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Only Fools Run at Midnight 2006

Ladies and Gentlemen, please join us for our annual *Only Fools Run at Midnight* 5K run or 1 mile walk FUNdraiser, guaranteed to have more fools running than ever before in Juneau, Ketchikan, and Sitka!



Back by popular demand... a **GLOW-IN-THE-DARK T-SHIRT** included in the registration fee – but register sooner rather than later, as we run out of shirts EVERY year!! Early registration will be taking place at your local

SAIL office and around your community starting very soon and continuing until June 29. Registration will be available on the night of the race starting at 10:30 p.m., but t-shirts may not be!

Early race registrants will receive a free glow-in-the-dark t-shirt, included in the registration fee. For Juneau, the first 500 to pre-register will get a t-shirt. In Sitka, the first 200 and in Ketchikan, the first 150. The Ketchikan event will also be a pledge drive. Fantastic prizes for individuals who raise the most money!

Only Fools Run Quick Information:

And the race begins!

Juneau: July 1 @ 11:59 p.m.
 Sitka: July 1 @ 11:59 p.m.
 Ketchikan: July 3 @ 11:59 p.m.

Only Fools Run Registration Fees are:

Type	Early (by June 29)	Late
Adult	\$15	\$20
Youth (14 & Younger)	\$ 8	\$10
Family of Four	\$40	\$50



Don't forget to wear your fools best! Every community will have GREAT prizes for best costumes, including best centipede (five or more runners or walkers connected in some way)!

If running or walking or rolling at midnight isn't your thing, but you don't want to miss out on the fun, please consider being a volunteer on the course or at registration. It takes a village!

Contact the SAIL office in your community for more details.



Misty and Keturah test out the new Sitka bus lift. See Page 3 for more Sitka news.

Legislative Advocacy Update

The Alaska Legislature recently completed another grueling session, working on several budgets and bills affecting changes for persons with disabilities and seniors. The SAIL Independent Living (IL) team advocated for a better future for our people. Executive Director Joan O'Keefe and IL Specialists Kevin Gadsey and Pamela Mueller-Guy testified before committees on behalf of budgets and bills. Gadsey and IL Specialist Kara Lunde of Ketchikan were heard on Southeast radio discussing House Bill 357.

Representative Peggy Wilson (R-Wrangell) sponsored H.B. 357 to change the old language written into the laws regarding disabilities, such as 'handicapped' and 'infirm,' to person-first language such as 'individuals with disabilities.' The bill leapt through the House committees, but slowed to a crawl in the Senate, barely passing in the final days of the session. The changes may seem minor, but 19 western states have already implemented similar legislation. "To some persons with disabilities, 'handicap' is an (Continued on page 2)

Deaf, Hard of Hearing, Late Deafened, and Older Alaskans with Hearing Loss Support Group meets on the following dates. Interpreters, ASL Students, family, & friends are welcome to join us!

Silent Lunch @ Twin Lakes Café ~ First Friday of every month: June 2, July 7, and August 4 at 3239 Hospital Drive, from 12:00-1:00 p.m. All are welcome to eat with us. Remember: No Voice! It costs a penny to use voice. Brown bag or order from menu.

ASL Signing Every Wednesday: ASL Social Lab from 5:30-6:30 p.m. at Henry's Food and Spirits at 9109 Mendenhall Mall Road.

Closed-captioned movies have been cancelled at Gross Cinema theater until further notice. Please ask the staff of Gross Cinema theater to support closed-captioned movies by showing one every month!

June

6/3/06: Spring Picnic at Sandy Beach: Please join with SAIL and ORCA from 12:00-2:00 p.m. at Shelter #2. It will be a potluck so bring something good to eat!

July

7/1 or 7/3/06: Only Fools Run at Midnight: 11:59 p.m. SAIL/ORCA fundraiser. See Page 1 for information.

August

08/5/06: ORCA Rafting at 2:30 p.m.: Call ORCA for info. Contact Pam with questions about Videophones.

Deaf Community News By Pam Mueller-Guy

My TTY phone number at work is (907) 523-5285. It is an auto-answer machine while I am away, with news and events on the message! For an interpreter request, please use the Interpreter Referral Line (IRL) pager (907) 463-7490 or contact SAIL at (907) 586-4920 for info. Remember to call for an appointment to see me 9:00 a.m.- 5:00 p.m., since I might be out of the office.

Interpreter Dates to Remember!

