

## CalABLE Quarterly

October 2020

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### From the Director

The definition of “disability” has evolved. Rather than being an indication of a person’s limitations, the **World Health Organization characterizes the term “disability”** as the experience of a mismatch between a person and the environment in which they find themselves.

In the midst of COVID, this meaningful definition resonates with many of us in new ways. With schools and businesses closed and stay-at-home orders in effect, millions of people around the world, of all levels of ability, are feeling displaced and disconnected from their normal environments and familiar routines. Add to the realities of COVID the onslaught of updates about racism, police brutality, and protests in the news and on social media, and the effect on our mental and emotional state can be profound.

Even so, I am hopeful.

Fortunately, there are ways to combat the distress from COVID and the effects of race-related stress. Here are a few simple suggestions for you to consider...

One of the first steps to dealing with the anxiety of contemporary culture is to identify how current events impact you personally. I find that writing down my thoughts can help. Jotting down a few words to capture what I’m thinking helps me “get out of my head” and untangle my thoughts and emotions.

For those of us having emotional reactions to the experiences happening in our country, talking with a loved one who will allow you to be vulnerable may be helpful. And for those having physical reactions such as muscle tension, fatigue, and so on, stretching, exercising, dancing, or some form of physical movement can help release energy in a healthy way. Regardless of the symptoms, meditation can also be a helpful coping tool.

When friends and colleagues check to see how you’re coping, it’s important to be honest. Let the people in your life know how you’re feeling so they can begin to understand and adjust expectations. And remember, it’s okay to have a social media fast or to not pay attention to the news for a few days. Lean on your friends and give yourself the grace to power-down.

We can’t go it alone, friends. Let’s rely on one another and share what we’re learning so we can apply these lessons in a post-pandemic world.

In solidarity,

Dante Q. Allen  
Executive Director  
CalABLE



Dante Allen  
Executive Director  
CalABLE

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### In this Issue

#### “...A Little Help from My Friends.”

Despite the disruption, stress, and anxiety you may be experiencing, know there are California organizations working tirelessly to assure your needs are addressed in the comfort of your own home.

Below are resources that can help walk you through and process the array of emotions you might be experiencing during these trying times.

The Special Needs Network (SNN) COVID Emergency Hotline and Online Resource Center is staffed by certified and licensed healthcare professionals and community resource advocates who are ready to answer the following questions: Feeling anxious, nervous, or depressed as a result of COVID? Do you have questions about school closures, utility and rent payments, and resources for food and supplies? Do you have questions on how to file for unemployment, Medi-Cal, and other government benefits? Do you need help finding a testing site for COVID or medical centers that provide free treatment?



