

# SOUTHEAST ALASKA INDEPENDENT LIVING



*Empowering Southeast Alaskans with disabilities by providing and promoting options to live as active, productive, and involved citizens in their community of choice.*

**2005 Annual Report**

**[www.sailinc.org](http://www.sailinc.org)**

## Letter from the Director



**Joan O'Keefe**  
*SAIL Executive Director*

I've been a member of the dynamic SAIL team for going on nine years—nearly five as Director. I'm very proud of this agency. SAIL has remained true to our mission; faced many challenges, including the passing of a number of our dearest friends and colleagues; responded to need by taking on a number of new and exciting programs; and steadily increased consumer satisfaction and the number of SE Alaskans with disabilities we serve. Thanks to our consumers, board, staff, volunteers, and supporters, Fiscal Year 2005 (July 1, 2004 – June 30, 2005) was yet another successful year.

This Annual Report highlights many of our accomplishments and goals from the past year. I would like to take this opportunity to share some of the other important goals that are not shared elsewhere in this report. One of our on-going goals has been to increase foundation, corporate and individual support. SAIL has made tremendous progress during FY05.

One of the most impressive statistics from FY05 is that foundation and public support increased 501% from FY04! With the assistance of the **Christopher Reeve Paralysis Foundation**, SAIL increased the number of consumers who received assistive technology, home modifications, and services through the Consumer Service Fund and put our equipment loan project on the web. We increased the number of scholarships for the Outdoor Recreation and Community Access (ORCA) program through funding from the **Douglas Dornan Memorial Foundation** and the **Arthur B Schultz Foundation**. With the assistance of the **Rasmuson Foundation**, purchased a new 4WD lift equipped van to increase safety and reliability of winter driving. SAIL was also the recipient of an **United Way of Southeast Alaska** grant to increase our outreach efforts to rural communities in Southeast Alaska. Last but not least, SAIL undertook an agency risk management assessment with assistance of the **Skaggs Foundation**.

Individual and Corporate Support increased 85% in FY05 compared to the previous fiscal year. Individuals donated over \$45,000 and corporate donations brought in over \$16,000! I would like to take this opportunity to extend a huge thank you to all of the businesses and individuals who donated to SAIL and helped us reach our goals. The following is a list of businesses and organizations who donated (monetarily and in-kind) \$1000 or more during FY 05: Adaptive Needs, Alaska Airlines, Allen Marine, Conoco Phillips, Copy Works, Cornerstone Home Health, GCI, Juneau Electric, Juneau Empire, the Printing Trade Company, STAR/MAGIC, Wal-Mart of Ketchikan, The White Elephant of Sitka and Wings of Alaska.

And lastly, a big thanks to our 172 volunteers who have been instrumental in the success of every program and endeavor SAIL engaged in during FY05.

Looking to FY06, SAIL has our eye on new and exciting opportunities. Together we—staff, board, consumers, volunteers, and donors—will empower SE Alaskans with disabilities to live as independently as possible in their communities of choice.

### **Paul Douglas**

**Position:** President

**Affiliations:** Foundation for Hospice and Home Care; Douglas-Dornan Foundation, Board Member and Founder; REACH Inc., Former Board Member; Assisted Living Home-Juneau, Co-founder and Officer of newly established home.

### **Clark Gruening**

**Position:** Vice President

**Affiliations:** Alaska Bar Association; Foraker Group Governance Board; Alaska Permanent Fund Corporation, Former Trustee; Hale Ski Foundation; Juneau Community Foundation; Rotary.

### **Kate Wolfe**

**Position:** Secretary

**Affiliations:** American Association on Mental Retardation; TASH (Association for Equity, Opportunity, and Inclusion of People with Disabilities); Juneau Community Transition Team; Advisor for People First; ATOP Alaska, ECCS—Behavioral Health, Family and Early Childhood Support

### **Don Brandon**

**Position:** Treasurer

**Affiliations:** State of Alaska ADA Coordinator;

## **Board of Directors**

National Council on Independent Living, Past

Co-chair of Housing Committee; Public Rights of Way Advisory Committee; National Handicapped Sports Association; Founded Midnight Sun Wheelchair Marathon; Alaska Governor's Committee on Employment of People with Disabilities.

