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SAVE THE DATE:

Only Fools Run at Midnight
11:59pm, Saturday June 28th, 2008!
Sitka, Ketchikan & Juneau!

New this year—Pledge drive in all 3 communities! Collect the most pledges and win two RT Alaska Airlines Tickets! Details to follow! Watch for more information at: www.sailinc.org

Alaska Statewide Independent Living Council (SILC) 2008 Legislative Priorities *We applaud the Governor's proposed FY09 budget on the following:*

Increased funding for Independent Living- in the Department of Labor that includes a \$39.5K increment for independent living above FY2008. While the SILC and Centers for Independent Living (CILs) have shown that the need is even greater, we appreciate the Department's willingness to work with us and support Independent Living even further.

Increased funding for Aging and Disability Resource Centers (ADRC)- in the Department of Health and Social Services that includes \$250K (\$125 GF/\$125AMHTA) to support Aging and Disability Resource Centers (ADRC) statewide.

Increased funding for the Interpreter Referral Program (IRP)- in the Department of Labor, which includes a \$7.9 K increment for the IRL program.

New Capital Funding for Center based Assistive Technology- the SILC and CILs propose \$250K in capital funding to support purchases of high & low-tech devices for people with disabilities and seniors.

The establishment of a **Housing Trust Fund** as proposed by the AK Mental Health Trust Authority (AMHTA). The Governor has proposed using \$10 million in capital funds and we support this!

Community transportation- \$800K in General Fund and \$300K in AMHTA receipts for community transportation. We also support the Alaska Mobility

(Continued on page 4)

Leaving a Legacy that lives on... Becoming familiar with the SAIL Empowerment Fund

There are many reasons that people give to SAIL's Empowerment Fund. People give because of a firm belief in our mission and the importance of empowering people with disabilities and increasing quality of life for generations to come.

If you are interested in making your life positively affect the lives of Southeast Alaskans with disabilities and seniors, there are many different options, listed below, available to help you leave a lasting legacy:

Gifts of *cash* are often the most convenient way to support the work of SAIL and our many fine programs. Cash gifts can be given directly to SAIL or you can also give to the fund through the Juneau Community Foundation. Cash gifts may be tax deductible for the calendar year in which they are made.

Gifts of *stock, real estate, or other appreciated assets* are other beneficial ways of contributing. Gifting assets may provide income tax benefits and SAIL will be able to sell your gifted assets, without income tax, and put all the proceeds toward our mission.

Gifts to SAIL can be made through your *Will* or through a *Revocable Living Trust*. SAIL can be named as a beneficiary in your will in a number of ways.

Have a life insurance policy? Among the many ways of making a gift to SAIL, *life insurance* perhaps provides the greatest flexibility for contributing a gift of any size at a relatively small cost.

A *retirement plan* may be an excellent

(Continued on page 3)

Need an interpreter?
Call us!

Deaf Community & Interpreter Referral Line News

By Pam Mueller-Guy

How to reach Pam Mueller-Guy, Deaf Services & Interpreter Referral Line Coordinator:



TTY users can call direct **907-523-5285**, my VRS, auto-answer & message machine. **Hearing callers** can use Video Relay Service (VRS) number **1-866-327-8877**.



To leave a VRS email message: **1 800 915-9831**.



If you can't reach Pam and need immediate services during regular business hours (Monday through Friday, 9am-5pm), you can also call the Juneau SAIL office 907-586-4920 Voice/TTY, 1-800-478-7245 toll free in AK, and/or Fax 907-586-4980.

You can also **email Pam** at psmguy@sailinc.org

For interpreter requests after work hours, on holidays or weekends, use the IRL pager: 907-463-7490.

Sorenson Videophone or D-link Videophone
Nick will come down to help set up for Sorenson Videophone -- but he needs five or more customers first. Applications available at www.sorenson.com or for D-link www.CSDVRS.com. Or ask Pam for info.

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

Silent Lunch ~ 1st Saturday of every month: Downtown Bullwinkles: Mar 1, Apr 5, and May 10: 5-6PM Silent Lunch at Downtown Bullwinkles, located at 318 Willoughby, from 5-6PM--Remember: **No Voice!** It will cost a penny to talk with voice. Brown bag or order from the menu. **Only change in May to second Saturday because I am out of town to attend AK Relay and AK Deaf Council meetings in Anch.**

Deaf Coffee ~ 3rd Friday of the every month 7-8PM Tres Hermanos Restaurant (Mexican food) at Mendenhall Mall: Come eat and chat with us. Has new owner and name change but same place!

