



Community Living Campaign News

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What is the Community Living Campaign

Nurturing Ideas, Renewing Hope, Building Community



We believe it's an idea whose time has come!

Many of us have been involved, both personally and professionally, in trying to make San Francisco a better place for seniors, persons with disabilities, and their hands-on care providers. We do what we can, often with great passion. But at the end of the day, we know it is just not enough.

And we also seem to spend a lot of time in meetings, talking about long term care and home and community-based services, but without a real strategy to reach out and engage new folks in the conversation.

So what if we took the time over the next year to do three things?:

- Talk to a wider circle of community leaders and stakeholders and ask them about their experiences with long term care.
- Begin facilitating new social support networks for persons with disabilities - new intentional communities that have at their core a commitment to making life better for the individual e person at the center of the network.
- Bring everyone together at the end of a year to share what we've learned and to put forward a real, more inclusive strategy for the future.

What Does a Person Need to Have a Good Life?



Those who contribute "seed money" will be acknowledged for their kind support in the next edition of the Community Living News

This June the Community Living Campaign invited the founders of the PLAN Institute of Canada, Vickie Cammack and Al Etmanski, to come lead a community workshop for a cross-section of leaders concerned about expanding home and community-based services for the City's seniors, adults with disabilities and caregivers. The Planned Lifetime Advocacy Network (PLAN) folks challenged us to pose a new question in our work. Instead of asking "What services does a person need?", the real question is "What does a person need to have a good life?" We thought about that a lot that day, and in a series of follow-up meetings, and decided that regardless of age or disability, the answer to that second question includes:

- Having a Place to Call Home
- Achieving Basic Financial Security
- Accessing Quality Health Care and Wellness Services
- Ending Isolation and Loneliness
- Contributing to Others and the Community
- Having Real Choices and Making One's Own Decisions
- Participating in Communities that Respect and Celebrate Diversity
- Shaping Communities that Value Fairness, Equality and Justice

(Continued on page 3)

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Bakers for Social Change

Who would have thought that that an old-fashion community tradition, the sidewalk “bake sale”, could be a force for social change? But that is just what happened.

Tricia Webb and her friends had been working for years to make the front door to her building in the Fillmore Center accessible for her and others with disabilities (or just an arm full of groceries). The front door was heavy and for Tricia and others, required a call to an off-site security guard or stranger passer-by to open the heavy security door to go home to her apartment.

But that all changed when the Community Living Campaign, with the help of chief baker and organizer, Judy Auda, decided to do a Bake Sale in front of the building. They did their homework on the rules for ADA access. They researched the laws about bake sales and public sidewalks.

They made up a factsheet to inform passers-by. And they asked everyone they knew who liked to bake to get busy. Then everyone met on the sidewalk in front of Fillmore Center to start raising money to fix the door.

One week later, the manager of Fillmore Center graciously agreed to replace the door and cover the entire cost. Everyone celebrated, especially Tricia and those that lived in her building.

So what’s next? That’s up to you!

Know a “wrong” that needs to be “righted”?

Maybe you like to bake but everyone you know is on a diet.

We’re the group for you. Join our band of merry bakers today!

HELP WANTED

Facilitators & Community-Builders

We are looking for a few good people interested in being trained by the PLAN Institute and the Community Living Campaign in the art of developing social networks. After the initial training, the role would require a commitment of 4 to 6 hours per month.

Do you:

- Believe that no one should be isolated or alone?
- Believe that everyone has gifts and abilities that can be nourished?
- Believe that every person can be both a teacher and a learner:
- Are you imaginative, hospitable, focused, spontaneous, good at running meetings, good at planning parties?

If so, are you interested in learning more? Give us a call at 821-1003.

Sowing Seeds of Hope

Isolation and despair mark the lives of far too many seniors, persons with disabilities and hands-on caregivers in our neighborhoods. Yet person by person, block by block, neighborhood by neighborhood, we can change that by sowing “seeds of hope” with the Community Living Campaign.

