



**Silicon Valley Independent Living Center  
Community Services Newsletter  
November - December 2009**

***In This Issue*** ~ The ADA Corner discusses the evolution of the ADA and the Amendments to it. The Advocacy Corner has an update about the court injunction that stopped the cuts that were proposed for California's In-Home Supportive Services (IHSS) program. Another advocacy opportunity is coming with People First of California in an exciting training class to assist people with developmental disabilities to learn new advocate skills. The AT Corner has an article about home modifications for bathroom accessibility. The Autumn Health Tips discusses healthy fast food choices, walking for fitness, and fall prevention. The Kitchen Corner has a tip for making chocolate candy. SVILC will be hosting housing workshops and personal assistant workshops in November. There are great classes to sign up for. Cooking class on Tuesday and Thursday will be making holiday treats. Basic Living Skills will be learning about personal safety using the Safe and Strong videos. Social Skills will be playing games and discussing good sportsmanship. The exercise class will be using the DVD exercises for Pilates, Yoga, and Cardio Fitness. The Recreation Club will be going holiday shopping at the Great Mall in Milpitas. SVILC will be hosting a Thanksgiving Brunch Potluck and Bingo. The club will be going to Christmas in the Park and having dessert at the Fairmont Hotel, and then later in December a holiday dinner at P. F. Chang's in Sunnyvale.

***ADA Corner*** ~ The Americans with Disabilities Act of 1990 ~ It was signed into law on July 26, 1990, by President George H. W. Bush, and later amended with changes effective January 1, 2009. The ADA is a wide-ranging civil rights law that prohibits, under certain circumstances, discrimination based on disability. It affords similar protection against discrimination to Americans with Disabilities as the Civil Rights Act of 1964, which made discrimination based on race, religion, sex, national origin, and other characteristics illegal. Disability is defined as "a physical or mental impairment that substantially limits a major life activity." The determination of whether any particular condition is considered a disability is made on a case by case basis. Certain specific conditions are excluded as disabilities, such as current substance abuse and visual impairment which is correctable by prescription lenses.

On September 25, 2008, President George W. Bush signed into law The ADA Amendments Act of 2008 (ADAAA). It is intended to give broader protections for disabled workers and "turn back the clock" on court rulings which Congress deemed too restrictive. The ADAAA includes a list of major life activities.

1. Titles of the ADA
  - 1.1 Title I - Employment
  - 1.2 Title II - Public Entities (and public transportation)
  - 1.3 Title III – Public Accommodations (and Commercial Facilities)
  - 1.4 Title IV – Telecommunications

## ***Background On Title IV Telecommunication***

The Federal Communications Commission (FCC) has adopted use of the 711 dialing code for access to Telecommunications Relay Services (TRS). TRS permits persons with a hearing or speech disability to use the telephone system via a text telephone (TTY) or other device to call persons with or without such disabilities. For more information about the various types of TRS, see the FCC's consumer fact sheet at [http://www.fcc.gov/cgb/consumer\\_facts/trs.html](http://www.fcc.gov/cgb/consumer_facts/trs.html), or visit the Web site of our Disability Rights Office (DRO) at <http://www.fcc.gov/cgb/dro/>.

### ***Making TRS Calls***

If you want to call someone using TRS, use your TTY, or dial 711 on your telephone, and you will automatically be connected to a TRS operator. If you're a TRS user traveling out of state and want to make a call, there is no longer a need to learn the state's TRS provider's telephone number. Just dial 711. It's fast, functional, and free.

The 711 code is not just for use by persons with disabilities. Both voice and TRS users can initiate a call from any telephone, anywhere in the United States, without having to remember and dial a seven or ten-digit access number. For persons who have been using TRS for years, the convenience of dialing three digits is obvious.

711 dialing access does not work for Video Relay Service (VRS) or Internet Protocol (IP) Relay calls, because such calls are initiated through the Internet. Hearing persons initiating a VRS or IP Relay call may do so by calling a provider's 800 number.

Dialing 711 from a Private Branch Exchange FCC rules require all telephone companies (including wire line, wireless, and pay phone providers) that operate private branch exchanges (PBXs) to implement three-digit 711 dialing for access to TRS.

A PBX is a private telephone system within an organization that switches calls between internal users and allows users to share a certain number of external phone lines. PBX operators are required to modify their equipment to enable 711 dialing to ensure that everyone benefits from abbreviated dialing and consumers have easy access to TRS. Callers from locations served by PBXs may be required to dial 9 or another prefix before entering the 711 code or placing an outside call. The FCC encourages PBX operators to work with telephone companies and TRS providers to facilitate 711 dialing for users. The FCC recently determined that providers of interconnected Voice over Internet Protocol (VoIP) service also must offer 711 abbreviated dialing.

### ***911 and 711***

Dialing 911 is the most familiar and effective way Americans have to find help in an emergency. The Americans with Disabilities Act (ADA) requires all Public Safety Answering Points (PSAPs) to provide direct, equal access to their emergency response services for people with disabilities who use TTYs or other devices. Therefore, in the event of an emergency, TTY users should call 911 directly, and not make a TRS call via 711.