Deaf Social Lab Every 4th Wednesday: Donna's Restaurant at Airport Mall, from 5:30 to 6:30PM. No longer on 2nd Tuesdays only on 4th Wednesdays of the month!

Closed-captioned movies have not been set up yet At Gross-Cinema Theater. Remember: Please tell the staff of Gross-Cinema Theater to keep closed-captioned movies going every month!

New Information You can go to **Back Room at Silverbow** for **free admission** to watch movies every Monday, Tuesday, and Wednesday at 8PM, so check it out! **Come early, by 7:45, to let them know to turn on Closed captioned**—if you show up at 8, you're too late to ask for closed captioned!

Don't forget to go **AKRID Conference** in Wasilla October 2008. Also **RID Region 5** in Sacramento in September 2008!

Interpreter Support Group: March 8, 10AM at Heritage coffee shop in Mendenhall mall. Pls contact Pam Mueller-Guy at SAIL or by email: psmguy@sailinc.org or call 907 523- 5285 TTY. To discuss future workshops or any feedback or problems with interpreting, and workshop thru the new year of 2008.

Deaf Community Suffers A Great Loss

Pam Dunker was truly an extraordinary person. Her great passion in life was sign language. She co-founded Juneau's Interpreter Referral Line and made a 22-year career as a deaf educational interpreter for the Juneau School District.

According to her family, she was utterly dedicated to her job, the deaf community and her students. She went out of her way to teach others sign language so her students would be more included and accepted in their community, they said. She followed some of those students all the way through high school graduation. Her roll was crucial in making Juneau's inclusive deaf education program what it is today, they said. Pam worked with SAIL on countless occasions, and was a true advocate for the deaf community and for community awareness.



All of Juneau will miss you, Pam.

Newborn Screening Regulations go into effect in Alaska

Beginning Jan. 17, 2008, new regulations go into effect requiring that every birthing facility in Alaska provide newborn hearing screening within one month of birth. The goal is for any child who shows signs of hearing loss to be diagnosed within three months and begin receiving intervention services within six months. As many as 30 babies are born in AK every year with some level of hearing loss. "Newborn hearing screening has been the standard in Alaska for many years," said Beth Kaplan, Early Hearing Detection and Intervention program manager for the Department of Health and Social Services. "These changes make it official."

For more information on newborn screening go to:

http://www.hss.state.ak.us/dph/wcfh/screening_testing.htm

Have an interesting story or other news you would like to share with the Deaf Community through the Full SAIL Ahead Newsletter? Email us at info@sailinc.org or contact Pam. We would love to spread your news too!

We Need Your Help Designing the 2008 *Only Fools Run at Midnight* Logo

The 2008 Only Fools Run at Midnight Logo will be featured throughout Southeast Alaska on the t-shirts, poster, newspaper ads, movie screens, TV commercials, websites and much, much more. And that's where ***you*** come in!

What we are looking for:

The logo should capture the essence of The Only Fools Run at Midnight event and speak to SAIL and ORCA's mission. Logo designs should be turned in on white 8.5 x 11 paper and should be black and white.



Should your logo/design be the winning entry, you will win a cool prize (not determined yet), a t-shirt featuring your design, recognition at the awards banquet, and most important...celebrity status at SAIL!

All entries are due to SAIL by March 31, 2008. For more information, contact SAIL at info@sailinc.org or call 1-800-478-SAIL.

Legacy.....Continued from page 1

source of funds for making a gift. Designating SAIL as the beneficiary of your estate not only qualifies the estate for a charitable tax deduction, but you will pass the assets to SAIL, free of any income tax obligations.

Would you like to make a gift to SAIL, and retain income from your assets for your life time or even a beneficiary's lifetime? *Charitable Remainder Trusts* take many forms, but all are variations on a similar concept. These Trusts provide both income and estate tax benefits.

You can either donate directly to SAIL or contribute to SAIL through the Juneau Community Foundation, a local charitable organization that connects donors with nonprofit organizations.