### **Elena Rath**

**Position:** Member

**Affiliations:** Alaska Traumatic Brain Injury Advisory Board; SEAWEEED (SE Agencies Working for Elderly, Exceptional & Disabled); Past Member of ADA Partners' Project.

### **Dr. David Marvel**

**Position:** Member

**Affiliations:** Rotary; National Association of Colleges of Teacher Education; National Science Teachers Association; Board of Directors; Northeast Educational Laboratories.

### **Ann Park**

**Position:** Member

**Affiliations:** Juneau Deaf Association; Juneau Soroptimist Club; Eagles Club; ADA Board Member for CBJ.

## Core Services

### **Information and Referral**

SAIL offices are community-based information and referral centers. Staff are knowledgeable about community agencies and service providers. SAIL will refer requests for services to the appropriate resource available. **During FY05 SAIL provided information and referral services to 1126 community members throughout Southeast Alaska .**

### **Peer Support**

Peer Support offers individuals with disabilities the opportunity to share ideas and means of coping with a disability. Getting through the various stages of grief is important and those who have had similar experiences can often offer insight, help explore options and make informed choices and ultimately achieve control over one's own life. **This year SAIL provided peer support meetings which reached 199 individuals.**

### **De-Institutionalization**

SAIL works with individuals and institutions to promote the least restrictive, appropriate environment for maximum independence. **SAIL assisted two individuals transition from institutional care to home and community-based care during FY05 and diverted numerous others to independent living rather than institutional care.**



*Older Blind Alaskan Support Group*

### **Advocacy**

SAIL is committed to advocating for the rights of individuals with disabilities and helping people learn to advocate for themselves. Advocacy efforts are seen throughout all of SAIL's services and programs. Advocacy can be on an individual basis such as helping someone transition out of an institution to an independent setting or helping someone navigate the Social Security system. Advocacy efforts also take the form of 'system advocacy' such as working with public transportation and local businesses to ensure that they are complying with the Americans with Disability Act (ADA) and accessible to all. **SAIL has been involved in 674 advocacy efforts in the last year!**

### **Independent Living Skills Training**

SAIL works with individuals who need education about and demonstration of techniques for daily living. **SAIL provided 632 Independent Living skills training sessions during FY05. Some examples are menu planning, shopping lists, budgeting, mobility and orientation training following vision loss, cooking, and learning how to access public transportation.**



*Attending a Dress for Success work shop at the Juneau Job Center*



*Cooking Classes*



*Exploring Assistive Technology*

# SAIL Programs

## ORCA (Outdoor Recreation and Community Access)

ORCA is the recreation program of SAIL. ORCA's mission is to promote inclusive recreation and adaptive outdoor pursuits for Southeast Alaskans who experience disabilities through outreach, community education, and independent living skills building. Our philosophy is that recreation influences all aspects of a person's life: their employment, social life, physical and spiritual well being and a sense of place in their community. Challenging recreation opportunities give an individual a chance to recognize their ability to succeed. The ORCA program can now be found in all three SAIL offices in Juneau, Ketchikan and Sitka. ORCA services include community access and inclusion opportunities, adaptive ski and snowboard school, youth and transition recreation services, TEAM (Transition to Employment and Mentoring), adaptive outdoor pursuits and trips.

**During FY05 ORCA facilitated 335 separate recreation opportunities serving 223 unduplicated individuals. Activities originated in Juneau, Ketchikan and Sitka. Just a few of FY05 year's highlights were:**

***Ketchikan ORCA Empowers Consumers-*** Participants in the Ketchikan ORCA program met with the staff and acted as an advisory panel to plan the ORCA activities. The group choose activities in four areas: Independent Living, Job Site Tours, Just for Fun and Outdoor Activities. Also an activity will be done on the city bus (at least once a month).