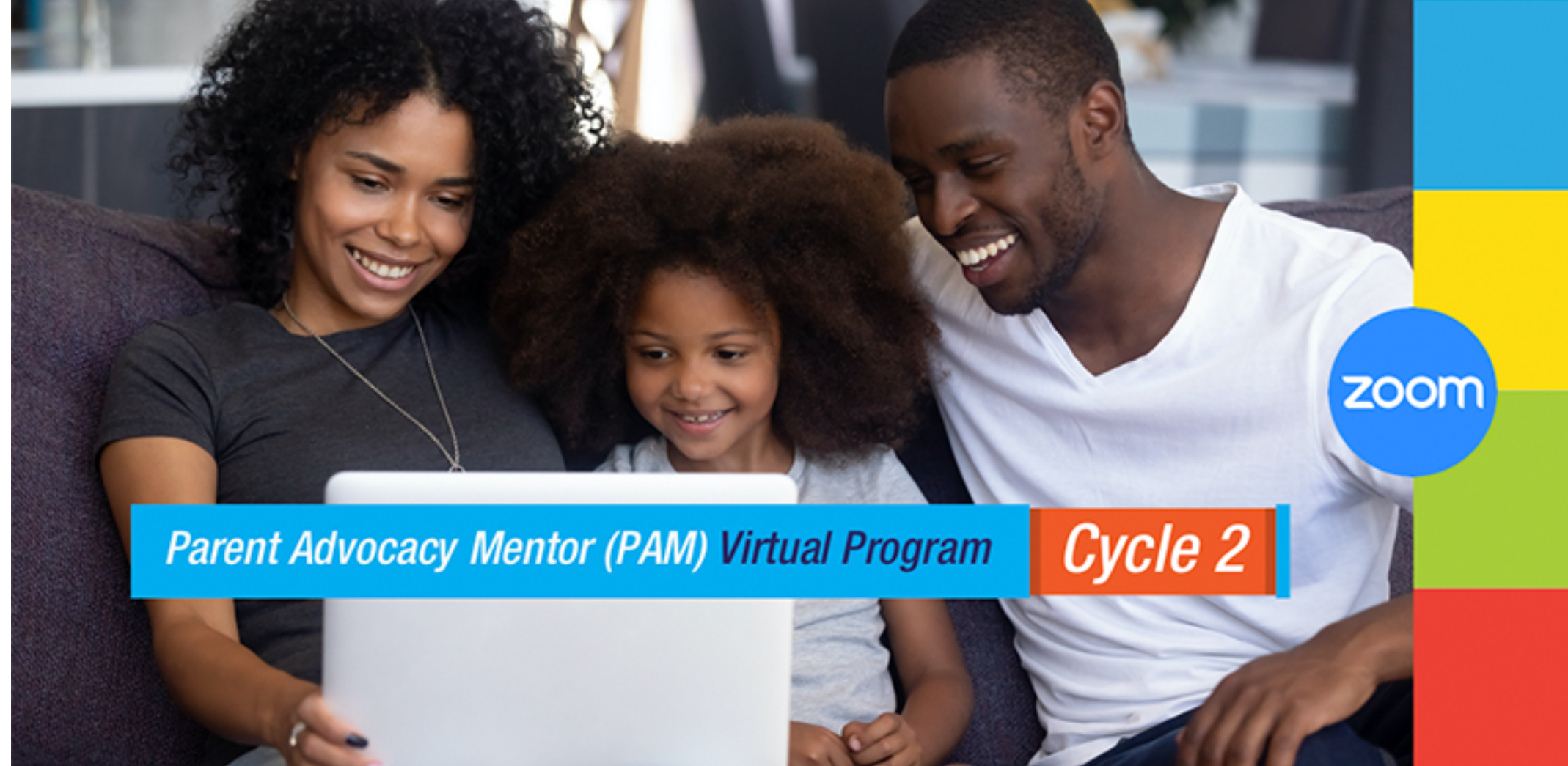
Click the banner below for an extensive COVID Resource Guide.



**Each Mind Matters** is California’s Mental Health Movement. Click the banner below to explore a multidisciplinary list of mental health providers across California specifically dedicated to the well-being of the African American community. The content on this page can assist organizations serving African Americans as well as individuals interested in information for themselves or for a loved one.



Concerned about maintaining your child’s educational plan (EP) and regional center services during COVID? Is your school or service provider delivering services in person or via telehealth? Do you have questions about compensatory services that may be owed to your child once school reopens? Do you need additional support during this period? Click below to explore the Parent Advocacy Mentor (PAM) virtual program.



If you are feeling overwhelmed with sadness, depression, or anxiety, or feel like you want to harm yourself or others, call the **National Suicide Prevention Hotline at 800-273-8255**. Also, check out the many California resources available to you if you are in crisis by clicking the banner below.



Hobbies are healthy for body and mind. And being disabled shouldn’t stand in the way of discovering new ones. Whether you dream of flying, enjoy solitary activities, or would like to engage in group sports, there is something for everyone to do. Check out the following list of hobbies to find something new you can do.



Join Special Needs Network and Anthem Blue Cross Foundation in a 12-month FREE nutrition, training and empowerment program. Meet other members of the South LA health, autism, disability, education, and social justice community while getting in shape. Experience the thrill of victory by walking and running in a professional race, win prizes, a medal, and become a role model for your friends and family.



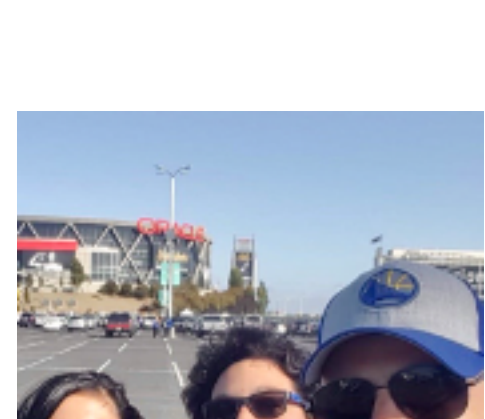
Get the help you need. Stay safe. And, “you’ll get by with a little help from your friends.”