Whatever your plans may be, we encourage you to call or write, without obligation, for more information. You can contact your local SAIL office or call the Juneau Community Foundation at 907-463-3223, or access their website on line at www.juneaucf.org



SAIL is not engaged in rendering legal or tax advisory service. For advice and assistance in specific cases, the services of an attorney or other professional advisor should be obtained. State laws govern wills, trusts and charitable gifts made in a contractual agreement. Advice from legal counsel should be sought when considering these types of gifts.

Promotions and additions at SAIL Juneau

As SAIL grows and adjusts to constant changes, we continually re-evaluate the agencies needs and the strengths of our staff. If you have ever called or come by the SAIL Juneau office, you were likely greeted by Danielle Buster, who for the past ten months has been SAIL's fabulous Administrative Assistant. Danielle recently accepted a new job title – Office Manager/ Development Assistant and with it, many new job responsibilities!

You might still get lucky enough to have Danielle help you when you are picking up your Taxi vouchers or calling for a referral, but don't be surprised if she isn't always available. Danielle will be busy with special events in Juneau including coordinating the upcoming *Only Fools Run at Midnight*.

If you are one of the hundreds of businesses and/or individuals who support our mission through financial or in-kind support, Danielle will likely be introducing herself to you in the near future. "I'm looking forward to meeting and personally getting to know all of SAIL's donors. I want to learn what we can do as an agency to continue these successful partnerships", Danielle said.

SAIL was recently awarded a grant (***thank you Alaska Mental Health Trust and Rasmuson Foundation***) to acquire new software that will help us maintain data about our volunteers, donors, and special events. Danielle will become the agency expert and train other resource development staff how to effectively use this software.

You are probably wondering who is going to answer the phones, greet consumers and sell taxi tokens while Danielle is busy with all of her new job duties?

SAIL, is pleased to introduce Terry Zander, the newest addition to the SAIL team. Terry is a MAAST volunteer who will be, among many things, answering phones and selling taxi vouchers. You will likely find Terry at the front desk of the Juneau SAIL office every Tuesday through Friday from 12:00pm to 3:00pm.

Welcome Terry, we are thrilled to have you!

Juneau Low Vision Support Group

THURSDAY, March 20th, 2008. Bob Chatfield will present at 1 pm, Downtown Senior Center. Please note the day change—Thursday instead of Friday!

FRIDAY, April 18th, 2008 @ 1 pm, TBA

FRIDAY, May 16th, 2008 @ 1 pm, TBA

(2008 Legislative priorities.....Continued from page 1)

Coalition’s two advocacy priorities, which are Fuel Cost Reimbursements to communities at \$500K and state match funding at \$2.5 million.

Equitable Medicaid Waiver reimbursement rates- Reimbursement rates for all home and community based services within the Department of Health and Social Services have been frozen since FY04. If the state does not increase these rates our provider system will begin to fail.

Medicaid Waiver Services for Persons with Alzheimer’s and Related Dementia (ADRD) – Alaska is one of two states that do not include severe dementia as a stand-alone diagnosis for home and community based services. The State of Alaska needs to change this now!

Increased Low Income Heating and Energy Assistance Program (LIHEAP) subsidies for seniors and persons with disabilities.

For more information about the SILC’s Advocacy Priorities contact:

Patrick Reinhart, Executive Director
 Telephone: 907-263-2092
 Email: preinhart.silc@gci.net
 Web: www.alaskasilc.org
 1057 W. Fireweed Lane
 Anchorage, AK 99503

SAIL EXPANDS TO HAINES

We are excited to announce the opening of our new satellite office in Haines! SAIL has been providing itinerant services in Haines, Klukwan and Skagway for many years, but now with a permanent presence there, we are hoping that we will be able to better meet the need for IL services in upper Lynn Canal.



Sierra Kaden, who has worked for SAIL in many different capacities for the past seven years, jumped at the opportunity to make Haines her new home and head-up this office. “It’s a dream come true” she said, “I fell in love with Haines after doing my first SAIL outreach trip

there over five years ago. The community was so nice and welcoming. All of the agencies and individuals that I met with during that trip were open to collaboration and eager to learn more about what we do, not to mention the setting couldn’t be more beautiful.

I remember thinking at the time how perfect it would be if SAIL started a satellite office in Haines and hired me to run it- I never imagined it would become a reality!

