

CELEBRATING DISABILITY PRIDE MONTH ALL JULY

Every July, Disability Pride Month celebrates people with disabilities — their identities, experiences, achievements, and contributions to their communities. It reminds us that disability is a natural part of human diversity, and people with disabilities deserve to be included, respected, heard, and valued exactly as they are.



The History Behind Disability Pride Month

The 2026 Disability Pride Month theme is “The World Works Better With Us.” It reminds us that people with disabilities are an essential part of every community. When people with disabilities are included, respected, and heard, everyone benefits. Whether you have a disability or are a family member, staff member, or community supporter, you can celebrate by learning about disability history, listening to people with disabilities, and supporting accessibility and inclusion. At CAPC, we celebrate the individuality, contributions, and voices of the people we serve.



CAPC Consumer, Priscilla H.



CAPC Consumer, Manny.



CAPC Consumer, Jim.

Q: What is a goal or dream you have for your future?

A: My dream for the future is to have my own house.

Q: What does disability pride mean to you?

A: It means I'm proud and not afraid to be me.

Q: What is something you've accomplished that you're really proud of?

A: Working at La Posada Assistant Living & Memory Care for 17 years!

“The World Works Better With Us”

Disability Pride Month is observed in July in recognition of the Americans with Disabilities Act (ADA). Signed into law on July 26, 1990, the ADA was a major civil rights victory that made discrimination against people with disabilities illegal in many areas of public life, including employment, transportation, education, and public spaces. The celebration continued to grow, and July was first officially recognized as Disability Pride Month in 2015 to mark the ADA's 25th anniversary. Disability Pride Month celebrates the progress while also recognizing that barriers still exist. Accessibility also means creating opportunities, providing information in understandable ways, listening to people with disabilities, and including them in decisions that affect their lives.

INDIVIDUAL ADVISORY COMMITTEES

NEXT MEETING: FRIDAY, AUGUST 21



The **Individual Advisory Committee** brings together individuals who represent the voices of CAPC Consumers. Your voice helps shape services and decisions that impact the CAPC community.

Together, members will:

- Meet every other month
- Advocate for improvements across CAPC
- Share ideas & feedback
- Help shape programs & services



INTERESTED IN GETTING
MORE INVOLVED WITH CAPC?

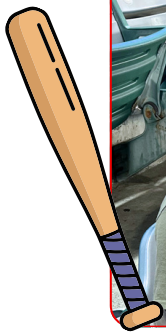
Scan the QR code to join the **Individual Advisory Committee** waitlist and learn about future opportunities to connect.



CAPC ENJOYS A WINNING NIGHT AT ANGEL STADIUM

On July 21, the CAPC community came together for a fun evening at Angel Stadium as the Los Angeles Angels took on St. Louis Cardinals. CAPC individuals, families, and staff enjoyed the stadium atmosphere while the summer heat was going strong, but that didn't stop participants from settling in their seats for an exciting ball game.

Throughout the evening, attendees cheered on the Angels as they went on to win the Cardinals, 5-1. Participants enjoyed their favorite ballpark snacks, danced along with the jumbo-tron, and connected with others from across the CAPC community!



CAPC Consumer Leonor pictured enjoying the game with her family!



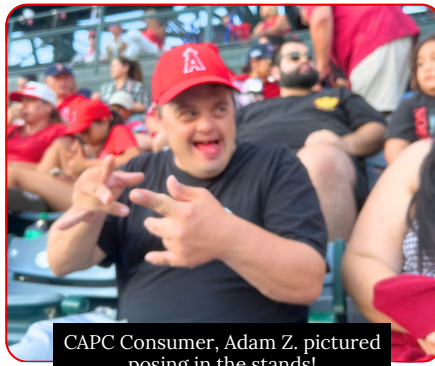
From left to right:
Gabe, Cindy S, and Lindsay



From left to right:
Rosemary, Priscilla, and Elizabeth R. rocking their Angels jersey from the stands!



Enjoying the game so far, CAPC Consumers Elisabeth and Drew.



CAPC Consumer, Adam Z. pictured posing in the stands!



