through the entire length of the program," said Carr.

Beginner bowler Victor Pirsoul has multiple sclerosis.

"I think my best game is a 67," Pirsoul said.

Another new bowler is Maggie Pawlowska. She just started a couple of weeks ago.

"I'm loving it every more every week," said Pawlowska.

"The neat thing about adaptive bowling is it is an inclusive sport," said Carr. "We want family members to think, 'Well, just because someone may have had a traumatic injury doesn't mean that their life ends, we can still go out as a family and bowl.'"

To learn more about adaptive bowling and other sport programs offered at RIC's fitness center go to www.richealthfit.org or call (312) 238-5002.

[http://atwiki.assistivetech.net/index.php/Adaptive Bowling](http://atwiki.assistivetech.net/index.php/Adaptive_Bowling)
<http://bowlingramps.com/shop/>



UPSTREAM mini: 10/2015

Governor Jerry Brown's Legacy of Death for California

October 5th, 2015, Sacramento: Governor Jerry Brown today signed the highly controversial physician assisted suicide bill, ABx2-15, End of Life, into law for Californians. The bill had narrowly passed by a 4-vote majority in the 80-member state Assembly during an extraordinary session called by Brown for reasons that included reducing the cost of providing health care services.

Despite physician assisted suicide's path to euthanasia, unenforceable 'safeguards', disregard of treatable depression, and use as a cost saving alternative to medical treatment, Governor Jerry Brown has established it as his legacy of death on demand.

As the 'right to die' becomes the 'duty to die', the winners in this Governor's legacy will be unprincipled health insurance companies, hospitals, and health care providers whose profits will rise. The losers will be the disabled, elderly, and poor who will face coerced death. Time will make clear that compassion is not a virtue when devoid of moral absolutes and that physician assisted suicide is murder. By Robert Cielnicky, Life Priority Network, 714-964-1284, Info@LifePriority.net

***It is so sad ... at a time when we are grieving yet again another shooting spree at a community college... we have a cost cutting Governor Brown who might as well have given guns to a group of avid euthanasia peddlers to kill those of us deemed too expensive to provide health care to! In California now, it is not just guns anymore that kill, it is the more insidious suicide law that blasts its poison in silence.
-- Lillibeth Navarro, CALIF Executive Director***

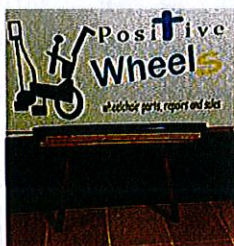


CALIF SYSTEMS CHANGE ADVOCATE CYNDE SOTO CLINCHES TWO ADVOCACY AWARDS IN SAN FRANCISCO!



Cynde Soto lives in Long Beach and owns her own condominium on the second floor. The building has only one elevator and when it is in disrepair, residents with disabilities are at the mercy of the management who decides how soon the repairs can be done. It has almost been over two months and Cynde is still stuck on her 2nd floor until the repairs are done. Hopefully this week, she can finally be freed!--LN

The community organizers of the Disability Organizing Network (DOnetwork) decided to return to the practice of recognizing accomplishments of their peers by giving awards. There were four awards given out at the Pre-Conference Institute in September. Cynde Soto, one of our Systems Change Advocates was presented with two of the awards. The awards included a statewide "Richard Devylder Memorial Spirit of the Network Award" and an "Advocate of the Year" award for each of the three state regions. She feels grateful for this recognition and to be working with such a dedicated group of people. Congratulations Cynde!



CALIF's POSITIVE WHEELS OPEN FOR BUSINESS

Our AT Coordinator Sergio Garibay and AT Assistant Mr. Young Kwon have been slowly but surely growing our Assistive Technology program at CALIF and their hard work has helped to develop our new for-profit little project called, "Positive Wheels". At "Positive Wheels", we do sales, wheelchair repairs, wheelchair detailing and maintenance, quick fixes, wheelchair loans as well as emergency assistance and other services like advocacy with your HMOs to get your DME needs. Call the CALIF office at (213) 627-0477, Monday to Friday from 9AM to 5PM and ask for Sergio Garibay.



