Disabled People and Seniors are the Casualties of Climate Change

Three weeks after the Camp Fire began in Paradise, Butte County, 85 people have been confirmed dead and 699 are reported missing. The wildfire northeast of Chico quickly became the deadliest in the state’s history, and the deadliest in the U.S. since 1918. Dry conditions caused by an eight-year drought, combined with high winds and temperatures caused by climate change, led the fire to burn unusually aggressively. Within six hours, it had engulfed 1,000 acres of land, and within 36 hours it had taken over 100,000 acres. Despite an immediate response from firefighters, the fire moved faster than it could be contained. People in cars lined up for hours in traffic, trying to get away from the building-sized flames and the heavy ash and smoke that turned the daytime sky dark.

Most of the dead and missing are seniors, many of whom have disabilities. People with mobility impairments who required assistance to evacuate their homes were at high risk. Some people with visual or hearing impairments did not get accessible evacuation warnings. Paradise has poor cell phone reception, so many residents never got a warning about the fire, and even those who did could not get out fast enough.

The ableism of our society plays out in heightened ways during a disaster. Emergency shelters run by FEMA and the Red Cross are notoriously inaccessible to people with a wide range of disabilities. During the Napa and Sonoma fires last year, at least one nursing home had no plan to evacuate its residents. It was up to individual staff members to decide whether to save their own lives or to stay and evacuate others. After Hurricane Maria hit Puerto Rico, many people who required assistive technology, including dialysis and respirators, died due to the lack of electricity. Many others were displaced to Florida and other parts of the U.S., where they didn’t have family or community. Seniors and people with disabilities were more likely to die from dehydration, hunger, contaminated food or water, and communicable disease as a result of the hurricane and lack of relief.

Global warming is causing extreme disasters all around the world. From unprecedented floods in Bangladesh to drought in Libya, hurricanes in the Carolinas, and the fires nearby, unprecedented climate catastrophes are becoming the new norm. In San Francisco, the air quality ranged from “very unhealthy” to “hazardous” for 13 days, forcing people to stay indoors (if they had homes and time off of work), wear respirator masks (if they could find them), or expose themselves to dangerous particles that can cause heart attacks, strokes, respiratory infections, and more. (continued on p 7)
Thank you for supporting SDA

Thank you to everyone who came to our Annual Celebration on October 5th and gave so generously before, during, and after. We really had a good time and we made close to $40,000!

Hand in Hand members and staff from left to right: Nikki Brown-Booker, Stacy Kono, Sascha Bittner, Lindsay Imai-Hong

Staff member Ligia Montano receiving flowers from member Therese Law as board president Betty Traynor

SDA Board, staff and volunteers celebrate a great night!

Friends of SDA enjoying the buffet

Commit to the Senior and Disability Movement:
Become an SDA Monthly Sustainer!
Give a year end donation!

This is the time of year we assess the current year and start to think about what we want to see in the next year. We are so grateful for the support we have from you all and the movement we are in together. A wonderful way to ensure we can consistently do our work into the next year and for many years to come is to donate to SDA. Please consider becoming a Monthly Sustainer-- anything from $5 a month on up helps us! One time donations are also appreciated. Any amount will help us survive and thrive.

To become a sustainer or to give a one-time donation, please go to https://sdaction.networkforgood.com or send a check to Senior and Disability Action 1360 Mission Street #400 San Francisco, CA 94103.

To become a sustainer, please go to https://sdaction.networkforgood.com or call us and we can help you.
REACH OUT TO BLOCK THE “HOLIDAY BLUES”

Holidays are coming, whether we want them or not. While this season is a festive time for many, it can be depressing for some of us who live alone, have lost loved ones, are isolated, or who have health or financial difficulties. Recognizing the signs of depression, or the “holiday blues,” is very important. Signs include: sudden sadness that won’t lift; loss of interest or pleasure; changes in appetite and weight; sleeping more than usual; crying often; feeling restless or tired all the time; feeling worthless, helpless or guilty; slowed thinking; thoughts of death and/or suicide.

If you experience some of these signs, please reach out to others! Please also reach out to those who you think may be experiencing the holiday blues. Many of us are willing to support each other and community resources can help. Pick up the phone and call someone, make a simple meal to share with a neighbor, make a trip to the library or a park, or simply treat yourself to a relaxing meditation at home. You are old, you are young, you are disabled, you are beautiful.

If you would like extra support over the phone, here are some local resources:
The Warm Line of Mental Health Association of San Francisco: 1-855-845-7415
Friendship Line of Institute on Aging: 415-752-3778
San Francisco Suicide Prevention Hotline: 415-984-1900

Holiday Meals
Everyone who wants a warm holiday meal should have one! Call the city Help Line, 211, any time night or day to ask for information in your language, specific to your neighborhood. A live person can help you find food pantries, senior meal programs, Meals on Wheels, or holiday meals.