***Juneau and Ketchikan ORCA Visit Sitka-*** a total of 11 ORCA participants (from all three communities) spent 2 nights camping in Starrigavan campground and a range of 11-17 ORCA consumers attended different activities. Good food, laughter and campfire music were shared by all and many fast friendships were founded. Among several activities, the three ORCA groups visited the Sheldon Jackson Marine Wildlife exhibit where everyone got hands-on experience. The ORCA groups also visited the Petting Zoo and spent an afternoon swimming in the ocean, playing Uno and enjoying the gorgeous weather at the beach. The three groups ended their visit to Sitka with an Allen Marine Tour where they observed several whales, sea lions, rafts of sea otters and other wildlife.



***Ketchikan and Sitka ORCA Learn to Ski-*** groups from Ketchikan and Sitka traveled to Juneau for a long weekend of skiing and tubing. A great time and sore muscles were had by all!

***Sitka Bikes!*** - The Sitka ORCA group has taken a special interest in biking. Last March the group had their first biking outing. It was a highlight for participants because they learned they could bike when they did not think they could. The smiles and giggles were contagious. Adaptive equipment was used so all abilities could participate.

***ORCA goes to Disneyland!*** Consumers and staff alike tackled ORCA's first trip to the lower 48 with a sense of teamwork while enjoying roller coasters, rides, new friendships and sun in California.



Lucky Snyder has both low-vision caused by macular degeneration and hearing loss. Living alone in a senior housing complex, Lucky values his independence, but it is important for him to keep in touch with his siblings who all live out of state. Lucky was unable to use the phone to call loved ones or community services because he could not see the numbers on his phone nor could he hear the phone when it rang. Because of tactile insensitivity Lucky could not feel the small buttons on the phone he owned. Through the Consumer Service Fund, Lucky was able to purchase a large-button amplified phone with memory buttons. By combining the phone with a large font list of memory numbers, Lucky is once again able to speak with his closest friends and family as well as community services and emergency numbers.



**The Assistive Technology Program** includes an equipment loan closet, resource library and the Consumer Service Fund which assists consumers with purchasing adaptive equipment, home modifications or other services to promote independence. **During FY 05, 61 loans were made to different communities in Southeast including two to Petersburg, three to Hoonah, and one to Gustavus. The items included wheelchairs, shower benches, ramps, walkers, canes, crutches, commodes, beds, hand controls and an all-terrain wheel chair. SAIL received 38 Equipment donations. The Consumer Service Fund provided funding for 48 assistive technology purchases, home modifications and services to promote independent living.**



#### **Benefits Counseling Program**

All three offices employ certified benefits counselors who are available to assist consumers navigate the social security system and understand their entitlements. **SAIL is a Vocational Rehabilitation vendor for benefits analysis. During FY05 SAIL provided 16 benefits analyses.**

**The Older Blind Alaskans Program** serves people who have significant vision impairment. This population has been identified by the state of Alaska as underserved. The program offers support to help individuals adjust to vision loss, and provides educational and recreation opportunities. **SAIL served 44 individuals with vision loss providing everything from mobility and orientation training to a trip to the Yukon Territory during FY05!**

**The Deaf Services Program** provides oral and sign language interpreter services to individuals who are deaf and hard of hearing. The program also provides interpreter training and community education. **During FY05 SAIL provided interpreter services in response to 285 requests from businesses or agencies. SAIL contracted with 19 sign language interpreters throughout Southeast in the past fiscal year and provided two workshops to ensure that interpreter skills are at their best.**

**Education**— SAIL offers school and workplace training about disability etiquette and awareness, assistive technology, and ADA compliance. **Last fiscal year SAIL provided training and educational presentations to 1630 students and 420 employees of regional businesses.**





**Housing Referral**-Staff provides assistance with the location of appropriate shelter. Services include a housing registry with pricing and accessible units, applications for home modifications, and filing for Section 8 housing. **SAIL provided 240 information and referral services regarding housing options and modifications.**

**SAIL Taxi Token Program**- SAIL continued its partnership with Juneau Taxi and Tours to provide the capital city's only wheel chair accessible taxi as well as the taxi token program (persons with disabilities or 60 and older to ride for 30 cents on the dollar). **The taxi token program served 111 seniors and people with disabilities during FY05.**

