



## THE MARIN INDEPENDENT

### MCIL Supporter Breaks Bread

with Mayor Brown



Last week, MCIL benefactor Peter Paul and live auction winner, had a fantastic lunch for five with Mayor Willie Brown. The delicious three course lunch was donated by Le Central where Peter

and his guests sat at Willie's booth and learned about all the in's and out's of San Francisco politics. Don't you wish you had been there? A special thank you to MCIL Auxiliary member Janet Bosnich for arranging this extraordinary lunch.

### Stitching of the Heart

The Marin Sew and Sews, are a lovely group of ladies who quilt together and donate their masterpieces to selected nonprofit organizations. They have chosen to donate over half a dozen quilts to MCIL consumers. MCIL thanks these incredible women for giving warmth and compassion to our consumers through their beautiful works of art.



### Local Restaurants Plays Ball for MCIL

MCIL is grateful for the support of Patrick Coll and Heidi Krahling of Marinitas and Insalata's Restaurants for naming MCIL the beneficiary of their Super Bowl Pool. Together, we sold 100- \$10 squares for their super bowl pool party. The 1st quarter winner received a \$50 gift certificate from Insalata's, 2nd quarter winner- \$50 from Marinitas, 3rd quarter- \$75 from Insalata's and our final lucky winner received a \$100 Marinitas gift certificate plus a Marinitas cookbook !!! The biggest winner, of course, was The Marin Center for Independent Living who received a donation of \$1,000 to support our mission. Thank you again Patrick and Heidi. Friends, please continue to patronize this fabulous establishments.

### Community Living Connection

By Stan Kosloski



My wife and I moved to California last August after living our entire lives in the northeastern state of Connecticut. Why move, you may ask? Because our daughter lives in San Francisco – if you have a

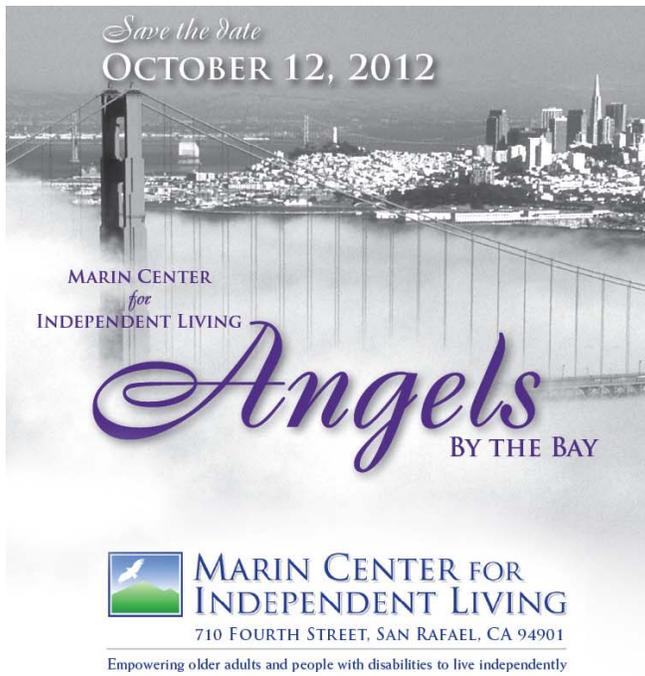
daughter you will understand that 3000 miles is just too great a distance to be separated from your only child, especially if you are retired.

We love it here for many reasons, and one is the relationship I have been able to establish with Eli and the MCIL crew. I met Eli at the Ed Roberts Center in October and shared with him my thirty-five years as a disability advocate in Connecticut. I explained that advocacy for me was not just a job, but a way of life; being an advocate was simply what I was meant to be.

Shortly after meeting Eli we took a trip out to the Kentfield Rehabilitation Hospital. I met two young men with spinal cord injuries there who were in the process of healing from sores they had developed on their backsides. As someone with a spinal cord injury who has had his share of sores, I understood what they were going through. (cont.)

### MCIL Partners with Employment Screening Resources—A Novato Based Company -- to Provide Comprehensive Background Checks for Home Care Workers

The MCIL home care registry provides an affordable, high quality home care option for Marin residents who prefer to hire workers directly. Aides selected for the registry are carefully screened, self-directed individuals with many years of experience; many are licensed and bonded. To make the do-it yourself experience successful we have addressed payroll considerations through our partnership with Paychex which offers low cost payroll services to MCIL consumers through our designated contact, Chris Arnold, (415)899-0203. (cont.)