[» Hide the full article](#)

### The Face of CalABLE

We invited you to apply to be a CalABLE Ambassador—and you responded. Thank you, California.

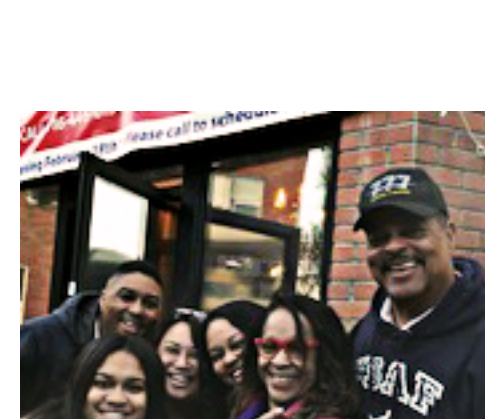
A CalABLE ambassador is an extension of the CalABLE team, promoting the use and understanding of CalABLE, empowering individuals with disabilities to have greater independence, more financial security, and an overall better quality of life. I am proud to announce your newly elected CalABLE Ambassadors:



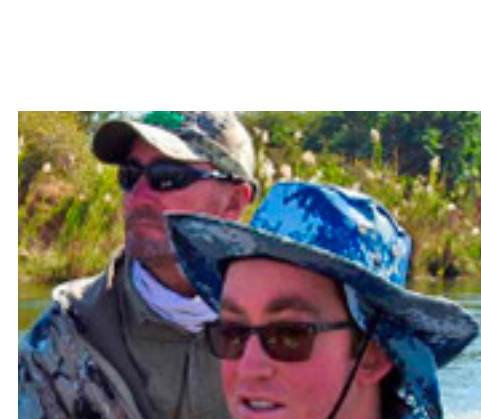
Antonio  
Contreras,  
Fremont



Armand Bujanda,  
San Dimas



Sandra Smith,  
Sacramento



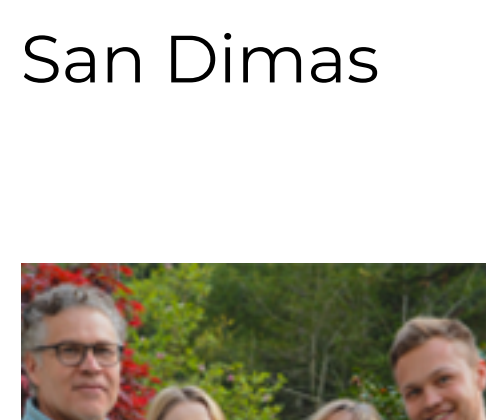
Tyler Schutz,  
Del Mar



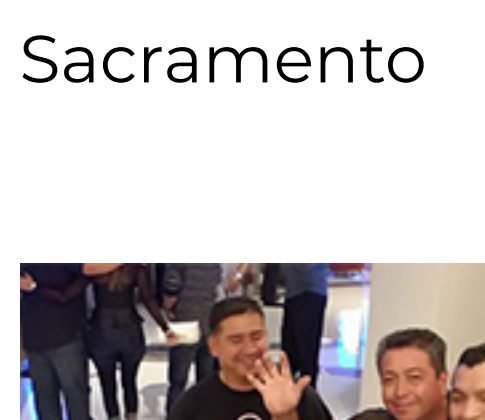
Gordon Fuller,  
Sebastopol



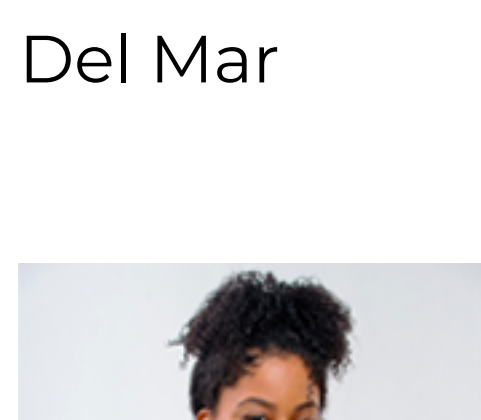
Jenny Huacachi,  
Stockton



Alan Reid,  
Stockton



Miguel Lugo,  
Montebello



Tatiana A. Lee,  
Los Angeles

Welcome to the CalABLE team.

