



# DRC: Disabled Resources Center *The Key to Independence*

Independent Living Center

Newsletter

Winter 2017



Simply put, leadership development is an effort that enhances the learner's capacity to lead people. A critical skill for leaders is the ability to manage their own learning. Understanding one's ability is the first step in the process.

Knowing what accommodations work for them and to understand that their disability designation gives them certain rights to services and protection from discrimination. For information call (562) 427-1000

Before you can **start to lead** others, you must first know how to lead yourself. This has been the key to the DRC's *new* leadership program for Transitional Youth ages 14-24 with disabilities. "Know thyself" was the inscription over the Oracle at Delphi, the Greek mecca of wisdom. It is by this principle that **Get Organized Leadership Beyond the Classroom** is based. Future leaders gain an effective followership and achieve their goals.

*"Know thyself means separating who you are and who you want to be from what the world thinks you are and wants you to be." -Socrates*



GO-LBC Summer youth development program attendees.



11 years volunteer, mobility expert Tina

**An act of love** sends a father on a quest from Anchorage to Long Beach. Michael was determined to be by the side of his ailing son with no regard to his own physical disability (blindness). Michael's internet search for travel assistance directed him to DRC's website and then to DRC's waiting room. DRC was able to assist with a talking watch from **Assistive Technology Loan Program** and

**Personalized Travel Training** from **Mobility Training Program**. DRC volunteer Tina accompanied Michael on this 13 hr. trek, which took 4 trains, 4 buses, and 4 elevators from the Long Beach Ronald McDonald House to the Los Angeles Social Security office and then to UCLA Medical Center where his son is being treated. Call (562) 427-1000 for information on programs.

## *What is an Independent Living Center?*

An Independent Living Center is a consumer controlled, community based, cross disability, nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities. Independent living services maximize the ability to live independently in the environment of their own choosing. The 28 independent living centers in California offer five core services mandated by the Rehabilitation Act of 1973, as amended, Title VII, Chapter 1 and H.R. 803 - 113th Congress: Workforce Innovation and Opportunity Act: Information and Referral, Advocacy, Independent Living Skills, Peer Counseling, and Transition. California added two additional core services: **Personal Assistance Services and Housing**. ILC's also provide individual **Assistive Technology**

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**Intake Group Orientation every  
Thursday at 9 am.  
Visit our website for upcoming events.  
and like us on Facebook.**

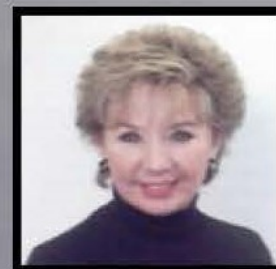
## *Dear Reader,*

As I write, Fall is in full swing. The days are getting shorter and the weather cooler. Just what we need for the work ahead. Here at DRC, we have been inundated with happy chores of packing and unpacking, staying ahead of the painters, carpet and floor workers, who are transforming our Center into a totally new look. By the time this Newsletter is printed and mailed, we should be ready to show off our Center and welcome visitors. I need to say that none of this would have happened without the most unselfish and hardest-working staff and volunteers. They were always ready to tackle any job with a smile, all the while keeping the Center open for consumers, and everything working like clockwork. If you get a chance, please stop by and check out our new digs, we'll love to see you. Talking about new, here at DRC we are really switching things up! From our website, Facebook, and newsletter. I love that I have staff that are creative and dedicated to helping DRC continue to grow and be better than before.

For those of you who want to help during this time of giving, please see the enclosed envelope. Just one time a year, DRC holds this donation campaign. Hope it is a good time for your giving.

Holiday blessings to you and your family.

*-Dolores*



*Dolores Nason Executive Director*



Left to Right  
L.A. County Supervisor  
Janice Hahn, alongside  
Systems Change Advocate  
Richard Hernandez and  
Benefits Education Advocate  
Grace Lopez.



**Empowering women** with information and guidance about **Supplemental Security Income** and **Social Security Disability Insurance** was DRC's very own Grace Lopez along with Richard Hernandez. Harbor Community Clinic partnered with the YWCA giving away free mammograms in support of Breast Cancer Awareness Month. Need information on benefits?

Call for information (562) 427-1000



DRC's East Wing showing support of the **Cambodian Genocide Remembrance Day**. The event was hosted by Senator Ricardo Lara with Congressman Allen Lowenthal. It was estimated that over 2 million lives were lost due to execution or starvation. Tens of thousands were made widows and orphans. Several hundred thousand people fled their country and became refugees. Long Beach has the largest population of Cambodians in the state.

L to R: Richard Burnett, Mario Rodriguez, Samantha Mam, Congressman Allen Lowenthal, Khanny Ou, (insert) Gino Elliot, and Senator Ricardo Lara

Also in attendance were Mayor Robert Garcia, Vice Mayor Rex Richardson, Assemblyman Patrick O'Donnell, Council members Lena Gonzalez, Jeannine Pearce, Daryl Supernaw, Dee Andrews, Robert Urango, and Al Austin.



Mayor Robert Garcia



**Transition** funding is assisting people with disabilities to move out of nursing homes and other institutions into independent lifestyles of their choice, helping to prevent people with disabilities from entering institutions.

DRC's latest project is assisting with funding for modification to a consumer's home. Modifications on this project consist of drywall, a new commode, grab rails, and expandable door hinges.

Call for information  
(562) 427-1000



## DRC at a Glance

Assistive Technology  
Assistive Technology Loan Program  
Community Advocacy for System Change  
Personal Assistance (PA) Services  
Benefits Education, Individual and Systems  
Advocacy  
Housing Services and Information  
Information and Referral  
Transitional Funding Program  
Transitional Youth Program Ages 14-24  
Independent Living Skills  
Peer Support Services  
Community Outreach  
Mobility Management Training  
Ticket to Work  
Volunteer/Intern Opportunities  
Employment Services  
Covered California and Medi-Cal Information  
Warm Hands for Wheelchair Users

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Return Service Requested

## Build A Computer Class

is a 6-week course offered to consumers who are part of the **Ticket to Work Program** or **Employment Services**.

Consumer will build a desktop computer consisting of all new parts with the latest Operating System and Microsoft Office Suite.

The computer parts were generously funded by the Employees Community Fund of Boeing, California. Each consumer keeps the computer upon course completion.

Call for more information  
**562 427-1000**



L to R : Back row: Martha, Robert, and Ramon.  
Front row L to R: Instructors Vincent Johnson and Samantha Mam.