Disability Fest 2015
Los Angeles ADA 25th Anniversary Celebration
July 11, 2015
City Hall – Downtown Los Angeles



Photo credits: Jamie Watson/Marivic Deocampo/Adriana Miranda



CALIF & LA DEPARTMENT ON DISABILITY SUCCESSFULLY CELEBRATE 25 YEARS OF THE ADA!

Highlights of the Disability Fest were:

- A total attendance of about 600 to 1,000 people for the entire day, a number supported by the count of free meals provided by Olive Garden which was 1,400. We had people from many diverse disability groups participating, the independent living centers, the regional centers, United Cerebral Palsy, Los Angeles, Californians for Disability Rights, Freedom to Roll, the Painted Brain and other Mental Health Groups, the Deaf and Blind Communities. Also our generous sponsors among the HMOs and SEIU ULTCW were there.
- We had people coming from as far away as Sacramento, Riverside, and Santa Barbara, North and Central California and major cities of LA County.
- We had a successful march complete with chants, songs, different banners, some footage of which was documented by print media and other local videographers and journalists and shown on Korean TV and other minority press.
- The program was emceed by Danny Woodburn, Lillibeth Navarro and Lisa Hayes. It was participated in by 19 different performers, among them the Academy of Music for the Blind and the Blues and Black band. We had very moving speeches from City Attorney Mike Feuer and other city council members sent their greetings and support. The two bands inspired people to dance and participate. There was an art exhibit and people doing art workshops. The Heroes wall was up and people kept filling out their Who's my Hero and Why form, a couple of them read on stage.
- We had 25 booths and more businesses requesting than we had booths for. We published a thousand copies of the ADA 25 Disability Fest brochure

which featured a birds-eye-view of the history of the Disability Rights Movement in Los Angeles, part of the Heroes Wall as centerfold and a backpage giving mention to some of Los Angeles' local advocates, a list that is not at all complete due to time and space limitations.



Helping with the Heart



Justice Pak, CALIF's Korean Outreach Worker was well into her work day when Patrick walked in. He was a single father with a son with severe autism. His son goes to a special school but the school, though equipped to handle special needs, was still calling him often during the week, to help ease his son's anxiety. Patrick who used to work a full time job as a computer technician was compelled to give up his job and devote his time to the care and well being of his son after one day he came home. He found his son, extra medicated with strong sedatives given by his ex-wife who could not handle the child. It grieved Patrick to see his son reduced to sleeping when ordinarily, he was a robust child with a lot of energy that he simply had to be taught to channel, with the right intervention. Because it was a persistent issue between the couple, the challenge eventually broke them up. The couple divorced and Patrick took full custody of his son.

The months following were sad and full of struggle. Patrick had to give up his job and had to live with his sister. His sister's family tried to accommodate Patrick and his son but the pressures of life became too much to handle. Patrick moved out and had to look for other alternatives. Without a stable job and a home of their own, what could they do and where could they turn?

Someone finally suggested CALIF to Patrick and he came in to speak with Justice. Justice also sought the help of CALIF's team mates for suggestions. Lily Sanchez, Benefits Advocate was brought in to see the family's qualification for benefits. She assisted Patrick to apply for his son's In-Home Supportive Services so he could be paid for attending to his son. His case was approved and his wages for his son's upkeep was a good enough start for them to live on. Now, Patrick even has time to take on some computer consulting while his son is in school. Patrick has expressed optimism and is moving forward to looking for an appropriate place to stay. His son gets claustrophobic in a small apartment and needs space like a yard for him to roam free to ease his agitation. Justice and the CALIF Independent Living Team are there for him and once again, life is making a turn for the better. Patrick who has an incredible love for his son, found his way around a social service system, though not perfect, is made perfect by people who help with the heart.

by Lillibeth Navarro, CALIF Executive Director and Founder

CALIF SWAT(Systems Watch Action Team) in ACTION!



INSIST ON ACCESS TO THE GOVERNMENT OF THE PEOPLE!