## ***Satellite Offices***

SAIL's service area extends from Prince of Wales to Yakutat. Southeast Alaska has unique barriers from the rest of the state, as it does not have the same type of resource base that surrounds the major population areas of Alaska. Most of Southeast Alaska is only accessible by marine or air travel. Southeast Alaska residents are dispersed throughout 33 coastal communities located on 61,000 square miles of land. The majority of the residents live in one of the three largest towns: Juneau, Ketchikan and Sitka. To meet the needs of individuals in Southeast Alaska, **SAIL maintains three offices: the main office in Juneau and two satellite offices in Sitka and Ketchikan. Both the Ketchikan and Sitka offices have grown considerably during FY05 due to new grants and impressive fundraising efforts in their respective offices.**

*"We have accomplished a lot in the last year. Some of the highlights include successfully starting the Low Vision/ Blindness Support Group which has served 8 people thus far. We also hired a new ORCA coordinator, Lisa Noland, to coordinate a growing ORCA program that offered 68 recreation opportunities to 17 unduplicated individuals in FY 05, up from 44 recreation opportunities for 12 unduplicated participants in FY04. In addition we started school presentations this last year and reached 97 students. And last but certainly not least, we took the lead in planning a coordinated transportation system that will hopefully serve people who have disabilities, seniors, and the entire community better... I'm proud of our program here in Ketchikan."*

**-Kara Lunde, Ketchikan Program Director**

*"We had no idea how great the need was for a recreation program. Twenty-one (21) unduplicated individuals have participated in our forty-two (42) ORCA activities. Three hundred and ninety-nine students in Sitka now have more awareness about disabilities and have been exposed to disability etiquette. We not only reached out to our young people, but also to businesses and professionals. We spoke to 6 social service agencies and 3 business organizations. At our first community picnic a mother told me, "ORCA is wonderful, because my son has always been so fearful and now he is trying things and doing things and is excited." We fill a giant hole and we feel very good about that."*

**-Grace Brooks, Sitka Program Developer**



**We are proud to share that our long time employee and friend, Jerry Kainulainen, (Independent Living Specialist, Disability Advocate, and ADA expert) is the recipient of the Governor's Committee on Employment and Rehabilitation of People with Disabilities, 2005 Alaskan of the Year Award. This award is given to an individual whose achievements are "inspirational to all people." Congratulations, Jerry!**

# Financial Summary

**Southeast Alaska Independent Living, Inc.  
Statements of Financial Position  
FY 2004 and FY 2005 (July 1- June 30)**

## Highlights

SAIL was awarded a state grant; "Youth in Transition." This grant brings agencies from all over Southeast together to coordinate services and help youth 14-24 with disabilities transition to adulthood through education, employment and mentoring.

The Ketchikan SAIL Office was the recipient of a city grant, as well as being awarded two transportation planning grants (one state and one federal) for area-wide coordination of improved access to transportation for seniors and people with disabilities.

The Sitka office has increased local involvement significantly. In the last 12 months (FY05 & FY06) they have received \$3000 in corporate donations, brought in over \$6000 for the Only Fools Run at Midnight event and have been awarded a city of Sitka grant.

**Events:**

**SAIL Autumn Auction-** \$14, 757

**ORCA Ski-a-thon-** \$28,836 (\$8759 Corporate / \$20,077 Individual Donations)

**The Only Fools Run at Midnight—**\$ 20, 586 (took place in Juneau, Sitka and Ketchikan)

|                             | <u>2005</u>             | <u>2004</u>             |
|-----------------------------|-------------------------|-------------------------|
| <b>ASSETS</b>               |                         |                         |
| Cash and cash equivalents   | \$78,982                | \$34,383                |
| Accounts receivable         | \$14,796                | \$10,050                |
| Grants receivable           | \$149,549               | \$82,349                |
| Prepaid Expenses and Other  | \$31,203                | \$42,515                |
| Equipment less depreciation | \$48,057                | \$16,196                |
| <b>Total Assets</b>         | <b><u>\$322,588</u></b> | <b><u>\$185,492</u></b> |