If you believe that seniors and persons with disabilities of all ages have the right to a good life in neighborhoods where they can grow older as a part of a community, then we ask you to join others to invest in the Community Living Campaign. With your donation of “seed money” to this new initiative, we will send you a special packet of seeds and an idea sheet for how you might use them to brighten your community, your life and the lives of others.

Your contribution is the first step in building a base of financial support that can grow as this campaign sends down strong roots to nourish its work.

Send your donation today and receive your package of “Seeds of Hope”. Then watch your “seed’ money grow!



*Sowing
“Seeds of Hope”
and Growing Community*

PLAN Institute Workshop (continued)

Ending isolation and loneliness is at the heart of PLAN’s work, and they have tackled that problem through the development of social support networks for individuals and throughout communities. These networks are developed by trained facilitators who spend approximately 4 hours per month, first getting to know a person, then working to identify potential network members, and over time, reweaving a community committed to the kinds of principles outlined on page 2.

Over time, these networks have also begun to identify systemic issues that need to be addressed to help individuals have a good life, and they mobilized their community toward that end.

One significant outcome in Canada was the development of a Registered Disability Trust Fund that allows individuals, their families and in some case government to contribute to a fund that augments the basic benefits

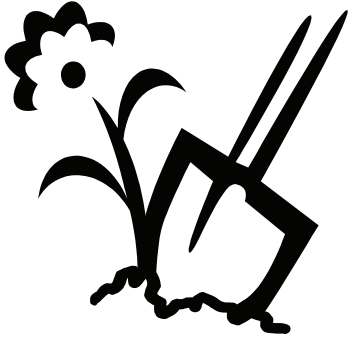
provided to most people on their version of Social Security, SSI and Medi-Cal. In some ways, it takes San Francisco’s idea of the Community Living Fund to a whole new level, providing a public/private partnership to help folks move beyond basic sustenance.

After all, how can you have a good life in San Francisco if your basic SSI income is only \$856 per month. But loneliness and isolation is epidemic in San Francisco, regardless of income, ethnicity, or neighborhood of residence. Ending isolation, rebuilding community, and refocusing our attention on promoting the common good is at the heart of the Community Living Campaign.

You will be hearing more about the PLAN Institute, including dates for local trainings, in the coming months. If you would like to learn more about PLAN and the PLAN Institute, please visit their websites at www.plan.ca and www.planinstitute.ca. Or give us a call and we can send you material in the mail.

Community Living Campaign

Many Years of Tilling the Soil...



Over the past thirty-five years, a small but dedicated cadre of community leaders have laid a solid foundation, but their efforts have not kept pace with the growing challenges for a City that has the highest proportion of seniors and adults with disabilities of any urban area in California.

Far too many individuals end up in nursing homes or other institutions because community-based alternatives don't exist. Increasingly San Francisco is viewed as a generous, but not very progressive, city as thousands of its residents are unnecessarily institutionalized both in and out of county.

In many ways, this campaign is really about giving seniors and adults with disabilities the right to decide where and how they will live their lives as they age and assuring that those institutions are more integrated and less isolated from their local community.

More than that, it is about making San Francisco a better place for us all. It is time to mow down the barriers caused by disability, age, language, discrimination, or other causes. It is time for us to take what we have learned and sow the seeds of hope, celebrating and having a bit of fun along the way (because, after all, isn't that how a sense of community grows?)



A special thanks to the True North Foundation & Planning for Elders in the Central City for their initial support of this project.

Mission: The Community Living Campaign will bring together an ever increasing number of individuals and organizations who pledge to support universal access to long term care services and support. This campaign will strive to build strong, committed communities that can be mobilized through direct action and democratic engagement. By undertaking these efforts, individuals, their families, and the wider community become more aware of their choices and can make informed decisions about their future.

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Basic Principles: Every person, regardless of income, age or disability, should have the right to community living through quality home and community-based long term care services. Guaranteeing this universal access requires a strong array of services and support, including sufficient accessible, affordable housing, to help individuals "age in place" with dignity.