

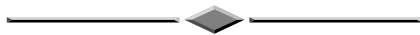
PIRS Hot Sheet

Advocacy & Services for People with Disabilities

September is National Preparedness Month

Are you Ready?

- Be informed about potential threats
- Make a Plan for your family
- Build a Kit to survive 2 or 3 days
- Take a class at American Red Cross
- Get Involved in community efforts



Participants Needed: Health Information Needs Study

Are you the partner, family member, or caregiver of someone who sustained a SCI, TBI, or Burn Injury in the past five years? Would you like to share your experience in research to help others in the future?

The NIDRR-funded [Model Systems Knowledge Translation Center](#) (MSKTC) is recruiting individuals who serve as primary caregivers to people with spinal cord injuries, traumatic brain injuries, or burn injuries to better understand caregivers' health information needs. Participants will be interviewed by phone and compensated for their time. For further information, visit their website at:

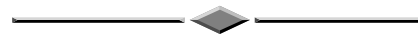
www.msktc.org/about/Model-Systems-Recruitment, or email to msktc@air.org.

Funded by National Institute on Disability and Rehabilitation Research (NIDRR) and conducted by the American Institutes for Research and George Mason University.

Advocacy Brown Bag Workshop: Sept. 27th, 11 am – 1 pm.

*Bring your lunch and meet Tony Sauer,
Director, State Dept. of Rehabilitation*

Tony will discuss the US Supreme Court's Olmstead Decision mandating that people with disabilities have the right to receive their services in the most integrated setting. There will be plenty of time for questions and discussion, and getting to know your fellow advocates. Come join the Team!



Voter Education Workshop: October 9th, 1 – 3 pm at PIRS office.

*Presented in collaboration with the
League of Women Voters*

This non-partisan workshop will explain all the propositions on the November Ballot. You also will be able to register to vote, or update your registration if you have moved. Learn about options like absentee ballots and early voting that are available if you will be away on Election Day.

Light refreshments will be served.



Free Medication Take-Back Day
Saturday, Sept. 29th 10 am – 2 pm
10 Western Placer Locations- Roseville,
Granite Bay, Lincoln, Loomis, Rocklin,
Auburn. Questions: 530 889-7238

PIRS Calendar

Reasonable accommodations are available upon advance request to facilitate access to PIRS facilities and services.

In order to maintain a comfortable environment for everyone, we respectfully request that **no perfumes or other scented products** are worn when attending activities at PIRS. Thank you.

⇒ **Deaf Awareness:** Learn basic sign language vocabulary to communicate; Tuesday, 1–2 pm. For more information, call 530-885-6100 or TTY 530-885-0326.

Disability Peer Support Groups:

⇒ **Depression Support Group** – Friday, 1:00 – 3:00 pm. at PIRS. This group is facilitated by Senior Peer Counseling Program of PCHHS, and it is open to all adults regardless of age.

⇒ **Women’s Mental Health Disabilities Support Group** – Monday 5:00 –7:00 pm. Call Leslie Brewer, ext. 13.

⇒ **Men’s Disability Support Group** – Tuesday 6:00 – 8:00 pm. Call Jeff Cowen, ext 15, before attending.

⇒ **Women’s Disability Support Group** – Wednesday, 1:00 – 3:00 pm. Open drop-in group. Call Facilitator Barbara Finn, ext. 26, for more information.

⇒ **Individual Peer Support – New Program:** If you live between Applegate and Gold Run and would like to talk individually with a volunteer Peer Support Specialist, call Leslie, x13.

⇒ **Auburn Post Polio Support Group:** meets 9 am, 2nd Saturday each month at Denny’s, 2480 Grass Valley Hwy, Auburn. Questions? Call Ron Hill, 530-889-0291.

Auburn People First: self-advocacy for people with developmental disabilities

⇒ Call the Supported Life Institute, Self-Advocacy Coordination Project at 916-567-1974 for more information.

FREE Help with your healthcare services problems:

HICAP – Health Insurance Counseling for seniors and people with disabilities. Call Seniors First/SeniorLink at 1-800-878-9222 to make an appointment.

Health Rights Hotline, serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage. Tollfree (888) 354-4474 or TTY (916) 551-2180. In Sacramento, call (916) 551-2100. www.hrh.org.

HMO Help Center: State Dept. of Managed Health Care, free independent medical review (IMR) for denial of services. Assistance 24 hours a day, seven days a week. Call (888) 466-2219 or (877) 688-9891 (TTY). www.healthhelp.ca.gov.

DRA’s Health Access Project: free publications about the health care and insurance rights and concerns of people with disabilities and serious health conditions. <http://dralegal.org/>, and click on “Projects”.