### ***Filing a Complaint with the FCC***

If you are unable to reach a TRS operator by dialing 711, you can file a complaint with the FCC. There is no charge for filing a complaint. You can file your complaint using an on-line complaint form found at [esupport.fcc.gov/complaints.htm](http://esupport.fcc.gov/complaints.htm). You can also file your complaint with the FCC's Consumer Center by e-mailing [fccinfo@fcc.gov](mailto:fccinfo@fcc.gov); calling 1.888.CALL.FCC 1.888.225.5322 voice or 1.888.TELL.FCC 1.888.835.5322 TTY; faxing 1.866.418.0232; or writing to: Federal Communications Commission

Consumer and Governmental Affairs Bureau  
Consumer Inquiries and Complaints Division  
445 12th Street, SW  
Washington, DC 20554.

### ***What to Include in Your Complaint***

The best way to provide all the information the FCC needs to process your complaint is to complete fully the on-line complaint form. When you open the on-line complaint form, you will be asked a series of questions that will take you to the particular section of the form you need to complete. If you do not use the on-line complaint form, your complaint, at a minimum, should indicate:

- your name, address, e-mail address, and phone number where you can be reached;
- whether you are filing a complaint on behalf of another party, and if so, the party's name, address, e-mail address, day time phone number, and your relationship to the party;
- preferred format or method of response (letter, fax voice phone call, e-mail, TRS, TTY, ASCII text, audio recording, or Braille);
- that your complaint is about accessing TRS;
- the name, address, and telephone number (if known) of the company or companies involved with your complaint; and
- a brief description of your complaint and the resolution you are seeking, and a full description of the equipment or service you are complaining about, including date of purchase, use, or attempt to use.

For information about other telecommunications issues, visit the FCC's Consumer & Governmental Affairs Bureau Web site at [www.fcc.gov/cgb](http://www.fcc.gov/cgb), or contact the FCC's Consumer Center using the information provided for filing a complaint

For this or any other consumer

publication in an accessible format (electronic ASCII text, Braille, large print, or audio) please write or call us at the address or phone number below, or send an e-mail to [FCC504@fcc.gov](mailto:FCC504@fcc.gov).

To receive information on this and other FCC consumer topics through the Commission's electronic subscriber service, visit [www.fcc.gov/cgb/contacts/](http://www.fcc.gov/cgb/contacts/).

This document is for consumer education purposes only and is not intended to affect any proceeding or cases involving this subject matter or related issues.

***(This article was taken from: Federal Communications Commission and you can contact them at:***

**Consumer & Governmental Affairs Bureau  
445 12th St. S.W.**

**Washington, DC 20554**

**1.888.CALL.FCC 1.888.225.5322**

**TTY: 1.888.TELL.FCC 1-888-835-5322**

**Fax: 1.866.418.0232**

**[www.fcc.gov/cgb/](http://www.fcc.gov/cgb/) )**

***Advocacy Corner*** ~ SVILC Systems  
Change Advocate's Report:

By now, many of you have heard about a court injunction that stopped the cuts that were proposed for California's In-Home Supportive Services (IHSS) program. About 3,000 of the 16,000 Santa Clara County residents who rely on these services to stay independent would have faced a loss of hours or even elimination from the program. Some might even have had to move into nursing homes, because that is the only way Medi-Cal would pay for the services they need even though nursing home care costs more than home and community based services! But thanks to the ruling by a Federal judge, your IHSS services will not be cut, now or for the foreseeable future. We cannot

rely on the courts to save us from a larger pattern of service cutbacks aimed at people with disabilities. Locally, VTA recently implemented severe cutbacks to its Outreach Paratransit service. So even if you manage to stay out of a nursing home, you still might find yourself isolated from the community outside your immediate neighborhood. Regional Centers that provide service to people with developmental disabilities are targeted, too. Rather than trying to fight every single cutback one by one by one, we need to organize to fight the mentality prevailing from San José to Sacramento that it's OK to balance the budget on the backs of people with disabilities.

Policymakers from Gov. Schwarzenegger on down to your city councilmember's generally don't pay a whole lot of attention to the needs of people with disabilities. Why? Because they don't see us as an organized group, like big business or labor unions. And yet, somewhere between 15 and 20 percent of Californians have some type of disability. That is, in any group of five or six people, chances are one of them has a disability – unless, of course, she or he wasn't able to join the group because of a lack of access.

SVILC is a small organization, with only about 30 employees. And only one of them – me – deals directly with what's going on in your city, county and state governments, as well as Congress. There's no way on Earth I can do that all by myself. I need your help. I need the help of people with all types of disabilities from throughout the area, from every legislative district, who share my interest in tackling these issues – people just like you.

Here's an example of what we do. As you may have heard, the Assembly adjourned for the year just last Friday. But before it did, the nursing home lobby tried a back-door maneuver to get an increase in state funding.

That's right, an increase, just when they were trying to cut your IHSS services! What they did was, they took a bill that had to do with – get this – earthquake safety for hospitals, and then amended it to take out the earthquake safety provisions and put the nursing home funding increase in their place! We at SVILC didn't like that any better than you do, and we were able to get our objections recorded in the official analysis of the bill. The amended form of the bill didn't make it through the Assembly this year. But rest assured, they'll be back with more of that kind of stuff the minute next year's session opens in January.