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### Make Your Voice Heard

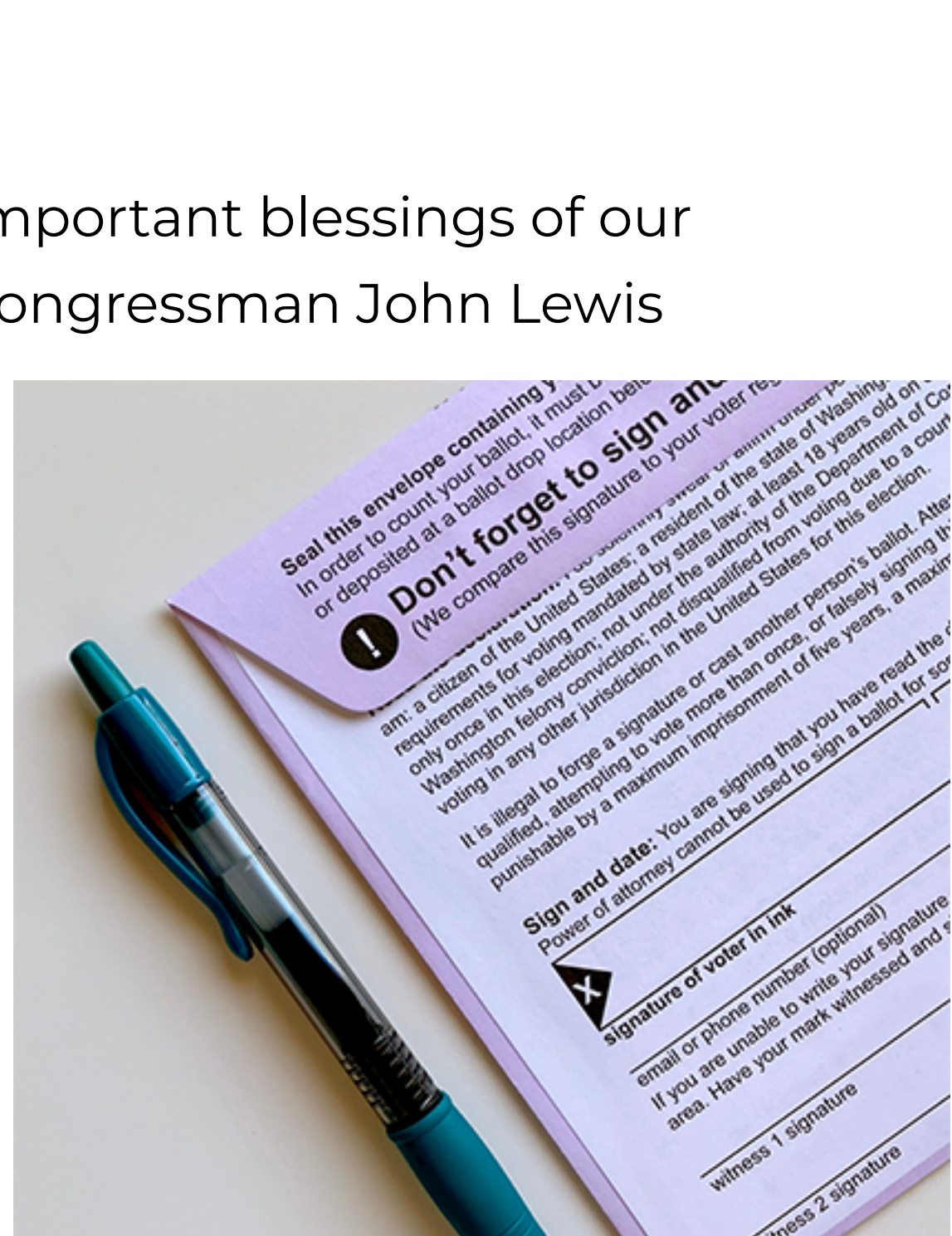
“The right to vote is precious and almost sacred, and one of the most important blessings of our health. Today we must be vigilant in protecting that blessing.” —Congressman John Lewis

Due to COVID, every registered voter in California will receive their ballot in the mail. That gives you the option to vote by mail, drop off your ballot, or vote in person. No matter how you choose to make your voice heard, be sure that your voter registration is up to date.