Mental Health America
In Crisis? 1-800-273-TALK
Pensar en Suicida?
1-800-SUICIDA (784-2432)
(Ellos son Latinos y hablan Español)

California AgrAbility Project serves agricultural workers with disabilities and their families. Call (530) 752-1613 voice; Toll free: 1-800-477-6129; fax (530) 752-2640.
<http://calagrability.ucdavis.edu>

Placer County Annual Unmet Transit Needs

Public Workshops:

Wed., Oct. 3rd, 10 am
Loomis Train Depot
5775 Horseshoe Bar Road
Loomis

Wed., Oct. 3rd, 4 pm
Lincoln City Hall
600 Sixth Street
First Floor Meeting Room
Lincoln

Thurs., Oct 4th, 1:30 pm
Tahoe City Public Utility District
221 Fairway Drive
Tahoe City, CA 96145

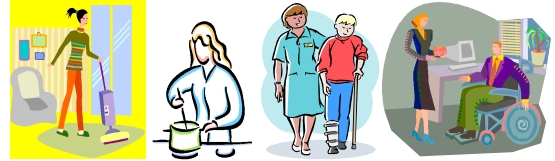
Tues., Oct 9th, 6 pm
Martha Riley Library
1501 Pleasant Grove Blvd.
Meeting Room 1
Roseville

Wed., Oct 10th, 10 am
Auburn City Hall
1225 Lincoln Way
Rose Room
Auburn

Tues., Oct 16th, 2 pm
Rocklin City Council Chambers
City Admin Building, 2nd Floor
3970 Rocklin Road
Rocklin

Public Hearing: Wed., Oct 24th, 9:15 am

Placer Co. Transportation Planning Agency
Placer Co. Administrative Center
Board of Supervisors Chambers
175 Fulweiler Ave., Auburn



Do you need to hire an in-home personal assistant or care provider?

Are you a professional care provider?

Apply to join PIRS Personal Assistants Registry/Referral Service. (No fee)

To hire a provider, or to join our Provider Registry, call Tim Cooper at PIRS - 530-885-6100, x15.



Do you need some minor modifications to make your home safer and more accessible?

Call Don Wixon, Coordinator of PIRS Minor Home Modification Program. 530-885-6100, ext 34

ADA Checklist for Readily Achievable Barrier Removal

www.adachecklist.org/checklist.html

www.proyectovision.net

información sobre nuevas becas, pasantías, puestos de trabajo, y recursos que le pueden ayudar en el cumplimiento de sus metas relacionados con la educación, el empleo, y la vida independiente.

“Navigating Government Benefits & Employment: A Guidebook for Veterans with Disabilities.”

Free download at:

<http://vets.syr.edu/pdfs/benefits-guidebook.pdf>

ADA CORNER

The US Justice Dept. recently announced a settlement with Sacramento Public Library Authority to remedy alleged violations of the Americans with Disabilities Act (ADA). The agreement resolves allegations that the library violated the ADA by using inaccessible Barnes & Noble NOOK electronic reader devices in a patron lending program. Under the settlement agreement, the library will not acquire any additional e-readers for patron use that exclude persons who are blind or others with disabilities who need accessible features such as text-to-speech functions or the ability to access menus through audio or tactile options. The library has also agreed to acquire at least 18 e-readers that are accessible to persons with disabilities. The agreement also requires the library to train its staff on the requirements of the ADA. More information about this and other settlements is available at the Justice Dept.'s toll-free ADA Information line at (800) 514-0301 or TTY (800) 514-0383; on the ADA website at www.ada.gov; or contact the U.S. Attorney's civil rights hotline at 313-226-9151.

Free Technical Assistance:

• Pacific Disability and Business Technical Advisory Center (DBTAC) – Hotline provides free detailed explanations on ADA questions and Guidelines. 1-800-949-4232.

www.adapacific.org.

• Dept of Justice ADA webpage:
www.usdoj.gov/crt/ada/adahom1.htm

• Equal Opportunity Employment Commission – non-discrimination in employment: www.eeoc.gov.

• Job Accommodation Network (JAN): lists examples of accommodations that may be appropriate for various types of disabling conditions. www.jan.wvu.edu

• www.access-board.gov – US Access Board publishes access guidelines based on research about best practices.

• www.DisabilityInfo.gov is a cross-government portal on disability, and is easily accessible.

• www.ncaonline.org- National Center on Accessibility promotes access to recreational facilities, focusing on universal access and practical solutions by linking designers with users.

• www.firstgov.gov – a one-stop source to find any federal agency and other information.