Here are some places to go for free hot meals for the coming holidays:
In North Beach: Saints Peter and Paul Church @ 666 Filbert St.:
  Christmas Day: 2pm-6pm (arrive by 3pm)
Tenderloin Tessie: First Unitarian Church @ Franklin/Geary, Christmas Day: 1pm-4pm
The Tenderloin: Glide Memorial (330 Ellis Street),
Christmas Eve Day (prime rib luncheon): 10:30am-1:30pm
Glide Memorial will have their “Grocery Bag Giveaway” on December 12th from
7:30am to 12:30pm. For other free holiday meals, call 211 for updated information.

Happy Holidays!!!
Support at Home is extended!
The home care voucher program that SDA and partners helped design has been going strong for a year and a half now. The Institute on Aging runs Support at Home, which gives vouchers to people who need some assistance paying for home care. And great news: city funding for the program has been extended through June of 2020! The program will continue to help seniors and people with disabilities live safely in their own homes. If you do not currently get In Home Supportive Services (IHSS), and you need help paying for home care, call (415) 750-4111 or go to https://www.ioaging.org/services/all-inclusive-health-care/support-at-home to find out if you qualify for Support at Home.

Looking for stories of people with a Share of Cost
Medi-Cal and IHSS require you to be under a certain income level to get services. And due to a major loophole in the program, that income level goes DOWN when you turn 65. So many people suddenly find, on their 65th birthday, that they owe a big Share of Cost in order to keep getting health care or home care. We need to fix this. Several state legislators have been trying to change the law to make the income level the same after age 65, but we need stories of people in this situation! If you are under or over 65 and near the income level (either above or below), we’d like to talk to you! Please call Ligia or Jessica at (415) 546-1333 or email ligia@sdaction.org to talk about it. Thank you!

Help Design the First-Ever Disability Community Cultural Center
The SF Department of Aging and Adult Services (DAAS), with support from the SF Mayor’s Office on Disability, is exploring the development of the first-ever municipally-funded community cultural center developed by and for adults with disabilities. The following survey is intended to gauge what would be desired in a Disability Community Cultural Center in San Francisco.

The data collected from this survey is crucial to the success of this endeavor. We want to hear from you and encourage you to take a survey! Go to this link: https://www.surveymonkey.com/r/SFDisabilityCenter
Or find it on the SDA website at www.sdaction.org.

The survey will only take about 12 minutes to complete and will only be open for a few weeks. Please fill it out as soon as possible, and share widely!

If you prefer a paper survey, encounter problems or need support to complete the survey, please contact pklinst@sfsu.edu.

You can learn more about the Disability Community Cultural Center process at https://longmoreinstitute.sfsu.edu/make-wish-longmore-institute
The official election report was published on 11/27/18 and Proposition C—Our City Our Home—won with 61% of the vote. Congratulations and thank you for all the hard work! This initiative will bring in $300 million for permanent housing and mental health services. There are concerns about a legal challenge so it is uncertain when implementation will begin. Proposition F, Right to Counsel, will go into effect this January. Keeping people in their homes and having access to free legal counsel in eviction defense is one way of preventing homelessness.

For anyone interested in learning more about the Prop C Campaign:
Prop C - Lessons Learned (hosted by Council of Community Housing Organizations)
Join us on Wednesday, December 5 at Glide (330 Ellis St) for a short presentation and panel discussion about Prop C lessons learned and next steps moving forward.
Doors open at 5:30pm. Program begins at 6pm.
The event will be held at Freedom Hall, which is located on the First Floor of Glide and is wheelchair accessible. For more info, please contact Ben at bl@glide.org.
For more info about Prop C, visit www.ourcityourhomesf.org.

Proposition 10 lost, but not in San Francisco: 53% of voters said we need to repeal this state law so that local communities can enact laws to deal with the displacement and affordability crisis. We knew that this would be a difficult campaign to win. We knew that the real estate industry would outspend us: more than $80 million. We learned that our major role was to educate residents on what this law is and how this law impacts people. Erratic "high rent increases" in buildings built after 1979 and a lack of vacancy control is being used by speculative investors to push people out of their homes and our communities. Having actual conversations with people was the key in this campaign. The conversations have begun and we will continue to fight for "real" rent control to stabilize our communities. Stay tuned for next steps.

Meanwhile, we can be proud of what we as SDA members, volunteers and staff did in getting the message out to our neighbors. We hosted weekly phone banking from August through November 6th, through which thousands of calls were made to seniors by seniors. We partnered with Canon Kip to do phone-banking in Tagalog and Cantonese. We held a Speakers Bureau training, which led to seniors and people with disabilities going to centers and housing complexes to spread the word, and we did precinct walking to get on the doors and talk to people individually.
SDA invites all members, community partners, friends and family to celebrate with our board and staff at our New Year Party!!