DSP Staff, Cynthia, with CEO, Shauna, pictured with an Angels fan!



CAPC VISITS THE AQUARIUM ON AUGUST 19!

Explore the wonders of the ocean!
Join us as we discover amazing marine life, experience interactive exhibits, and explore one of Southern California's most popular aquariums.



Wednesday, August 19, 2026
10:00 a.m - 2:00 p.m
100 Aquarium Way,
Long Beach, CA 90802

\$50
PER
PERSON
FOR GENERAL
ADMISSION

RESERVE YOUR TICKET WITH
CARD OR CHECK PAYMENT BY
AUGUST 14



Scan the QR code to register
or visit
capcinc.org/aquariumvisit



The People's Pantry

Essential Care for Essential Needs



- 📍 **Located at:**
CAPC's Whittier Office
- 🕒 **Open during:**
regular business hours

The People's Pantry is now available
in CAPC's Resource Center!

The pantry offers confidential grocery assistance
for individuals within the CAPC community who
may need support between grocery trips.

- PANTRY ITEMS
- PERSONAL CARE
- HOUSEHOLD ESSENTIALS



Questions?

Call the front office at (562) 693-8826

In Partnership
with:



Superior Management
and Realty Services Inc.

Family Informational Meeting

Thursday, August 13 | 5:30 PM - 7 PM
DoubleTree Hotel - Whittier

7320 Greenleaf Ave, Whittier, CA 90602



STAY INFORMED, ASK QUESTIONS,
AND CONNECT DIRECTLY WITH CAPC!



Updates on transportation
services & programs
CAPC 'Life Forward' Plan
announcement



Quarterly Report Update

Scan the QR code
to RSVP or
call our office at
(562) 693-8826



BEAT THE SUMMER HEAT! SAFETY TIPS

DRESS FOR THE WEATHER



Light-colored, loose-fitting
clothes and hats help keep
the heat away.

KNOW THE SIGNS OF OVERHEATING



Feel dizzy, weak, or extra tired?
It's time to rest and cool off.

STAY HYDRATED



Bring a reusable water bottle and
take sips often — even if you're not
thirsty!



PLAN YOUR TIME OUTDOORS

Enjoy outdoor activities earlier in
the morning or later in the
afternoon when it's cooler.



2026 CAPC EVENTS CALENDAR

Aquarium of the Pacific -
August 19, 2026

CAPC Water Safety Day -
September 2, 2026

CAPC Fall Fundraiser -
October 2, 2026

Halloween Golf n Stuff Outing -
November 20, 2026

Community Harvest Day -
November 20, 2026

CAPC Holiday Party -
December 18, 2026



Danna
David B.
Sylvia
Michelle B.

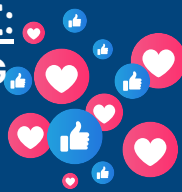
Kathleen M.
Miguel
Joe
Franklin

FOLLOW US ON SOCIAL MEDIA AND STAY UPDATED:

FACEBOOK: @CAPCINC
INSTAGRAM: @CAPCINC
X: @CAPCINC



OR VISIT OUR WEBSITE:
WWW.CAPCINC.ORG



ICON DIRECTORY



**Community
Resource**



Events



CAPC Highlight



**Community
Support**

ACCESSIBILITY TIP OF THE MONTH

TURN YOUR SCHEDULE INTO A TALKING REMINDER

Did you know your smartphone has the ability
to read your schedule out loud to you?

Scan your schedule with your phone if you prefer listening
over reading, use your phone camera to hear your schedule!

For iPhone Users:

1. Open Camera & point it at your schedule
2. Look for a small yellow box icon or the Live Text icon that shows up when text is detected
3. Tap & Select The Icon, then touch the words on the screen you want it to read to you, then select Speak from the pop-up menu

For Android Users:

1. Go to your phone Settings, tap Accessibility, and choose 'Select to Speak'
2. Turn on the Select to Speak shortcut switch.
3. Open your Camera app and point it at the text or take a photo.
4. Tap the accessibility shortcut button on your screen, then tap or drag your finger over the text to hear it read aloud