• Federal Transit Administration – ADA Assistance line: 1-888-446-4511 or www.fta.dot.gov/transit_data_info/ada/

• Information on the U.S. Dept of Education enforcement of education rights (Individuals with Disabilities Education Act or IDEA). www.ed.gov/offices/OCR/index.html

• Discrimination in air transportation and related services. Hotline at 1-800-778-4838 (voice) or 1-800-455-9880 (TTY) to obtain assistance. Complaints must be submitted in writing. <http://airconsumer.ost.dot.gov/>



Advocate for Your Rights!

Never take your independence for granted. Never ignore discrimination. Speak out and defend your rights to access housing, education, employment, transportation, health care, telecommunications, recreation, and all the other benefits our society enjoys. Get involved! Stay informed! Contact Jeff Cowen: <jcowen@pirs.org>; Call 530-885-6100, ext.15; or write: PIRS, 11768 Atwood Rd., Ste.29, Auburn CA 95603.

NEW! Monthly workshops on disability topics that impact your life. Call Jeff to sign up or get more information.

To Contact Your Legislators online:

President: www.whitehouse.gov

Governor: www.governor.ca.gov

US Senators: thomas.loc.gov, then choose "Senate Directory" at top.

US Representatives: thomas.loc.gov, then choose "House Directory" at top.

State Senate: www.senate.ca.gov

State Assembly: www.assembly.ca.gov

Placer County: www.placer.ca.gov

El Dorado County: co.el-dorado.ca.us

Alpine County: www.alpinecountyca.gov



PIRS Board of Directors is seeking new members. In particular, if you are of Latino, Asian, or African-American descent and have a disability, or have legal or accounting expertise, please consider joining our Board.

Please call for an application:
530-885-6100, in Auburn
1-800-833-3453 outside of Auburn area
530-885-0326 TDD
530-885-3032 Fax

PIRS Board of Directors

Dawn Davidson, President
Robert Hancock, Vice President
Paul Opper, Treasurer
Dan Roye, Secretary
Michael Cummings, Director
Terry Scott, Director
Linda Wisdom, Director

PIRS Board Meeting:

Third Wednesday, 5:00-6:30 p.m. at PIRS.

Disability Rights Organizations:

www.ADAWatch.org: Advancing the Civil Rights of People with Disabilities

National Council on Independent Living:
www.NCIL.org

Association of Programs for Rural Independent Living: www.april-rural.org

CA Foundation for Independent Living Centers: www.cfilc.org

Mental Health: www.Bazelon.org

Advocacy for persons with developmental disabilities: [The ARC.org](http://TheARC.org)

Disability Rights California: www.drc.org

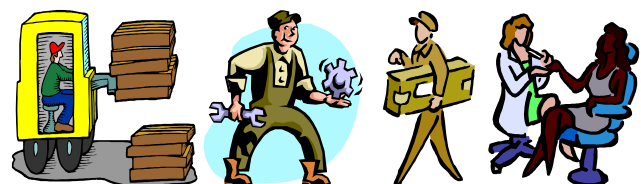
Disability Rights Education Defense Fund:
www.dredf.org

Not Dead Yet: opposing physician-assisted suicide. www.ndy.org

Disability Rights Advocates: dralegal.org

American Association of Persons with Disabilities: www.aapd.org

California Disability Community Action Network (CDCAN): Advocacy Without Borders: www.cdcan.us



www.disabilitybenefits101.org

Information on employment, health coverage and other benefits, and how it all relates to working. There's a unique "calculator" that will help you figure it out. You can work!

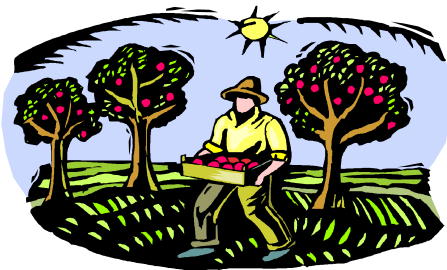
Placer Independent Resource Services
11768 Atwood Rd., Ste. 29
Auburn, CA 95603

RETURN SERVICE REQUESTED

PIRS Hotsheet is available online at
www.pirs.org

For alternative formats, call us at:
530-885-6100 (v); 530-885-0326 (tty)

It's Harvest Time!! Yum!
Yum!



*Please Include PIRS
in Your Will.*

Non Profit Organization

US Postage PAID

Auburn, CA

Permit #130

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PIRS is funded by grants from the US Dept. of Education/Rehabilitative Services Administration; State Dept. of Rehabilitation; Area 4 Agency on Aging; United Auburn Indian Communities; City of Roseville; Community Technology Foundation of CA; James & Virginia Benson Fund for the Elderly of Placer County of the Sacramento Region Community Foundation; by contract with the Pacific Disability & Business Technical Assistance Center; and by private donations.

We need your support. Please make a donation to PIRS today. Thank you!

PIRS is a Certified Agency of United Way California
Capital Region: **Agency # 5751**