Friday, January 11, 2019, 4:00 - 6:00 pm
SDA office, 1360 Mission Street #400

Bring some food to share if you can!
Leave your fragrances at home – we are a scent-free office to be accessible to everyone!

Questions or RSVP: 415-546-1333 or info@sdaction.org

Think of SDA when you are shopping for the holidays and making space for the new year!

SDA General Meeting: Holiday Celebration with Dignity
A presentation on Dignity Fund Community Needs Assessment followed by Holiday Songs & Potluck

If you can, please bring food to share, or just bring yourself!
If your last name is A-I, try to bring a salad or vegetable. J-R: side dish or appetizer. S-Z: dessert.

Thursday, December 13, 2018, 10:00 am
Unitarian Universal Church, 1187 Franklin at Geary Blvd

SDA’s events are wheelchair accessible.
Please refrain from wearing fragrances or scented products.
If you have any other access needs, please contact us.

415-546-1333 / info@sdaction.org

When you shop at Cole Hardware or Amazon, a percentage of the proceeds can go to SDA! At Cole Hardware, ask them to look up Senior and Disability Action and mark it for your purchase. For amazon, go to smile.amazon.com, and choose San Francisco Senior and Disability Action.

Give old clothes, furniture, or other items to Community Thrift Store and have them mark the donation for Senior & Disability Action. When the items sell, SDA gets part of the proceeds!
Community Calendar: December 2018

<table>
<thead>
<tr>
<th>DATE</th>
<th>ACTIVITY</th>
<th>TIME &amp; PLACE</th>
<th>MORE INFO?</th>
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<tbody>
<tr>
<td>Mon-Fri</td>
<td>Computer Open Lab and Beginning Computer Classes</td>
<td>Mon-Fri 9:00 AM-4:00 PM 1360 Mission Street Suite 400 Classes Tues/Weds. 9:30-2</td>
<td>Pi Ra 415-546-2096</td>
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<td>1st Thursday</td>
<td>IHSS Task Force Meeting</td>
<td>10:30 AM 1360 Mission St. #400</td>
<td>Jessica Lehman 415-546-1333 x301</td>
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<td>December 6th</td>
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<td>December</td>
<td>SDA Board Meeting</td>
<td>3:00-5:00 PM 1360 Mission St. #400</td>
<td>Jessica Lehman 415-546-1333 x301</td>
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<tr>
<td>Cancelled</td>
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<tr>
<td>2nd Thursday</td>
<td>SDA General Meeting</td>
<td>10:00 AM 1187 Franklin Street</td>
<td>SDA 415-546-1333</td>
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<tr>
<td>December 13th</td>
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<tr>
<td>2nd Thursday</td>
<td>CARA meeting</td>
<td>1 PM 1187 Franklin Street</td>
<td>Jodi Reid 550-0828</td>
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<td>December 13th</td>
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<tr>
<td>2nd Tuesday</td>
<td>HealthCare Action Team (HAT)</td>
<td>11 AM ILRC 825 Howard</td>
<td>Ligia Montano 415-546-1333 x302</td>
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<td>December 11th</td>
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<tr>
<td>3rd Wednesday</td>
<td>SDA Housing Collaborative</td>
<td>1-3 PM 1360 Mission Street, #400</td>
<td>Tony Robles 415-546-1333 x305</td>
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<td>December 19th</td>
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<tr>
<td>3rd Friday</td>
<td>Mayor’s Disability Council</td>
<td>1-4 PM City Hall Room 400</td>
<td>Mayor’s Office on Disability 415-554-6789</td>
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<td>December 21st</td>
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(Continues from front page)
These conditions are most threatening to seniors, children, and people with chronic health conditions.

At SDA, these local fires and global disasters have reminded us that fighting climate change is central to our work to organize seniors and people with disabilities. We need evacuation plans that take our communities into account and where accessibility is not an afterthought. We need immediate relief, so that people aren’t dying from preventable causes due to lack of shelter, food, water, medical care, or electricity. Most of all, we need to build an economy that isn’t centered around extracting and burning fossil fuels so that a handful of corporations can profit while the rest of us are left to die. In this context, our work to defend our people and build our power is more important than ever.
Become a Member of Senior and Disability Action!!
Dues are $20/year OR according to your means. Pay more or less as you are able.
Name: ______________________________ Renewal □
Address: ____________________________ City: ___________ Zip: __________
Phone: __________________________________ □Cell □Home □Work
Phone: __________________________________ □Cell □Home □Work
Email: ___________________________________________
Interests: □Housing □Healthcare □Long-term care & supports
□Community education □Computer training □Pedestrian safety & transit □Other:
____________________________________________________
How would you like to receive newsletters & postcards? □Email □Postal mail

Please send dues to: SDA, 1360 Mission St. #400, San Francisco CA 94103