6/10/06: Interpreter Support Group at Heritage coffee shop near Mendenhall Mall. Please contact Pam by TTY or email address: psmguy@sailinc.org

Interpreter Performance Test dates and deadline:

10/14-15/06 — Deadline: 8/25/06 — At the ARC in Anchorage, AK Site: 136 Contact Pam with more questions about interpreter testing and qualifications.

Videophone applications available through internet:

Are you interested in using a D-link Videophone to make calls but don't have Internet service? Visit

www.c-s-d.org or www.sorensonvrs.com

www.gci.com/business/internet/livewire.htm

www.acsalaska.com/consumer/c-internet/c-i-services/dsl/area1a.htm

Legislative Update (cont. from Page 1)

annoyance, but to others, it is a slur equivalent to words we won't repeat here," Gadsey told Representatives and Senators during session testimony. Gale Sinnott, Director of Vocational Rehabilitation, was instrumental in pushing this bill through.

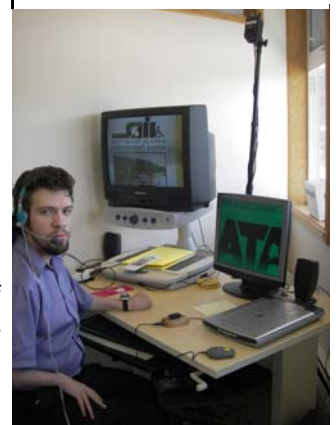
Along with another Alaska IL Center, SAIL was dealt a financial blow this spring when the federal government pulled the plug on the highly successful Youth In Transition program, aimed at helping youth reach employment or education goals. In addition, Interpreter Referral Line (IRL) funding has not increased in more than a decade while interpreter requests have skyrocketed. O'Keefe, Gadsey, Mueller-Guy, and an army of consumers and IL Center staff from across Alaska testified to the success and necessity of these programs. The Legislature included \$100,000 as partial funding for these programs statewide, and \$40,000 toward SAIL's IRL program, thanks in part to the leadership of Rep. Bruce Weyrauch (R-Juneau) and his support of independent living.

As reported in the last SAIL newsletter, H.B. 303 seemed to create limitations and more rules for persons on the Adult Companion Medicaid waiver in the name of improving the program. H.B. 287 lessens the requirement for new nursing homes and hospitals to get a "Certificate of Need" before building in large boroughs. Both bills stalled in the Health, Education, and Social Services Committee and never garnered support in the Senate. Thanks to independent living advocates, the sponsor of 287 submitted an addendum to the bill that required nursing homes to still prove a need.

Bills to create an Elder Fraud Assistance program and provide dental services via Medicaid passed the Legislature this year as well. Thanks in part to more advocacy by Mueller-Guy, the bill requiring all newborns to be tested for hearing loss passed through the Legislature effective on January 1, 2008.

Overall, this was a great session for persons experiencing disabilities, but next year, we can and should do so much more. Talk to your representatives and senators while they are in their home offices. Let them know your concerns and that people with disabilities vote, making up ten to twenty percent of the population.

Juneau Remodel



IL Specialist Kevin Gadsey tries out the new Assistive Technology room. The SAIL Juneau office just experienced a remodel to create the AT room and office space. AK Mental Health Trust Authority provided funding for the remodel via a small projects grant!

SAIL Sitka Joins Advocacy Groups

The SAIL Sitka team was appointed to the Advancing Our Community Steering Committee and the Commission on Health and Human Services.

AOC is a group of community members committed to Sitka's well-being. Many members of AOC come from organizations that work directly with youth, families, and individuals. AOC is organized around the principle of collaboration.

The Commission on Health and Human Services serves the City and Borough of Sitka by advising the assembly on matters ranging from healthy lifestyles, activities and funding, to ensuring the availability of necessary human services in the community.



Sitka ORCA On The Move

If you live in Sitka, you may have spotted the new ORCA bus traveling the roads. After completing training on how to use the wheelchair lift we are now able to go near and far, and up and down with the help of the lift.

The bus and passengers have traveled to the ends of Sitka for adventures in sand, shells, campfire, and candle making. We have crossed the trails of Totem Park in

the WISEWOMAN triathlon. We have baked and delivered treats to the animals staying at the shelter. The group has climbed high on the wall at Sheldon Jackson College conquering all that stands in their way. ORCA will not stop there with big plans for this summer.

Riding bikes and cruising down towards Herring Cove, hop a ferry to Juneau for Celebration, put on dancing shoes with the Russian Dancers, take a break and have a picnic in the sunshine, catch a floatplane to Lake Eva for some relaxation, and head to Fish Camp for a little subsistence Alaskan Native experience. That's just a sample of what ORCA will be doing this summer. We will still meet regularly for activities, and definitely have lots of fun!