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E-mail vs. Snail Mail

In an ongoing effort to save costs when/where possible, so that our limited dollars can be utilized towards achieving our mission, the Full SAIL Ahead Newsletter is now available via E-MAIL in PDF format. If you are interested in receiving this Newsletter via E-mail in the future, please contact Danielle at dbuster@sailinc.org. Please include your name, your current address where you receive the newsletter (if you do) and the e-mail address in which you would like to receive your future quarterly newsletters! Thank You - hope to hear from you!



THANK YOU!

SAIL would like to thank all the folks at the Transition Center for all their hard work and volunteer time for assembling our quarterly newsletters! We wouldn't be able to accomplish this every quarter without their help!

THIS NEWSLETTER IS AVAILABLE IN ACCESSIBLE FORMATS UPON REQUEST. PLEASE CONTACT ANY SAIL OFFICE TO REQUEST AN ALTERNATIVE FORMAT SUCH AS BRAILLE OR LARGE PRINT, OR YOU CAN DOWNLOAD IT FROM OUR WEBSITE AT: WWW.SAILINC.ORG



JUNEAU ORCA

WINTER FUN IN ORCALAND

Winter is in full swing here in Juneau! As the snow continues to fall, the good times are sure to continue. While the ski season has meant fewer Adventure Club activities, our Adventure Clubbers have made the most of their ORCA time. In true ORCA style, the weather has not kept us indoors but rather has drawn our Adventure Clubbers outside for some walks at the glacier and sledding (always followed by some good hot chocolate to warm us up). Our Healthy Choices crew has had several fun activities including tasty pizza making and a fun night of bowling. We finished off January with an all ORCA pizza party at Bullwinkles which proved to be a fun and lively event! Of course we would expect nothing less from our wonderful ORCA consumers. As the days get longer, we look forward to more daylight hours to spend on activities!



Max Valle having fun on the mountain!

Juneau ORCA Ski Program

Juneau ORCA is skiing every weekend. Here in Juneau we've missed a few days due to wind chills of -30 and really bad roads, but on the positive weather side, we haven't had any rainy days on the mountain. There's tons of snow up at Eaglecrest, so give a call by Wednesday to set up a lesson for the following weekend skiing or snowboarding. Rides are available, but be sure to call by 4pm Friday to reserve your spot on the bus!

In case you haven't heard, SAIL/ORCA is not having a Skiathon (or Ski-For-All). Instead, our pledge drive has been changed to coincide with our Only Fools Run at Midnight held every summer, and our banquet portion has been moved to the fall during our Annual Celebration/Auction Dinner. But, to celebrate the end of another successful ski season, ORCA will host a Volunteer appreciation day with breakfast and lift tickets for ski volunteers on April 6th.

A group of Ketchikan and Sitka Orcas are coming up to Juneau for a ski trip March 19th-22nd. We are looking forward to the remainder of an awesome snowsport season!

SAVE THE DATE—WILDLIFE CRUISE

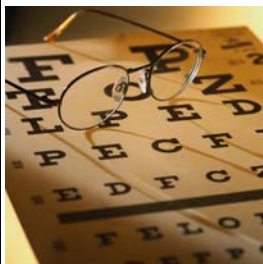
Whales, eagles, seals and much, much more! Come experience the splendor of Juneau's backyard on a wildlife cruise with ORCA and Allen Marine. ORCA, offering recreational activities for Southeast Alaskans living with a disability, invites everyone to join in the fun! The cruise departs the Allen Marine ferry terminal at 11:00 am, **Sunday, May 18th**, and returns to the dock at 2:00 pm later that afternoon. The vessel is wheelchair accessible, and an ASL interpreter will be provided. Food and beverages included.



Information on ticket purchase will be available closer to the date. Hope to see you then!

...KETCHIKAN SAIL...

LOW VISION UPDATE



The Low-Vision and Blindness Support Group is now meeting the first Saturday of the month at 1 p.m. at Polar Treats Coffeehouse in downtown Ketchikan.

NEW SUPPORT GROUP

The Ketchikan office is starting up a support group for people with mobility-related disabilities in conjunction with the Multiple Sclerosis Support Group. Contact Kevin at 225-4735 for more information.



SAIL MAINTAINS REPRESENTATION ON SILC

Independent Living Services Coordinator Kevin Gadsey was recently appointed by Governor Palin to the SILC (State Independent Living Council). Now that SAIL Executive Director Joan O'Keefe has termed off the council, Kevin will be representing Southeast Alaska along with Teresa Sarabia of Juneau.