Just because Gov. Schwarzenegger says he's going to cut something doesn't mean he can actually do it. Even before the IHSS injunction, a different Federal judge told the state it could not implement the cuts to another program, the Adult Day Health Care program. What's important to us is that her ruling mentions what's called the Olmstead decision. Olmstead is a ruling from the United States Supreme Court. It says that people with disabilities have a civil right to live in the community, not in institutions like nursing homes or Agnews.

At SVILC, we fully support the civil rights of people with disabilities to live as full and equal members of society. If you agree, and you'd like to help us fight to change the system so that it works for you and for everyone with a disability, send me a message at [markr@svilc.org](mailto:markr@svilc.org) or call (408) 894-9041 ext. 209. I'm looking to set up a meeting with my fellow advocates in the next few weeks.

Sincerely,  
Mark Romoser  
Systems Change Advocate, SVILC

## ***Fun Volunteer Job ~***

We have joined with People First of California in an exciting training class to assist people with developmental disabilities to learn new advocate skills. This training is run by and for people with developmental disabilities.

This is what advocacy is all about, people helping their peers to learn to speak up for themselves, learn how to make decisions and solve problems, and be contributing members of their community.

People First of California will train volunteers with developmental disabilities to be group helper, advisors or trainers at the local People First chapter meetings once a month. To learn more about this fantastic group go to: [www.peoplefirstca.com](http://www.peoplefirstca.com) and then call us to come to our free training class!

Call Ruth or Mindi-408-894-9041.

## ***AT Corner ~ Accessibility in the home.***

In 2001, there were over 54 million Americans with a permanent disability. Millions more had some form of temporary or short term disability. Many are children, many are adults and many others are finding their abilities are changing as they age.

People are living longer and the fastest growing segment of North American society is our seniors. Aging adults have to cope with reduced vision, hearing loss and physical disabilities all of which can present obstacles to everyday living. We all want our homes to be comfortable and to accommodate our changing needs as we age. An accessible home design offers independence and comfort for adults and children with disabilities as they go about their daily activities. Many new products are being designed with accessibility requirements being taken into account. This has resulted in a growing selection of high

quality, attractive, useful and well thought-out products and designs that make everyday living with a disability much easier.

### **Why Accessible Bathrooms?**

Accessible Bathrooms accommodate someone with a physical disability and allow wheelchair users and people using walking aids to get around. More and more people are transforming at least one of the bathrooms in their home to be barrier free and to offer ease of use to people with a wide range of physical abilities some with significant handicaps. A barrier-free, bathroom design accommodates someone with a handicap. In the bathroom you have freedom of movement, making it easier and more convenient to bath, groom, and use the toilet in comfort in your own home. Barrier-free bathrooms offer a safe solution for people who have reduced balance and mobility. As most bath and toilet rooms are shared between several family members, accessible designs must address multiple requirements. Identifying and understanding these factors is the first step in making the right bathroom design decisions. A wheelchair accessible bathroom accommodates handicapped individuals and is much safer for the entire family.

It is always a good idea to seek professional advice to analyze your unique situation. The services of interior designers, architects, and remodelers with firsthand knowledge of accessibility issues can make the renovation or building process easier. Accessible bathrooms allow people with disabilities and their entire families to enjoy bathrooms which are safe, attractive, comfortable and easy to use. Using this information may help prevent a serious injury as the majority of falls occur at home. Falls on wet slippery bathroom floors are the #1 cause of falls at home.

In residential and commercial building

and remodelling universal design principles are gaining popularity and include making the bathroom experience useful to people of diverse abilities, from an elderly parent with limited mobility to an agile teenager. The Universal Design trend is gaining momentum as the population ages and seniors seek to remain in their homes instead of moving to retirement communities. Universal design adds to the concept of accessibility. Universal design space must not only be accessible, but must look good and be appealing to many different people. Today, accessible bathrooms come in a variety of designs and make life easier for everyone in the household to use the bathroom.

### **Accessible Bathrooms**

#### **Residential and Commercial**

The information on this page is primarily for use in residential construction. The laws that govern barrier-free issues generally apply to the commercial market, i.e., public facilities, where a real emphasis has been placed on accessibility. Also, be aware that state-wide regulations may exist and be enforced in your area for multi-family housing developments. For commercial applications the American Disabilities Act (ADA) and Accessibility Guidelines for Buildings and Facilities (ADAAG), cover the construction and alteration of both private and public sector facilities. For more detailed information on these commercial applications see ADA Bathrooms, this page also contains helpful information and diagrams for ADA wheelchair turning, reaching limits, shower and stall guidelines, etc.

#### **Residential Accessible Bathroom Design**

Bathrooms are typically compact and efficient spaces. In general, wheelchair users need larger bathrooms to allow for manoeuvring. The more space you leave for manoeuvring around a bathroom in a wheelchair (or with a

walker) the easier and safer it is going to be. A wheelchair handicapped accessible bathroom dimensions requires at least 5 feet (60") in diameter to make a 180 degree turn. To conserve space, a T-shaped turning space with aisles 36" wide allowing a three-point turn is also acceptable. A portion of the diameter or T-shaped turning space may be located under fixtures as long as the required knee and toe clearance is provided. The space can be positioned for a forward or parallel approach to equipment.