Fortunately, you can check and update your voter registration online at the **California Secretary of State’s website**.

When you check your voter registration status you can make changes to your address, name, language preference, and political party affiliation. On the same webpage you can also register to vote for the first time if you are a qualified voter.

Even if you’re certain that your voter registration is up to date, checking online is fast and easy, so please check your status just to be sure.

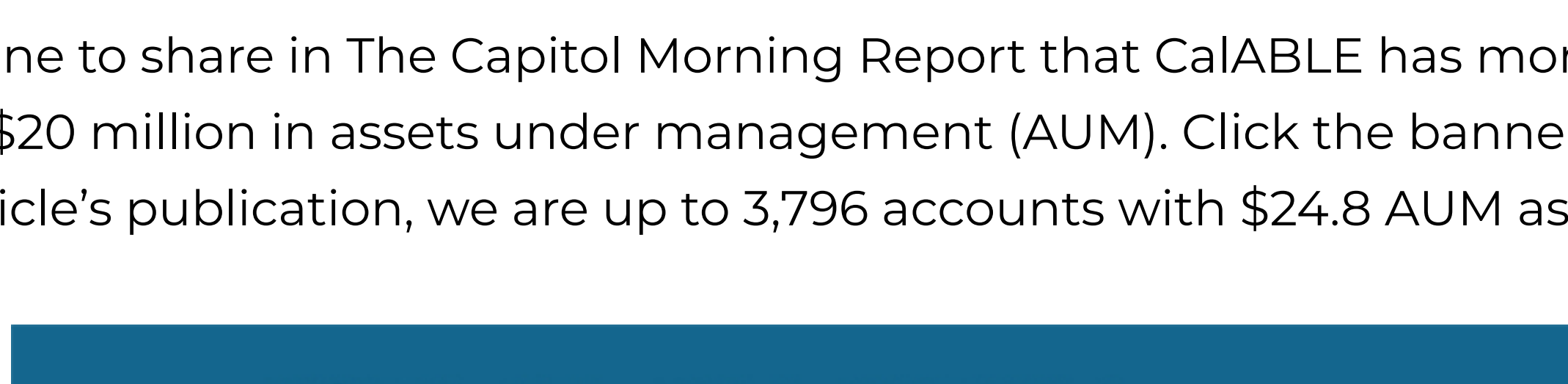


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### Hot Off the Press

I was recently interviewed in The Capitol Morning Report.

I had the good fortune to share in The Capitol Morning Report that CalABLE has more than 3,000 accounts with over \$20 million in assets under management (AUM). Click the banner to read the full article. Since the article’s publication, we are up to 3,796 accounts with \$24.8 AUM as of August 15, 2020.



Visit the CalABLE site to **keep up with news and upcoming events**.

[» Hide the full article](#)

### The Number One Question

You may be wondering if you can use CalABLE funds to pay for your trip to the mountains this fall or your family reunion this winter.

The answer is yes! A vacation qualifies as an eligible expense if it can help maintain or improve the health, independence, or quality of life of the person living with a disability. Other qualified expenses include mortgage payments, rent, furniture, heating fuel, utilities, transportation, medical expenses, employment training and support, financial management, legal fees, living expenses, and more.

For other questions about qualified disability expenses, go to the CalABLE website at: **calable.ca.gov/expenses**.

[» Hide the full article](#)

### The AchievABLE™ Corner

“Believe in yourself, learn, and never stop wanting to build a better world.” —Mary McLeod Bethune

CalABLE teamed up with the **National Disability Institute (NDI)** to provide the information you need to manage your CalABLE account. No matter where you are in the process—if you are considering opening a CalABLE account, ready to open a CalABLE account, or already using your CalABLE account—NDI has tools and resources in its **AchievABLE™ Corner** to help you maximize the potential of your account.

[» Hide the full article](#)