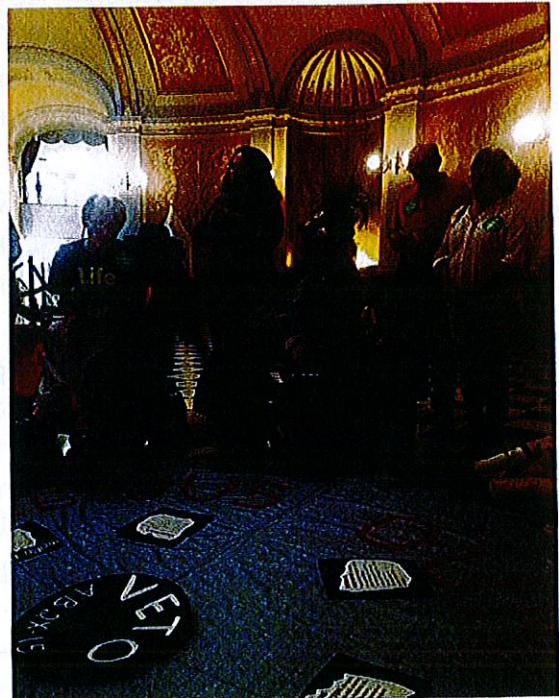
September 17th, 2015: The Governor's Office was closed, cold shut to all LA constituents while we had burning issues to bring him or his deputies: the increase in COLA, the danger of assisted suicide, the restoration of the 7% loss in IHSS hours. Undaunted we proceeded to the Speaker of the Assembly and brought our stories and presentation. We found their doors welcoming and their hearts open to our stories. Thank you to Eric Bauman, Darren Parker, Christopher Antonelli, all from Speaker of the Assembly's Tony

Atkins' Office and our Swat Team, Dina Springer-Garcia, Chaka Spencer, Francois Du Sardou and Garra Fisher.

THE DAYS LEADING UP TO THE GOVERNOR'S FATAL ASSISTED SUICIDE DECISION:

October 1st, 2015: We had just finished the Rally outside, advocates and disability rights organizations and allies, calling on the Governor to veto AB 2X -15, the dreaded Assisted Suicide Bill. A group of us went into the Rotunda of the State Capitol in Sacramento. We brought with us a huge round piece of cloth that said, "Our lives are precious, Veto AB 2X-15". We held down the cloth on the floor with our wheelchairs and bodies and we had cards which had stories of the people who were killed against their will in the different states which had assisted suicide. Each one read a story and then we paused to strike our chests with our hands, mimicking the rhythm of the human heart, another story and another as we contemplated the enormous loss of each person who still so wanted to live. Some of us cried, others were outraged but all were sad.

—Lillibeth Navarro, CALIF Executive Director & Founder



SCOOP!!!: A CHANGE IN THE HOUSING APPLICATION PROCESS

The Los Angeles City Dept. of Mental Health has moved to a coordinated housing (SRO) application process, which is:

All persons with mental health disabilities applying for a special needs unit (low income housing) will begin with an assessment through the Coordinated Entry System (CES) to determine their level of acuity as determined by HACLA. No longer can persons with mental health disabilities, or their case workers, just submit rental applications to the Downtown SROs individually. Applicants will be asked to complete an Application for Housing through the Coordinated Entry System (CES) at the Department of Mental Health. Their application goes into the system to determine the applicant's level of acuity and need. All adults 18 years and older in the household will be interviewed and will need to provide required documents like:

1. Social Security card and birth certificate (if applicable)
 2. Driver's License or Identification Card (with picture)
 3. Current Verification of income:
 - a. Most current tax return (last two years if self-employed).
 - b. The most recent 3 months of pay stubs for all employed household members.
 - c. Most current: Award Letter (recipients of SSI); Notice of Action for consumers on General Relief, AFDC; Welfare or any other social services agencies.
 - d. Six consecutive months bank statements for checking accounts.
 - e. Most current bank statement for savings accounts.
 - f. The latest statement from any retirement / pension / IRA / 401k plan for those household members who participate in such a plan. Originals of provided copies may be requested during the interview. Applicants will be also sign the Consent for Releasing Information, which will allow Management Agent to do proper third party verifications of income and assets. After income eligibility, applicants will be referred to US VETS for program eligibility verification; US VETS, in conjunction with ACOF Residential Service.
- Yolanda Ramirez, CALIF Program Director