Sitka Students Learning About Abilities Rather Than Disabilities

Is it dangerous for people who are deaf to operate heavy machinery? What if someone is working on heavy machinery and somebody else needed her to stop? If the machine's warning system starts beeping, then she would not be able to hear the warning.

The SAIL presentation team has heard these responses to this question. But Sitka students may give you another opinion.

More than 350 students have attended a Disability Etiquette and Awareness Presentation in Sitka, among 2,000 students across Southeast Alaska, sharing a different answer to this question. People working with heavy machinery, wear ear protection. When wearing ear protection, hearing ability is lessened. This presentation covered more than just this question however. Students of all ages learned that people should be treated as people. Along with knowing that someone with a disability can still accomplish anything such as composing music, to becoming President of the United States. Sitka students now better understand what proper etiquette is and are using it in their daily lives.

A New Face in Sitka



Hi, I'm Stefanie Mach, a new staff member at the Sitka SAIL office. I will be here for the summer assisting with fundraising and special projects. I am excited to be a part of SAIL and to be in Sitka.

I graduated from the University of Wisconsin - Stevens Point with a degree in International Studies and Spanish. I traveled with the Charleston, S.C., AmeriCorps tutoring, trail building, building houses, maintaining a wildlife center, and disaster relief. Then I worked in a woman's health facility, interned at a U.S. senator's office, traveled around the US and abroad. My most recent project was cleaning up some of the most devastated parts of New Orleans after Hurricane Katrina.

I hope that I can learn from SAIL, its consumers, and the people of Sitka. I want to use my travel, academic, and professional experience to help improve this community. I invite everyone to stop in to say hello.

A New Face in Ketchikan



Hi, I'm Tonya Curtis and I am excited to be here in Ketchikan as an Independent Living Specialist. I am happy to have the opportunity to serve in Southeast in the outreach to communities nearby as well as to Alaskans who may want help with vision, hearing, and mobility needs. Living in Alaska for almost 15 years in a village up north and outside of Petersburg on Kupreanof Island for the past 10 years has prepared me for most obstacles and helped me understand how some people may feel at times. I have worked both in private settings and state and federal positions as a clerk. I've been an assistant to offices and an educator. My two daughters and son are growing faster than fireweeds and forget-me-nots! My favorite pastimes include spending time with family and friends, traveling to new places, and learning new things. I look forward to working with you and know that the SAIL spirit is contagious. Don't hesitate to contact me.



Juneau ORCA Weekly Activities



Healthy Choices: A group activity that looks at life-style choices and group adventures. Join us for fun, healthy activities **two Fridays a month from 6:00-8:00 p.m.** Adaptive equipment and methods are available so persons of all abilities can participate.

Cost per activity: \$12

JAMHI (Juneau Alliance for Mental Health) Fridays: Bi-monthly activities with JAMHI Green Doors Club-house and Salmon Creek. Call ORCA for details.

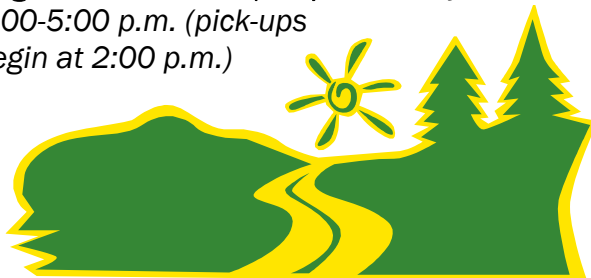
Older Blind Alaskans (OBA): A peer support group that meets every third Friday of the month from 1:00-2:30 p.m. at Juneau Senior Center. ORCA coordinates a yearly trip and various activities throughout the year. If you have questions, call 586-4920.

Free ORCA Swim: Wednesdays from 7:30-8:30 p.m. and Sundays from 2:15-3:45 p.m. ORCA participants can swim for free at the Augustus Brown Swimming Pool in Juneau. Just tell them you're with ORCA!