#### **Doorway Widening**

A straight forward method to increase accessibility is to install easy-to-grasp lever door handles on all doors. Bathroom doors should be wide enough to allow comfortable passage. In order to accommodate a wheelchair, (a standard wheelchair is 24-27" wide), doorways should be a minimum of 32" wide. If the doorway is located in the typical hallway and requires turning a wheelchair, you'll need a 36" door, when it is open in a 90° position to provide wheelchair access. A narrower width may possibly be adequate, particularly when a bathroom door location allows a straight wheelchair approach. Additional door clearance can be economically obtained by using the swing clear, offset door hinges, increasing the width by about 2", and is often enough to provide the necessary minimum width for a wheelchair or walker to pass through the doorway. If possible, there should be no threshold in the doorway. If a threshold is necessary, select a flat one that is no more than ¼ inch high, or one that is beveled on both sides and no greater than ¾ inch high.

#### **Non-slip Surfaces**

Bathroom floors can be very slippery, especially when wet. Use non-slip flooring and bathing surfaces. Many accessible showers and bathtubs come with anti-slip surfaces.

Sheet vinyl flooring is also a good choice, since it is smooth and easy to clean. If using ceramic tile, select large, smooth tiles to minimize grout lines and surface irregularities, and look for a non-slip surface texture.

### **Bathroom Safety Grab Bars**

Grab bars are a wonderful feature in just about any bathroom, and make the room safer and more convenient for anyone to use. Install grab bars next to the toilet and in bathing areas, Wall-mounted grab bars in tub/shower areas and around toilet (diameters should be 1-1/4" to 1-1/2"). The space between the grab bar and wall should be 1-1/2". A horizontal grab bar should be placed on the wall behind the toilet, and a second one on the closet sidewall adjacent to the toilet. Grab bars should also be placed inside bathtub and shower enclosures. If you are remodeling or building new and the walls are open, be sure and provide wood blocking in the walls to simplify attachment of the grab bars.

### **Safe Comfortable Bathing**

An inexpensive home bathing modification is adding a tub seat or transfer bench which uses the existing tub. A tub seat allows a person to sit, providing greater stability. A transfer bench outside the tub allows a person to sit on the bench outside the tub, first slide over the bench with their behind followed by sliding their legs into the tub. Lever controlled taps can be easily added to the shower, bathtub and sink. Adding a hand-held shower head improves water control and allows the shower to remain accessible to everyone in the family. A pressure mixing valve with anti-scald temperature controls allows for a constant water temperature, this is extremely important when the shower user has limited sensation in their bodies making them susceptible to burns.

### **Walk in Bath Tubs**

We have all seen the stantly running television advertisements for walk in bathtubs. These

“sit up style” bathtubs offer people a low 4-6 inch step instead of stepping over and into a standard tub. While walk in tubs are popular, often a safer and more economical solution is to install a roll in shower. Although some people prefer to rehab at home with water or air jets creating their own personal therapeutic spa.

### **Accessible Roll in Showers**

With a roll-in shower, the person with a disability wheels (or walks) into the curbless shower and then transfers or is assisted to transfer to a wall mounted shower chair. Alternatively, in limited space applications, the user can transfer to a shower chair and then roll themselves or be rolled into the shower stall. Installing an accessible shower stall with the shower floor level with the bathroom floor allows both handicapped individuals as well as people of all abilities to enjoy safe and comfortable bathrooms. Accessible Showers are designed for residential applications. Accessible roll In showers fit nicely into standard bathrooms. Accessible bathtub replacement shower models have a 60" outside dimension as they are designed to utilize the bathroom framing around 5 foot tubs. Prefabricated accessible roll in showers are available in both fiberglass and acrylic designs, these come in many sizes with residential remodelling units available to replace a standard 5' bathtub. A roll-in shower can be installed in the space allowed for a tub, although a wider space may be desirable, especially when the user will require assistance in the shower transfer. Many people buy Accessible Shower Bases as a prefab solution for the shower base. An accessible barrier-free pan can be combined with ceramic tile walls for a beautiful custom shower which accommodates a someone in a wheelchair.

Finding additional floor space required for easy access by a person using a walker

or wheelchair requires creativity. Sometimes extra space can be found within the existing structure. Perhaps removing an adjacent closet will permit a larger shower, including a bench and a hand-held shower. Sometimes an existing swinging door can be replaced with a larger pocket door to take further advantage of available floor space.