*Please join us*  
 Friday, October 12, 2012 at 11 a.m.  
 at the beautiful Corinthian Yacht Club  
 in Tiburon as we celebrate  
 the fifth Anniversary of Angels by the Bay.

Wine Tasting • Luncheon  
 Silent and Live Auction  
 Live Musical Entertainment

For more information please contact  
 Kathleen Woodcock @ 415.459.6245 ext 17  
 mcilkathleen@gmail.com  
 www.marincil.org

*Original photograph by Alan Plisskin, ASP Images*

**Heartfelt thanks to our annual appeal supporters**

It is difficult to adequately express our deep gratitude for your spirit of generosity. MCIL counts on the generous support of our community. If you are thinking about making a charitable contribution this year, please consider MCIL.

Kirsten and Todd Brockman	Carol Green	Spencer and Roberta Michels
Helen K. Cahill	Janice and John Grimes	Joe and Augie Morello
David Cannington	Gerald and Carole Gunn	David and Janet Mourning
Julie Chrisman	Andrea Hansen	Joe O'Hehir
Gregory Conlon	Hendrickson Development	Charles and Rebecca Oken
Mary Delanty-Brown, Family Trust	Allan Herzog	Sherry Petrini
Demartini and Walker	Jean Holm	Peter and Dyan Pike
Michael Derzon	William Huey	Allan and Joann Power
Victoria Lee Dewitt	Just Give.org	Nancy and Robert Praetzel
Benjamin and Juliet Dienststein	Gerald & Kathleen King & Cahill	John Rolling
Frank and Mary Dill	David Korzec	Sonja Schmid
James and Cecelia Donahue	Joan Ladsen	Ann Schweichler
Joseph W. Donner, III	Law Offices of Lander & Shaw	Dean Seven
June and Gordon Dunn	Law Offices of Levenson & Ziemann	Carole Sheft
Debbie Erz	Robert and Anne Layzer	Kathi Sibbald
Devon and Jody Esparza	Lyle and Patricia Lewis	Wendy Simon
Adele Fishgold	Elayne Littman	Kathleen Sloan
Dennis Foley	Sandra Madison Reinhardt, CPA	Barbara Smith
Thomas and Cynthia Foster	Michael Mahoney	Jack Sweitzer
Herbst Foundation	H. Mayer	Mauriel Tarrant
Donna Franzblau	McPhail Properties	Susan and Paul Tewhill
Elizabeth Fraser-Smith	Kathleen McTernan	Jane Toffaleti
Doris Goldberg	Maureen Meikle	Mary Vezie
Lois Goodall	Ray and Karin Meyer	Dr. John W.Ward

**Rehabilitation Connection Continued.....**

I also understood other aspects of their lives that were affected by spinal cord injury and we were able to share openly our experiences and concerns. I benefitted, and they benefitted. And with support from MCIL Staff, the two recently moved from the institution to an apartment in the community, and I remain in contact with them.

It is my belief that while therapists, social workers, and case managers have much to contribute to an individual's ability to achieve independent living – arranging for services, helping with the housing search - nothing beats peer support. That was true for me in 1963 when I sustained my spinal cord injury, and remains true today for the dozens of people I have worked with over the years. Often times all needed support services are in place but community living fails because of a lack of connection with the community in which the person is living. This connection includes being welcomed by typical citizens from the community – not necessarily someone with a disability (more about that in a future article perhaps) – as well as a peer who has “been there” and “done that”. An ILC's role in making those community connections is a critical one, and my experience is that the MCIL fulfills that role with dedication, sensitivity, and expertise.

**For more information about MCIL Transition Services please contact Susan (ext. 29) or Eli (ext. 14).**

**Accessing Independence**

**Northgate Mall Update:** When the mall re-opened after a modernization and reconfiguration of the parking lots we received a number of calls regarding the loss of accessible parking spaces. These had been located in the exterior lot directly in front of Mervyn's (now Kohl's). After a number of conferences with the mall property management they have agreed to and did install new accessible parking spaces on the second landing of the parking garage. These are directly adjacent to the bridge to Kohl's. This makes access even more convenient and safer than the spots that were previously nearby Mervyn's. Special thanks to the staff at Northgate who spent countless hours working with MCIL to find a solution to make accessible parking convenient to people with disabilities.

**Street Beat:** Traveling the streets of Marin County a pedestrian may confront several different access issues: the lack of curb cuts, or a curb cut on only one side of a crosswalk, sidewalks with depressions and deep cracks, tree roots that have fractured and lifted the concrete creating trip faults. Some streets have obstructions like telephone poles, electric lines or street lights in the middle of a path of travel leaving an inadequate space for wheelchair users.