Adventure Club: A group activity that focuses on socialization and fun for youth and teenagers. We have two age groups that each meet once a week during the summer. We will pick you up and drop you off at home. **Cost per activity: \$12**

**Adventure Club (AC): Wednesday, 2:00-5:00 p.m. (pick-ups begin at 1 p.m.)*

**Young Adventure Club (YAC): Thursday, 3:00-5:00 p.m. (pick-ups begin at 2:00 p.m.)*



June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Healthy Choices	3 <i>Spring Picnic</i> Noon-2 pm Sandy Beach
4	5	6	7 AC	8 YAC	9	10 
11	12	13  AC CAMPOUT	14	15 YAC	16 Healthy Choices	17
18	19 OBA Trip	20	21 AC	22 YAC	23 JAMHI	24 Skagway Train Trip Departs
25 Skagway Train Trip Returns	26	27	28 AC- Kayaking	29 YAC- Kayaking	30	

Juneau ORCA Special Events

Spring Picnic-June 3rd: The annual BBQ at Sandy Beach. Join us from **12:00-2:00 p.m.** at the Savikko Park Shelter. Bring a dish to share. **Cost: Free**

ORCA Camp-Outs: Spend an evening hanging out with friends and the ORCA staff. **Cost: \$15 AC: June 13-14; HC July 14-15; YAC: August 18-19**

Only Fools Run at Midnight: Saturday, July 1@11:59 p.m. 5 kilometer run or 1 mile walk - SAIL and ORCA's annual summer fundraiser. Early Race Registration by June 28 for \$15; late registration for \$20, includes a glow in the dark t-shirt while limited supplies last! For info, call SAIL at 586-4920.

Mendenhall River Rafting-August 5th: AC, YAC, and all are invited to float the Mendenhall River from **1:30-4:30 p.m.**, compliments of Alaska Travel Adventures. Sign up fast – first come, first-served. Limited seats are available. **Cost: \$12**

Steamboat Rides: Tour Juneau on a wood-fired steamship! AC will tour on August 8th, Healthy Choices will tour on August 11. **Cost: \$12**

SAGA Ropes Course— August 16: Cooperative games and ropes course for AC from **10:00 a.m.-4:00 p.m.** at Eagle Valley Center. **Cost: \$15**

Summer Luau-August 20: Dance the evening away with the hula at Auke Village Recreation Area from **4:00-6:00 p.m.** Bring a dish to share and enjoy a picnic with a tropical flair. **Cost: Free**



July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Only Fools Run 
2	3 SAIL Offices Closed	4 4th of July Holiday Office Closed 	5 AC	6 YAC	7 JAMHI	8
9	10	11	12 AC	13 YAC	14  HC -CAMPOUT	15
16	17	18	19 AC	20 YAC	21 JAMHI	22 Resurrection Trail Hike
23 Resurrection Trail Hike Returns	24	25	26 AC	27 YAC	28 Healthy Choices	29 Haines Fair 29– 30
30						




Juneau ORCA Summer Season

Please note: Due to increasing fuel costs, Juneau ORCA Adventure Clubs & Healthy Choices have increased in price. The price will be \$12 per activity, including round-trip ride. If no ride is needed, the cost will be \$10. We apologize for the inconvenience. Some scholarship money is available. Please inquire with ORCA if you want to apply.

Summer season is upon us once again and we have some fantastic adventure trips planned to complement our regular activity schedule. With the wide variety of activities planned, everyone should be able to find something of interest. Please remember that there is limited space available on trips so reserve your space now. Also, it is very important that you make arrangements to take time off from work, summer school, and other commitments with plenty of notice. Please contact ORCA at **586-0104** to sign up for a trip or for more information about any of the activities planned. **Transportation is available on a first come, first-served basis.**



August 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 JAMHI	5 Rafting 
6	7	8 Special AC- Steamboat Ride	9	10	11 Healthy Choices	12
13	14 YAC overnight Campout	15	16 AC SAGA Ropes	17 YAC	18 	19 LUAU at Auke Rec.
20	21	22	23 First Day of School!	24	25 JAMHI Healthy Choices	26
27	28	29	30 AC- After-school	31		

ORCA Summer Trips

OBA (Older Blind Alaskans) Trip: Shrine of Saint Therese ~ June 19-20: Enjoy the scenery of Juneau's backyard. Stay overnight at the relaxing and peaceful cabin, walk through the grounds, and view wildlife at this amazing place. **Cost: \$75**



Skagway Train Trip ~ June 23-26: Ferry to Skagway the night of the 23rd and arrive the morning of the 24th and enjoy a whistle stop train ride along "the railway built of gold" on the 25th. Return on the night of the 25th, arriving to Juneau the morning of the 26th. **Cost: \$200**