### **Accessible Toilets**

It is important that in all residential situations the user's needs be determined to make the appropriate accessible bathroom modifications. Toilet heights are described as low and high seats. An accessible toilet with a high seat is 3-5 inches higher than standard seats. This reduces the need for lowering and lifting oneself on and off the seat. Elevated toilet seats are 17" to 19" above the finished floor, compared to standard seats at 14" or 15". High seats are ideal for ambulatory bathroom users who have difficulty getting to their feet from a sitting position. A high seat is often not appropriate for unassisted wheel chair user or people of short stature. To permit a person to transfer from a wheelchair to a toilet ANSI and UFAS standards require variable toilet clearances depending on the approach to the toilet: - 5' x 4'8" for a front or side approach with no lavatory next to toilet. - 4' x 5'6" for a front or side approach with lavatory next to toilet. - 4' x 4'8" for a side approach with lavatory next to toilet.

### **Roll-under Sinks and Vanities**

Bathrooms are more accessible to wheelchairs if a pedestal wall-mounted sink or vanity is installed. A roll-under sink and vanity top increases accessibility. A portion of the clear floor space located under the fixtures provides the required knee and toe clearance so that a wheelchair can be rolled up to the bathroom sink (recommended 34" maximum from top of counter to floor and 29" minimum from underside of sink to floor) with insulated hot

water pipes to prevent burns. A panel could also be used under the sink to both hide the plumbing and provide protection from the pipes.

### **Mirrors, Cabinets and Counters**

Wheelchair users need low mirrors. A tilt-down mirror can be adjusted as needed by all family members Prescription medicine can be stored in an accessible wall cabinet with shallow shelving. Shelves should be near eye level so small print on the labels can be easily read. For wheelchair users, a vanity wing wall is an excellent medicine cabinet location. European innovator, Granberg, designs and manufactures an adjustable lavatory that allows you to raise and lower the sink using your choice of a handheld control, remote control or manual cable system. This allows a wheelchair user to share the bathroom sink and mirror with people of all different heights.

### **Bathroom Lighting and Electrical**

Bathrooms should be well illuminated with artificial lighting enhanced by natural daylight. Window access is often obstructed, a casement window is generally the easiest to use. A skylight is another way of bringing daylight into the bathroom. Vanity lighting for wheelchair users may require minor adjustments to conventional arrangements. Most wheelchair users, for example, cannot get close enough to the wall mirror for focused activities such as shaving or applying make-up. A portable self-illuminated mirror set on the vanity top is often helpful. A wing style vanity offers a excellent solution for wheelchair access. Light and fan switches should be installed in accessible locations away from water sources. Electrical outlets should also be located to serve bathroom appliances such as hair dryers and razors. Radiant ceiling lamps are an inexpensive and effective option for helping to stay warm when wet. Shower interiors are often dark when

the curtains are closed, so a waterproof light fixture is recommended inside stalls and above tub/shower enclosures.

In summary, there are many ways to make your bathroom safer and user friendly for the whole family. An accessible bathroom will increase your freedom and independence.

*(This article was taken from:  
www.accessible-vanities.com)*

## ***Autumn Health Tips ~***

### ***Healthy eating strategies***

Fast food lovers have seen changes lately in the food restaurants to their menus to accommodate those looking to eat a healthier diet. Here are some of the healthy strategies for the next time you visit your favorite fast-food place:

- It is OK to say no. Think before you answering the questions “would you like fries with that?”
- The “value meal” is not always the best bargain, especially if you are getting more food than you are going to eat.
- Get fat-free or low fat condiments like mustard, ketchup, and salsa.
- Ask for salt-free fries.
- Skip “special sauces” and garnishes.

By making smart choices, some of your favorite fast foods can be included in your healthy eating plan.

### ***Walk it off***

Autumn is a good time to start doing some walking. With autumn here, comes cooler temperatures and is a great time to get outdoors and do some walking. Studies have shown that walking is both highly effective and efficient in shedding fat round the belly. Years of studies on exercise and abdominal fat revealed that walking 2.5 hours each week (20 minutes a day) can shrink your belly by one inch in a month. Researchers at the Pennington

Biomedical Research Center at Louisiana State University found that walking has proven effective because it reduces the deep belly fat (visceral fat) which can't be improved through typical abdominal exercises like crunches. Walking in general will help reduce deep belly fat. But to see results in less time, exercise physiologists recommend varying the intensity, otherwise know as interval training. Interspersed with moderate pace walking is the most efficient and effective workout. If your joints are in pain because of excess weight, try doing mini sessions, such as 5-10 minutes at a time. You will be able to gradually increase the time and burn more calories, while still causing little to no pain to joints. Extra weight puts more stress on hips and knees. By losing one pound of weight, you are taking four pounds of pressure off your joints.

A few tips for success:

- Divide your time (try five minutes four times a day if the full 20 minutes isn't feasible!
- Short workouts incur the same health benefits and weight loss as long workouts, but often feel more manageable and are easier to stick with.
- Use good form, get your arms pumping, and take long strides.
- Choose a good surface. Smooth direct trails, treadmills, and rubber tracks are all somewhat forgiving surfaces.
- Opt for the road rather than the sidewalk if it is safe. The concrete of the sidewalk is ten times as hard as the asphalt of the road. This will lessen the force on your joints.
- Another way to reduce jarring is to squeeze bur butt with every step.
- Fit in a walk at lunch or on breaks.
- Walk with your dog.
- Walk to your destination (e.g., out to lunch, to the store, etc.)