For questions around access please contact Phil Shepard at ext. 19.

## Background Check Continued....

Because background checks have been a concern for many of you, we wanted to provide you with a cost-effective option from a reputable pre-employment screening company. Employment Screening Resources (ESR) a national background screening company located in Novato, CA was willing to work with us to provide a relatively inexpensive source (\$80 - \$120) for a rigorous and comprehensive background check for use by individual caregivers or their employers. The new program is called ESR Screened Caregiver. The application process takes place on line but the screening process includes hands on research and Marin-based customer service support. **It includes the most important type of screening for caregivers or any household employee—a county by county 7 year criminal history which requires on-site research of county records.** The screening package also includes a social security number (SSN) trace with address history, Department of Justice-Sex Offender Registry Search, 50 State (Multi-Jurisdiction) Criminal Record Database Search, Motor Vehicle Record, FACIS Level 3-Fraud and Abuse Control Information System.

For more information visit [www.screenedcaregiver.com](http://www.screenedcaregiver.com) or contact Mary at ext 24.

**MCIL presents the following upcoming forms:**

## The Best Time To Decide When and How to Access Hospice Care

**Thursday, April 26, 2012—1:30 p.m. to 3:30 p.m.  
San Rafael Community Center, 618 B Street**

Topics include:

- Defining hospice care
- The best time to access hospice care
- How to initiate the discussion with your doctor
- How to work with a hospice provider
- Services to support hospice care

**~ Refreshments provided ~**

Pre-registration is requested. Please call San Rafael Goldenaires at 485-3348

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## AGING IN PLACE

**Wednesday, April 25—6:15-7:30**

**Bank of Marin, 501 Sir Francis Drake Blvd., Greenbrae**

**Featured experts include:**

Jeffory Morshead, Author of "The Caregiver Guide", Long Term Care Insurance & The Pension Protection Act, MCIL Personal Care Registry, MCIL Home Modification Program, and Protection from Inability, Disability, Predators & Creditors.

**Complimentary Wine and Hors d'oeuvres**

Call Kathleen today to reserve your space, ext. 17

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## As Time Goes Bye... Healthy Caregiving

**Wednesday, May 2, 1:30pm – 3:30pm**

**Tiburon City Hall, 1505 Tiburon Blvd.**

This program has been developed in response to requests by older adults who wish to have an honest discussion about aging, healthy care giving, caring for the caregiver and respite care

**Featured experts include:**

Dr. Patrick Arbore from the Institute on Aging in San Francisco, Jeffory Morshead, Local Author of *Alzheimers, The Long Goodbye (The Emotional Aspect of Care Giving)* The MCIL Personal Care Registry, and Senior Access

**Complimentary snacks and beverages**

Call Kathleen today to reserve your space, ext. 17

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Marin Center for  
Independent Living  
710 4th Street  
San Rafael, CA 94901  
415-459-6245 Phone  
415-459-7047 Fax  
415-459-7027 TTY

Nonprofit Organization  
US Paid Permit No. 416  
San Rafael, CA 94901

**If you are planning on making a charitable donation this year please consider  
the Marin Center for Independent Living**

**Marin Center for Independent Living**

Offers the following services:

- ◆ Assistive Technology
- ◆ Benefits Counseling (SSI, SSDI, etc.)
- ◆ Breast Cancer Benefits Counseling
- ◆ Housing Assistance
- ◆ Home Modifications
- ◆ Independent Living Skills Training
- ◆ Individual Advocacy
- ◆ Information and Referral
- ◆ Nursing Home Transition Assistance
- ◆ Peer Support Groups
- ◆ Personal Assistant Registry
- ◆ Systems Advocacy/Community Organizing

**TRAUMATIC BRAIN INJURY GROUP**

**WEDNESDAY'S 5:30-7:00 PM**

**YOUTH EMPOWERD LEADERS GROUP (YEL)**

**THURSDAY'S 4:00-5:00 PM**

**ADULT PEER SUPPORT GROUP**

**FRIDAY'S 2:00-3:30 PM**

We would like to thank the following funders and donors for their ongoing support:

AG Spanos/Fair Housing of Marin	Pacific ADA Center
Division of Aging	Susan G. Komen Foundation
George H. Sandy Foundation	To Celebrate Life Foundation
Headlands Foundation	Marin Community Foundation

This and all printed materials are available in alternate formats.  
Please visit us at [www.marincil.org](http://www.marincil.org).