ASSISTIVE TECHNOLOGY SUCCESS STORY

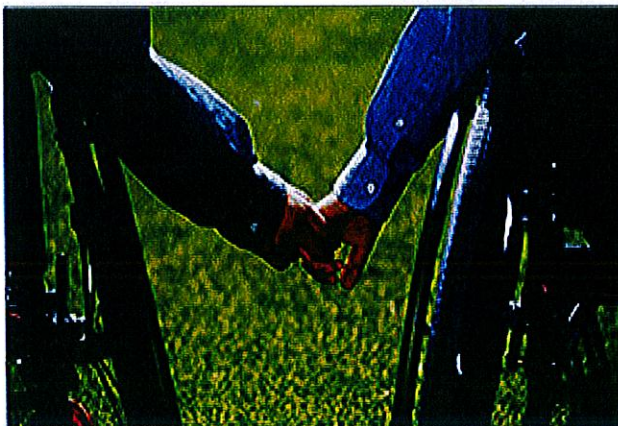
A 34-year old Hispanic man with Spina Bifida came to CALIF for assistance to repair his manual wheelchair that he depends on to go to school and do his daily activities. Our consumer has short legs and needed the foot rest on the wheelchair to be higher and wide enough to rest his feet on. In addition, our consumer requested that CALIF add a new seat belt & four new tires; he needed new brakes & his back support tightened. Because Medical provided him with his power wheelchair, they would not pay for the repairs of his manual wheelchair. Luckily his mother was able to pay for the repairs. Consumer was satisfied with the results which sustains his mobility.