*((This information was taken from: Romeo Medical Clinic, Inc – www.romeoclinic.com)*

## ***Fit For Life***

Staying active can mean fewer falls and increased independence. As the human body enters its senior years, light to moderate exercise (such as walking a few blocks or even dancing) can make all the differences in how you feel and even how independent you remain. According to the National Institute on Aging, older people of varying physical conditions have much to gain from exercise and from staying physically active. They also have much to lose if they become physically inactive. Elderly often avoid doing the very things that could improve their health due to concerns over perceived frailty. Some people think that the best thing to do if they've fallen, or if they are afraid of failing, is to be less active. Tips for seniors to stay active by doing exercise routines:

- Seniors should work at a comfortable pace. Walking is a simple, yet effective exercise, working both key muscle groups and getting in cardio work as well.
- Seniors should celebrate their efforts and even small improvements in their health or physical ability.
- Most important, Senior should stick with it. Because many older people have multiple medical problems, it is critical to get a physician's approval before undertaking an exercise program. You can visit [www.LearnNotToFall.com](http://www.LearnNotToFall.com) there is a "How to Get Started Exercising" page features exercises you can do at home.

Living at home for as long as possible is a goal most of us share and staying active can mean fewer falls and increased independence. The wonderful thing about physical activity is that it is as good for the mind as it is for the body. Elderly people who exercise regularly feel better overall, have more energy, and are often able to continue to being independent. *(This information is from the Medic Alert*

*Newsletter –For more information on Phillips Lifeline at [www.medicalert.org/lifeline](http://www.medicalert.org/lifeline) or call 1.800.594.8172.)*

***Kitchen Corner*** ~ A candy making tip from the Kitchen Corner: When chocolate melts, it is ideally a smooth, satiny, homogenous mixture. However, if it comes into contact with even a small amount of water, it will "seize," or turn into a grainy, clumpy mess in the bowl. The most important thing you can do to prevent chocolate from seizing is to eliminate any chance of the chocolate coming into contact with water. Always make sure the bowls and utensils you are using are perfectly dry. Avoid using wooded spoons or boards, as they might retain moisture and impart this moisture to your chocolate.

If you would like to learn more, join us for the next cooking unit and have fun creating luscious treats. Give them as gifts and wow your family and friends.

***Housing Workshops*** ~ Open your door to a new affordable place to live. SVILC has Housing Workshops to assist you in your search for accessible, affordable housing. Choose from the workshops listed below, at the location and date that fits your needs and then call the SVILC front office in San Jose to sign up for the workshop at 408.894.9041. SVILC's TTY number is 408.894.9012.

### ***Housing Workshop***

When: Nov. 3  
Day/Time: Tues., 1:30 p.m. - 3:30 p.m.  
Where: SVILC Main Office  
2306 Zanker Road,  
San Jose

### ***Housing Workshop***

When: Nov. 10  
Day/Time: Tues., 10:00 a.m. - 11:30 a.m.  
Where: Georgia Travis Center  
297 Commercial Street,  
San Jose

### ***Housing Workshop***

When: Nov. 24  
Day/Time: Tues., 1:30 p.m - 3:30 p.m  
Where: SVILC Gilroy Branch Office  
7800 Arroyo Circle, Suite A  
Gilroy

***\*No workshops in December 2009, they will resume in January 2010.***

### ***Personal Assistant Workshops ~***

Learn how to hire and manage your Personal Care Assistant (PCA) by attending this valuable workshop. To sign-up, call SVILC's front office in San Jose at 408.894.9041. SVILC's TTY number is 408.894.9012.

### ***Personal Assistant Workshop***

When: March 10  
Day/Time: Tues., 2:00 p.m - 3:30 p.m.  
Where: Valley Medical Center  
Spinal Cord Unit  
751 South Bosom Avenue  
San Jose

### ***Personal Assistant Workshop***

When: April 14  
Day/Time: Tues., 1:30 p.m - 3:30 p.m.  
Where: Wheeler Manor  
7371 Hanna Street  
Gilroy

***\*No workshops in December 2009, they will resume in January 2010.***

### ***SVILC Classes ~***

#### ***Tuesday Class:***

#### ***Cooking III ~ Holiday Treats***

The holidays are approaching and it is always fun to make holiday treats that you can share with family and friends. Learn to make candy and other non-bake holiday treats through visual demonstration, sequencing of steps, and teamwork. Time management tips will be provided for preparation and clean-up. Understanding and working on energy conservation and joint protection is also discussed. Please bring a container each week to place your goodies into to take home. If you are in Tuesday's class please eat lunch before coming. If you are in Thursday's class please bring a bag lunch for you to eat after making the treats.

#### ***Register by November 1,***

When: Nov. 3 – Dec. 1  
\*There will be no class on  
Nov. 24  
Day/Time: Tues., 1:15 p.m. – 4:30 p.m.  
Where: 2306 Zanker Road  
San Jose

#### ***Wednesday Classes:***

***Basic Living Skills Class*** ~ This session will cover "bullying" and personal safety. Learn how to set personal limits and how to protect yourself in your home and while out in the community. We will be learning from viewing videos of staying "Safe and Strong" and group discussion.