**LIABILITIES & FUND BALANCE**

**Liabilities**

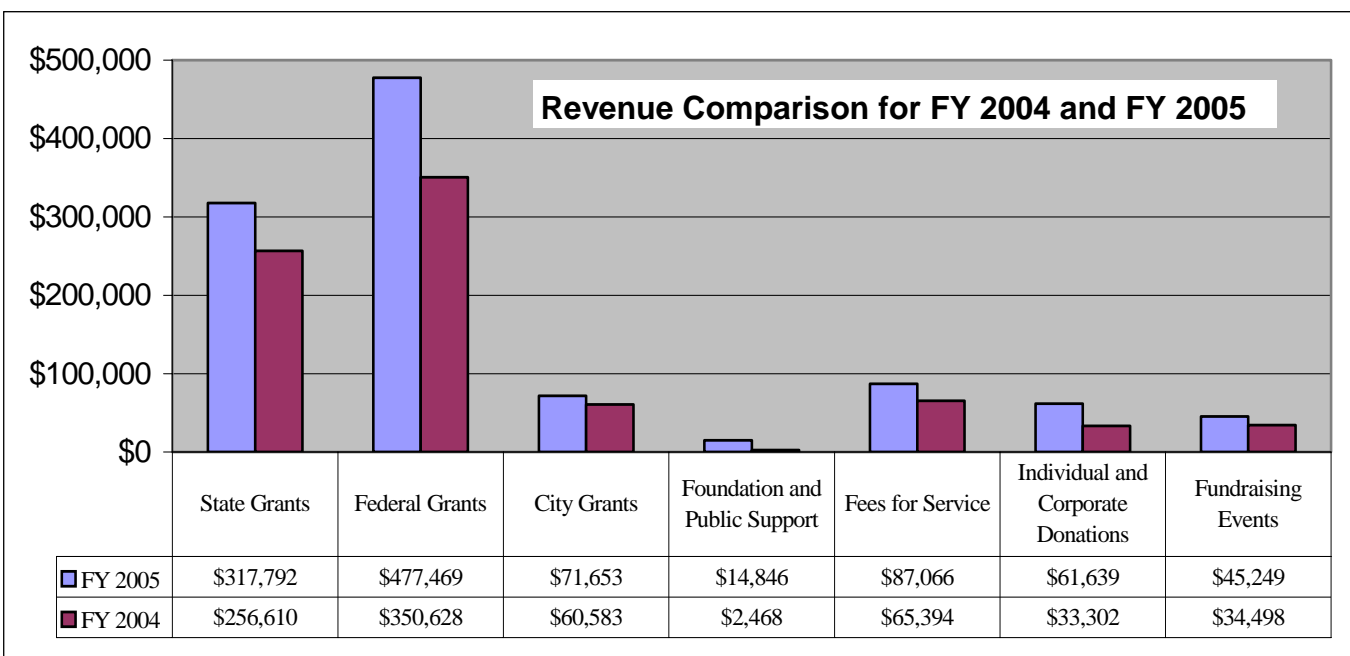
|                              |                         |                        |
|------------------------------|-------------------------|------------------------|
| Accounts payable             | \$17,240                | \$16,135               |
| Accrued payroll and benefits | \$32,948                | \$6,914                |
| Deferred Revenue             | \$29,005                | \$17,550               |
| Accrued Leave                | \$28,880                | \$24,181               |
| <b>Total Liabilities</b>     | <b><u>\$108,073</u></b> | <b><u>\$64,780</u></b> |

**NET ASSETS**

|   |                         |                         |
|---|-------------------------|-------------------------|
| Previous years net assets               | \$120,713               | \$104,980               |
| Current year net assets                 | \$93,803                | \$15,733                |
| <b>Total Unrestricted Net Assets</b>    | <b><u>\$214,515</u></b> | <b><u>\$120,713</u></b> |
| <b>Total Liabilities and Net Assets</b> | <b><u>\$322,588</u></b> | <b><u>\$185,492</u></b> |



Only Fools Run at Midnight is a fundraiser for SAIL. It was a huge success in Juneau, Ketchikan and Sitka!



|                      |                    |                |                  |             |
|----------------------|--------------------|----------------|------------------|-------------|
| <b>Total Revenue</b> | <b>\$1,075,715</b> | <b>Expense</b> | <b>\$981,913</b> | <b>FY05</b> |
|                      | <b>\$ 803,482</b>  |                | <b>\$787,750</b> | <b>FY04</b> |

# Consumer Statistics