Resurrection Hiking Trip ~ July 20-25: This trip is an extended backpack linking five cabins on the Resurrection Trail on the Kenai Peninsula. The trail links the town of Hope to Cooper Landing, retracing a gold rush route of the 1890s. The group will fly roundtrip Juneau to Anchorage and hike every day of the trip. Sign up fast since space is limited. Signing up for this trip requires participation in preparation hikes. **Cost: Depends on airfare**



Haines Fair ~ July 29-30: Spend a weekend with us and get a taste of food, fun and festivities and the Haines Fair! Come be a part of the Alaskan cultural tradition. **Cost: \$175**

Raft the Mendenhall River ~ August 5: Take a wild ride on the mighty Mendenhall River. This trip comes complete with friends, boats, paddles, and a possible water fight. **Cost \$12**

A Few Notes

* This year we have a strict cancellation policy to discourage last-minute changes on trips. Four weeks prior to departure a payment of one half your total trip cost is required. If you cancel less than two weeks before the departure date your deposit will not be refunded. You will be billed the full trip amount if you cancel within two days and we are not able to fill your space. Please plan ahead and make arrangements to fully enjoy this summer!

* Scholarships are available for those with financial need. Scholarships are based on a sliding scale. Call for info or to get an application. No one will be denied participation based on financial limitations. **Adventure Trip Scholarships are limited to \$200 per person, per year.**

* Minor schedule changes are common due to weather, cancellations, and consumer feedback and suggestions, so please don't hesitate to call us.

* ORCA activities are partially funded by CBJ Youth Activities Grant and Social Services Block Grant.

* As always we encourage you to recreate independently in the community. If you have an idea, a dream, or just want to try something new, the ORCA staff would love to help you get set up to participate in your chosen activities around town. We also have a limited amount of stipends available to encourage you to recreate, so take advantage of the opportunity while it lasts!

JUNIOR OBA GROUP

On May 19, Bartlett Hospital Occupational Therapist, Jo Boehme, was guest presenter to the OBA support group. She did a fantastic job of explaining the value of having a vision evaluation and home safety check. Jo talked about eye diseases and their relationship to other health concerns, such as diabetes. We plan to invite other community speakers to meet us to share their programs and services for seniors.

If you know of anyone who is having problems with low vision, please invite them to our group. Juneau's support group meets on the third Friday of the month at the Juneau Senior Center. *Contact Sitka and Ketchikan SAIL offices for more information about their local support groups.* Lastly, with gratitude, I thank local and outlining community members for their support in helping re-form OBA's advisory committee. I am here to help and offer you SAIL services. Feel free to call me at my new direct line, 907-523-0678.

Ila Little, ILS

THIS NEWSLETTER IS AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT SAIL AT 586-4920 TO REQUEST AN ALTERNATIVE FORMAT SUCH AS LARGE PRINT OR BRAILLE. IT IS AVAILABLE ELECTRONICALLY AT WWW.SAILINC.ORG FOR DOWNLOAD.



SOUTHEAST ALASKA INDEPENDENT LIVING

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Web Insights

Summer is here and many home remodeling and building projects are occurring. Whether you currently experience a disability or want to plan your home for the aging process, visit these websites to learn more about **Universal Design**.

- <http://hec.osu.edu/ud/>
- <http://www.adaptenv.org/>
- http://www.geappliances.com/design_center/universal_design/
- <http://www.design.ncsu.edu/cud/>
- http://www.aarp.org/families/home_design/



SAIL Tidbits & Notes

- * **CONGRATULATIONS** to Cornerstone Home Health, our outstanding corporate donor of the year, for their continued commitment to community and enhancing the lives of people with disabilities in Southeast Alaska!
 - * A giant **WELCOME** to our two newest members of the SAIL **Board of Directors: Suzanne Williams** of Saxman/Ketchikan and **Terry Van Ettinger** of Petersburg.
 - * **Project Playground**, "Imagined by children, built by community," is roaring along! SAIL, the non-profit umbrella, is actively working with local volunteers and CBJ Parks and Recreation to make this new playground, located at Twin Lakes (Juneau), one of the **most accessible playgrounds** in the country.
- Picket sales, component sponsorships, and other fundraisers are being conducted. **Raffle sales begin in June.** For more information, go to www.projectplayground.simchic.com or contact SAIL to make a donation or volunteer.

SAIL Board of Directors

- Paul Douglas, President**
 - Clark Gruening, Vice President**
 - Elena Rath, Treasurer**
 - Terry Van Ettinger**
 - Ann Park**
 - Don Brandon**
 - Bob Purvis**
 - Suzanne Williams**
- Public Participation is encouraged at the monthly board meetings! For more information, call:**

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