

INDEPENDENT LIVING ASSOCIATION QUARTERLY

Spring 2017

UPCOMING EVENTS

ILA New Membership

Course: How to Run a Successful Independent Living

This course is **FREE** for Independent Living owners and required for ILA membership.

Date: Friday, June 9, 2017

Time: 9:15am – 4:00pm

RSVP is required and the location will be provided upon RSVP.

Register [here](#) or RSVP to info@ilasd.org.



EVENT HIGHLIGHT: A CELEBRATION OF SUCCESS

On April 25, 2017, Independent Living Association members, organizational partners, and their guests gathered for the ILA's annual A Celebration of Success awards and recognition luncheon at the 94th Aero Squadron restaurant in San Diego. Holly Salazar of the San Diego County Behavioral Health Services Department



delivered the keynote address, lauding ILA owners for their dedication and commitment to

providing high-quality Independent Livings to the San Diego community. As someone who was involved in the creation of the ILA, Holly commented on the impressive growth the Association has experienced since

its inception in 2012. The ILA has grown from 127 beds in 16 member homes in 2013, to 528 beds in 63 member homes in 2017, and is poised for continued growth in the years to come.

Honored during the awards ceremony were Kim Hall of Community Care Licensing (Partner of the Year), 2-1-1 San Diego (Organizational Partner of the Year), Cary Shultz (Resident of the Year) of A Graceful Independent Living, and Lisa A. Tam (Owner of the Year) of A Graceful Independent Living. Congratulations and thank you all for your commitment to furthering the mission of the ILA!



The ILA thanks all of the members and partners who joined us for our 2017 A Celebration of Success and made the event a true delight – the work you do is invaluable to the community and we cannot wait to share more successes in the coming year and beyond.





Elana, Sarah, and Melanie

Contact Us

For questions on ILA partnerships, strategy, and grievances:

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Director of Strategic Outcomes

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For questions on ILA trainings and education, and general inquiries:

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THE INDEPENDENT LIVING ASSOCIATION IS FULLY STAFFED!

Melanie Briones, Director of Strategic Outcomes, brings 17 years of public health experience including coalition development, community health and policy research and analysis, program evaluation, and strategic planning experience in the areas of health inequities, chronic disease prevention, behavioral health and housing. Prior to joining CHIP, Melanie directed a Healthy Policy unit for the Central Valley Health Policy Institute where she facilitated a regional collaborative effort among the 8 San Joaquin Valley county Public Health Departments.

Elana Soltz, Operations Manager, has worked in nonprofit residential programs for over 17 years. Elana worked at a residential treatment facility for Severely Emotionally Disturbed (SED) adolescents in Chula Vista, for 10 years. She then moved on to work with homeless individuals and families in downtown San Diego, managing transitional and interim shelter housing programs. Her experience has given her a deep appreciation for how nonprofits seek to improve the quality of life for people facing barriers and mental health challenges in our community.

Sarah Swain, Program Assistant, joins the ILA with experience in nonprofit program coordination and management. Prior to joining CHIP she worked for a capacity-building nonprofit organization in Los Angeles whose mission was to drive social change by leading and mobilizing professionals in pro bono service. She is excited to contribute to CHIP's mission of advancing long-term solutions to health disparities through collective impact and community engagement.

ILA MEMBER RESOURCES

ILA community partner **2-1-1 San Diego** helps connect individuals in San Diego to a variety of resources and services in the community via a free, confidential phone service and online searchable database. You can simply call 2-1-1 using the phone, or visit 211sandiego.org to access information on the services you or your residents may need.



With the weather warming up as we head into the summer season, it's important to be mindful of your home's energy use. Did you know that 2-1-1 can screen you for money- and energy-saving programs and resources in the community? Call 2-1-1 or visit their [website](http://211sandiego.org) to learn more about these programs and access helpful tips for saving energy in your home.



CURRENT ILA STATISTICS

Member homes: 64

Applicant homes: 21

Beds: 535

93% of homes provide meals

58% of homes have an RA living on-site

61% of homes are co-ed

- 25% Female only
- 14% Male only

ILA MEMBER SPOTLIGHT– PAMELA JEFFERSON OF SIMPLY LIVING INDEPENDENT HOUSE

A San Diego native, ILA Member Pamela Jefferson is proud to be giving back to her community as the owner of Simply Living Independent House, located in the Lemon Grove neighborhood of San Diego. As a member of the ILA since August 2016, Pamela finds great joy and purpose in providing a stable and safe environment for the women in her home.



Prior to opening her Independent Living, Pamela was in the real estate and construction business when she started to look into opening her own adult daytime home health facility, wanting to provide resources for a sector of the low-income and underserved populations. Her research eventually led her to

information about opening an Independent Living, an idea she had considered years ago after a friend who ran several of his own Independent Livings introduced her to the concept and shared his experiences. Lacking a sense of purpose in the real estate and construction industries, Pamela realized that running an Independent Living was the purpose she was looking for, and heard about the ILA from her younger sister whose friend was an IL owner.

Pamela was extremely excited knowing there was an organization like the ILA available to support her as she got to work on opening her home. “It’s been a blessing, it’s been exciting, it’s actually been fulfilling for me in addition to its challenges”, says Pamela. And how does she deal with those challenges?

“Live as a family, that’s my motto.”

Pamela stresses the importance to her residents of being a support to one another when someone is going through a crisis or a stressful time.

As an owner who has taken advantage of all the ILA has to offer, Pamela hopes the ILA will continue to offer the resources and education that is made available to member owners, and to reach out to IL owners who are not yet members so that they, too, can benefit from ILA trainings and education. Pamela says the ILA gives her the confidence she needs to operate her home: “It’s like I have a big sister overseeing me.”

Similar with many IL owners, it is rare for Pamela to have a lot of free time, but when she does have some time to spare she enjoys relaxing and will often sit down with the women in her home and strike up a conversation. Pamela says that she tries to get to know each of them on a personal basis and find out how they are doing and what she can do to help them.

For more information on Simply Living Independent House, please visit Pamela’s profile on the ILA Directory at: <http://ilasd.org/listings/simply-living-independent-house/>

WELCOME NEW ILA MEMBERS!

Please give a warm welcome to our newest ILA Member homes: **Casa de Vista, Independent Living Solutions, Lamonte Manor, and New Horizon Independent Livings.**

Do you know an Independent Living owner who is not a member of the ILA? Please tell them about the benefits of our association and have them contact us if they have questions or are interested in becoming a member.

info@ilasd.org

(858) 609-7965



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