--Sergio Garibay, CALIF AT Coordinator

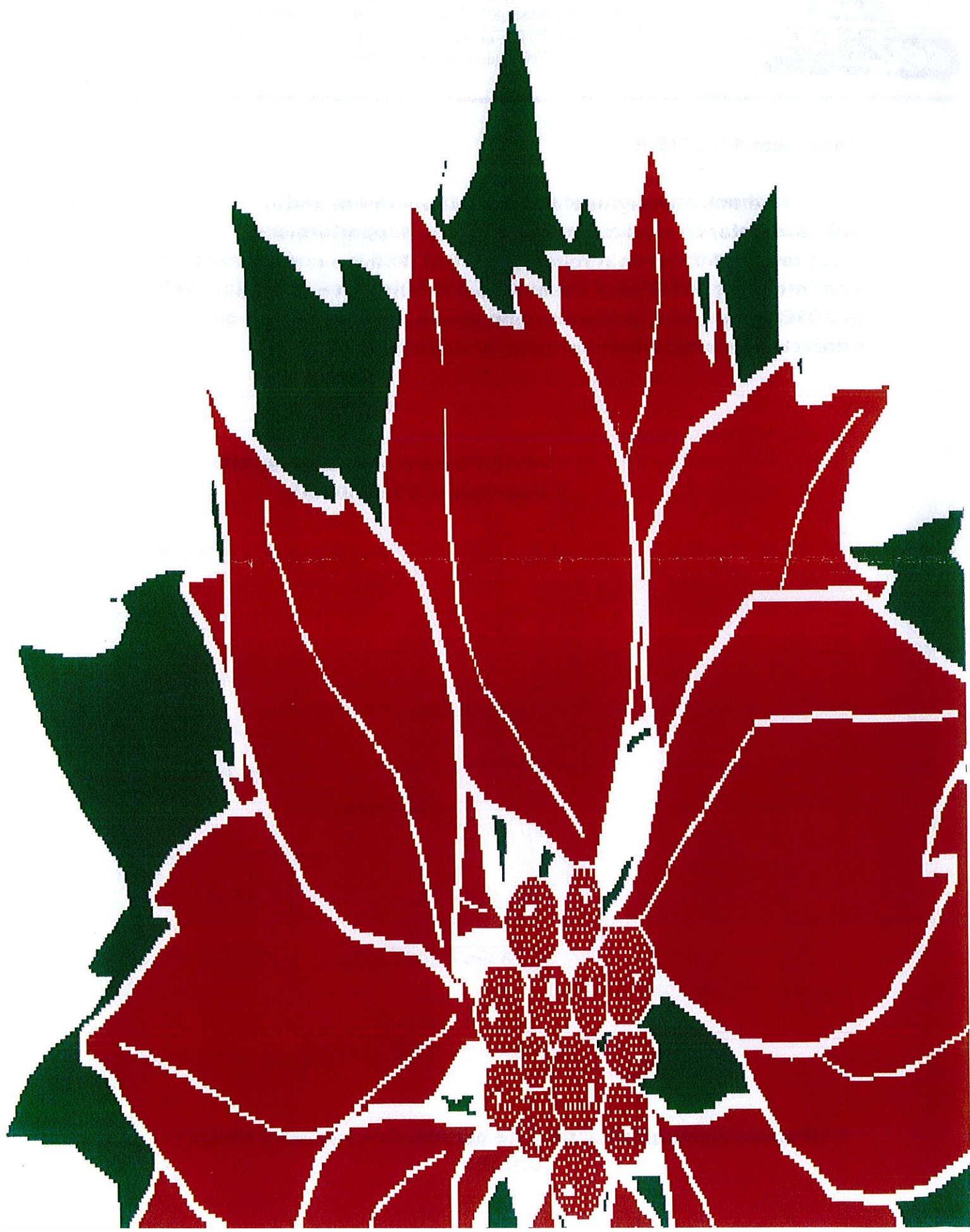


IT'S ALL ABOUT FOLLOW UP AND COORDINATION

Our consumer Terry first came to CALIF in March 19, 2015 needing assistance with permanent housing. Terry has mental health disabilities and has trouble understanding directions and following up on things she has to do to reach her goals. Terry also likes to multi-task, always trying to do too many things at once. Since she was not sure where she really wanted to live, we had to provide her with listings of housing from Lancaster, Palmdale, and San Diego. We also applied her for placement at the Hayward Hotel. We talked her into doing a Housing intake for A Community of Friends (ACOF) which has an in-house support system. During our case management sessions, we also discussed her need to curb the loud disruptive behavior she exhibits that may prejudice her chances to get the proper help. Once she understood how it could hurt her, she promised to calm down and try to be more focused. We also made a promise to help keep her on track toward her housing goals. On September 4, 2015, Terry stopped in at CALIF to show her Housing Advocate, the Landlord verification form and W-9 she needed to process and submit. On Sept. 30, 2015, she came in to the office with a smile on her face and a Residential Lease Agreement from The Avalon Apartments which is one of the ACOF buildings she was approved to move in.--Reginald Robinson, CALIF Housing Advocate



**Celebrating
Disabilities Awareness
Month in
OCTOBER**





CALIF

Communities Actively Living Independent & Free

634 S. Spring Street, 2nd Floor, Los Angeles, CA 90014

Tel. No.: (213) 627-0477; Fax no.: (213) 627-0535; E-mail: info @calif-ilc.org

Website: www.calif-ilc.org

December 17, 2015

We thank every one of our industry partners and collaborators, co-advocates and vendors, supporters and volunteers for the help rendered to CALIF and our consumers this year ending 2015! May we continue our fruitful collaboration well in 2016 and beyond! Let us keep peace & benevolence in our hearts as we tackle the struggles of daily life.

**Merry Christmas, Happy Holidays and
a Blessed New Year 2016!**

**--CALIF Board of Directors, Staff,
Volunteers & Consumers**

Elizabeth Reginald Nelson
Yolanda *Cynde*
Victoria *Evelyn*
Therese *Pina*
Tristee *Pat*
[Signature] *[Signature]*
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"Diverse Communities, Diverse Abilities, One Human Family!"-

CALIF

2016

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HAPPY HOLIDAYS 2015!

The scenario below happens to bear striking similarities to the life of most of our consumers who are the poor and disabled using our services:

- **Housing**—notice the hut, accessible, barely affordable (free but cramped like the nativity cave, like many of our people couch surfing, living in substandard housing, in garages, etc.);
- **Personal Care Assistance and child care:** PCAs Mary and Joseph caring for the Baby yet unable to walk, talk, hear, see well, do self care;
- **Low cost light and gas**—notice the free light from the star; the sheep providing warmth;
- **Assistive Technology:** the crib--accessible bed; staff (canes) for Joseph and the shepherds;
- **Accessible transportation:** the donkey and camel
- **Clothing from thrift stores, 99 cent stores:** the Swaddling clothes
- **Peer Counseling** about hope and joy—the shepherds;
- **Supplemental Security Income and Social Security Disability Income and Medi-Cal:** the gifts of the Magi
- **Systems Change Advocacy** with the legislators: the Three Kings

--The CALIF family