#### ***Register by November 1***

When: Nov. 4 – Dec. 2  
\*There will be no class Nov. 11  
Day/Time: Weds., 10:00 a.m. – 11:15 a.m.  
Where: SVILC  
2306 Zanker Road  
San Jose

## ***Wednesday Classes Continued ~***

***Social Skills*** ~ Learn how to get your needs met in the community, at home, at school, or work by improving your communication skills. We will be playing different types of games and learning about good sportsmanship while playing the games.

### ***Register by November 1***

When: Nov. 4 – Dec. 2  
\*There will be no class Nov. 11  
Day/Time: Weds., 11:30 a.m. – 12:45 p.m.  
Where: SVILC  
2306 Zanker Road  
San Jose

***Exercise Class*** ~ Here is a chance to get some exercise while having fun and socializing. We will be doing strengthening and toning your body by completing the DVD exercises on Pilates, Yoga and Cardio-Fitness. So come and enjoy the class.

### ***Register by November 1***

When: Nov. 4 – Dec. 2  
\*There will be no class Nov. 11  
Day/Time: Weds. 1:30 p.m. – 2:30 p.m.  
Where: SVILC  
2306 Zanker Road  
San Jose

## ***Thursday Classes:***

### ***Cooking III ~ Holiday Treats***

The holidays are approaching and it is always fun to make holiday treats that you can share with family and friends. Learn to make candy and other non-bake holiday treats through visual demonstration, sequencing of steps, and teamwork. Time management tips will be provided for preparation and clean-up. Understanding and working on energy conservation and joint protection is also discussed. Please bring a container each week to place your goodies into to take home. If you

are in Tuesday's class please eat lunch before coming. **If you are in Thursday's class please bring a bag lunch for you to eat after making the treats.**

### ***Register by November 1***

When: Nov. 5 – Dec. 10  
\*There will be no classes  
**Nov. 26 and Dec. 3**  
Day/Time: Thurs., 10:15 a.m. – 1:30 p.m.  
\*Nov. 5, 9:30 a.m. - 12:30 p.m.  
Where: 2306 Zanker Road  
San Jose

## ***Recreation Outings ~***

### ***November Outings:***

***Holiday Shopping*** ~ Yes! It is that time of the year for holiday shopping at the Great Mall. So make your list and check it twice and let's go to the Great Mall and have a nice lunch while socializing. Then we will do some serious shopping or just window shop.

### ***Register by: November 1***

When: Nov. 5  
Day/Time: Weds., 11:30 a.m. – 3:00 p.m.  
Where: Great Mall  
Great Mall Blvd.  
Neighborhood Court 4  
Milpitas  
Bring: \$8.00 - \$12.00 for lunch  
Meeting place: Food Court

### ***Thanksgiving Brunch Potluck & Bingo~***

It is that time of the year where we all come together to celebrate Thanksgiving with a meal together. ***We are asking everyone to bring something to contribute to the meal that serves 12 persons.*** Have your food selection ready to serve when you come. We can re-heat in the microwave.

**If your last name begins with letter A – E:** bring Mashed Potatoes (instant is OK) or Stove Top Stuffing – chicken flavor.

**If your name begins with F - J:** bring Turkey Gravy (2 jars) or Cranberry Sauce (2 jars).

**If your name begins with K – O:** bring Yams topped with brown sugar and small marshmallows or bring Green Beans.

**If your name begins with P – T:** bring bread and butter or a can of Black Pitted Olives and a small jar of Bread & Butter Pickles.

**If your name begins with U – Z:** bring a Pumpkin Pie and a can of Whipped Cream or Apple Pie.

**\*Remember to write in your selection of food that you will bring on the registration form.**

We will also play a couple of bingo games.

**Please bring in \$5 for the bingo prizes.** So come, socialize and have some fun. Space is limited, so register early!

**Register by: November 10**

When: Nov. 24  
Day/Time: Tues., 11:30 a.m. – 3:30 p.m.  
Where: 2306 Zanker Road  
San Jose  
Bring: \$5.00 for bingo prizes  
and dish to share/serves 12

Meeting Place: SVILC lobby

## ***December Outings:***

***Christmas In The Park & Dessert*** ~ It's that time of year when Santa Claus is busy getting everything ready for delivery on Christmas morning. We will have dessert at The Grill at the Fairmont Hotel. After dessert we will visit "Christmas In The Park" which is across the street from the Fairmont Hotel.

***Please register by November 10***

When: Dec. 8  
Day/Time: Tues., 4:30 p.m. – 8:30 p.m.

Where: Fairmont Hotel and Christmas in the Park  
170 S. Market Street  
San Jose

Bring: \$8.00 - \$15.00 for dessert  
Meeting place: The lobby next to The Grill's inside hotel entrance

***Holiday Dinner at P. F. Chang*** ~ It is that time of the year where we come together and enjoy everyone's company and have a great meal, this year at P. F. Chang. This will give us an opportunity to wish everyone well. You can choose to bring a gift for the gift exchange. The cost of a gift should be between \$5 - \$10.

***Register by November 24***

When: Dec. 17  
Day Time: Thurs., 5:00 p.m. – 8:00 p.m.  
Where: P. F. Chang  
390 W. El Camino Real  
Sunnyvale  
Bring: \$20.00 - \$30.00 for dinner  
Meeting place: In the lobby of the restaurant

***Recreation Cancellation Policy*** ~ SVILC does not offer the transportation to and from outings. All participants are responsible for making their own transportation arrangements to and from the events. If you require a personal care attendants assistance you must also provide your own attendant. You must provide payment for any costs of the events such as paying for your meal when eating out or purchasing your own event admission ticket.

Contact for SVILC's recreation staff:

Marjorie Jensen  
Voice: 408.894.9041 ext. 201  
Lynn Robinson  
Voice: 408.894.9041 ext. 203  
Fax: 408.894.9050  
TTY: 408.894.9012

## ***Recreation and classes available at the Santa Clara Blind Center ~***

Did you know that there are recreation and classes available through the Santa Clara Valley Blind Center? If you are blind or have low vision you can join in the fun by attending their educational field trips, concerts, the theater, museum trips, and restaurant outings. They also have a quilting and sewing group that meets once a week as well as weekly exercise groups for Yoga, low-impact stretching, park walking and mall walking. If you or someone you know are interested in these services you can contact DziemNguyen at 408.295.4016 ext. 204, or write to [dnguyen@visionbeyondsight.org](mailto:dnguyen@visionbeyondsight.org)

***Accessible Fitness ~*** is the Bay Area's first wheelchair accessible gym. O'Lone is the founder and a trainer. He works with people at the gym and at home. Accessible Fitness is located at 2936 Scott Boulevard in Santa Clara.

For more information, call: 408.986.1419 or <http://www.accessiblefitness.com>

## ***Mexican Riviera Cruise Meeting ~***

Next Cruise Meeting: We will be booking our airfare and discussing excursions. All participants are expected to attend.

When: Dec. 15.

Day/Time: Tues., 1:30 p.m. - 3:30 p.m.

Where: SVILC, Main Office  
2306 Zanker Road  
San Jose

## Class Registration Form November - December 2009

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

**Check boxes next to the classes you want to take.**

	<b>Dates</b>	<b>Session Title</b>
<input type="checkbox"/>	<b>Nov. 3 - Dec. 1</b> <b>4 sessions</b>	<b>Tuesday</b> <b>Cooking Desserts</b>
<input type="checkbox"/>	<b>Nov. 5 - Dec. 10</b> <b>4 sessions</b>	<b>Thursday</b> <b>Cooking Desserts</b>
<input type="checkbox"/>	<b>Nov. 4 - Dec. 2</b> <b>Basic Living Skills</b> <b>4 sessions</b>	<b>Wednesday</b> <b>Safe &amp; Strong</b>
<input type="checkbox"/>	<b>Nov. 4 - Dec. 2</b> <b>Social Skills</b> <b>4 sessions</b>	<b>Wednesday</b> <b>Games</b>
<input type="checkbox"/>	<b>Nov. 4 - Dec. 2</b> <b>Exercise</b> <b>4 sessions</b>	<b>Wednesday</b> <b>DVD Pilates &amp; Yoga</b>

Please let us know if you need special accommodations.

Do you use a wheelchair? \_\_\_\_\_ Yes \_\_\_\_\_ No

Contact Marjorie Jensen one week prior to class if you will need special accommodations

Questions? Contact: Marjorie Jensen, [margiej@svilc.org](mailto:margiej@svilc.org), 408.894.9041 ext. 201 or

Lynn Robinson, [lynnr@svilc.org](mailto:lynnr@svilc.org), 408.894.9041 ext.

203, or TTY: 866.945.2205

Mail Class Registration Form to SVILC

2306 Zanker Road

San Jose, CA 95131



## Recreation Registration Form November - December 2009

Name \_\_\_\_\_ Phone \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

Check boxes next to the recreation outing you want to attend.

	Outings & Dates
<input type="checkbox"/>	<b>Holiday Shopping and lunch at The Great Mall</b> November 9
<input type="checkbox"/>	<b>Thanksgiving Brunch Potluck &amp; Bingo</b> November 24 Food you will bring: _____ (to serve 12 persons)
<input type="checkbox"/>	<b>Christmas in The Park and Dessert at The Grill</b> December 8
<input type="checkbox"/>	<b>Holiday Dinner - P F Chang</b> December 17

Do you use a wheelchair? \_\_\_\_\_ Yes \_\_\_\_\_ No

Questions? Contact: Marjorie Jensen, margiej@svilc.org, 408.894.9041 ext. 201 or

Lynn Robinson, lynnr@svilc.org, 408.894.9041 ext. 203, or TTY: 866.945.2205

Mail Recreation Registration form to: SVILC, Recreation

Attention: Marjorie Jensen

2306 Zanker Road

San Jose, CA 95131

**Silicon Valley Independent Living Center  
2306 Zanker Road  
San Jose, California 95131**

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Executive Director  
Sarah Triano  
President  
Heidi Cartan  
Phone: 408.894.9041  
TTY: 408.894.9012  
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[www.svilc.org](http://www.svilc.org)

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