We would like to extend a big thank you to the City of Ketchikan for fully funding SAIL's 2008 grant request.


THANK YOU!

If SAIL Ketchikan has made a difference in *your* life, or for someone you know, ***please share your personal thanks*** with the City for supporting SAIL!

OUTREACH TRAVEL

The Ketchikan team will be traveling to Metlakatla, Prince of Wales Island, and Wrangell during the spring. Watch out for flyers telling when they will be in your community.

Haines office... Continued from page 4

I feel very fortunate to have this opportunity and hope that SAIL can make a real positive impact on individuals with disabilities living in this area," Kaden said recently.

The Haines SAIL office is located within the REACH building in Fort Seward. Office hours are generally 9:00 am to 12:00 pm Monday through Thursday and 9:00 am to 4pm on Fridays. However, It is always a good idea to call before coming by to make sure Sierra will be there. The phone number in Haines is (907) 766-3297. Sierra's email remains the same: sierrakaden@sailinc.org.

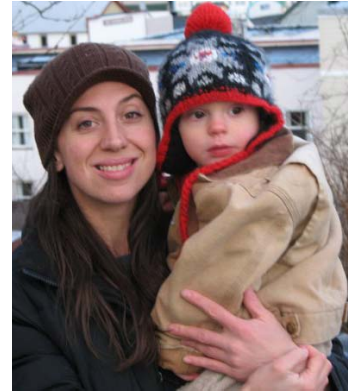
With that being said, Sierra (who is now officially Sierra Kaden-Jiminez) will be away on her honeymoon for the entire month of March and the Haines office will be closed during that time. If you live in this region and would like to access any of SAIL's services, do not hesitate to contact the Juneau office. "I'm looking forward to meeting all of the consumers who SAIL has helped in the past and all the new folks who are just learning of our services. One of the things I'm most excited about is the opportunity to provide direct service again. I have really missed it," Sierra said about her new job.

Sierra has spent the last several years at SAIL focusing on agency development. She will continue to oversee the agency development plan, but in a different capacity. SAIL now has staff in all of its offices that are working on resource development for their own communities. Sierra will work closely with the entire development team in a united effort of agency development.

...SITKA SAIL...

A FAREWELL NOTE FROM WILLOW

As I prepare to leave Sitka-SAIL, I want to thank you all for being such a wonderful part of my life. I have learned so much from so many people that if I tried to list all the things I am thankful for and people who have forever changed my life- I would take up the entire newsletter! So please just know that working for SAIL and meeting/working with you all have been some of the best parts of my life! My son Kai and I are moving to Norway to live for two years, but we have every intention of returning to Sitka and to SAIL (I can't imagine a better place to work!). Thank you again, take care and I look forward to seeing you all when we return! — Willow Griffin



SAIL Sitka's outreach proves successful

The month of December is known as a magical time for many, and this past December was no exception for one of SAIL Sitka's consumers. Raymond Duguqua of Kake, received an exercise bike that he has been wanting for over three years. Raymond was told by a doctor in 2005 that the best way to improve his health would be with exercise; with the help of SAIL Raymond was able to achieve his goal of a recumbent stationary bicycle and start on the path to a healthy life. "Now that I have got it I've gone back to being more active. With just a few days on the bike I can walk a little better and faster. I am absolutely amazed with it and I do it twice a day. I'm always showing it off to people."

Raymond's words make it clear that this bike has really made an impact on his life and increased his energy levels too! He is completely dedicated to continuing his work-out regime.

WELCOME KELLI

Hi! My name is Kelli McClenahan. I recently began working at SAIL Sitka as a part time Independent Living Specialist. Currently I am also finishing up my Master's Degree in Vocational Rehabilitation. I am excited to be working as a part of the SAIL Sitka team and am looking forward to the days ahead. I



also teach American Sign Language (ASL) classes at UAS and through SAIL. Anyone who is interested in learning to sign is welcome to call our office for information.



A SIGN OF THE TIMES...

SAIL SITKA has teamed up with Community Schools and has become present in multiple after school clubs at Keet Gooshi Heen Elementary School. One day a week, we offer a sign language class for 2nd-5th grade students with Kelli McClenahan as the teacher. This is the second year this course has been offered. A few students liked the class so much last year that they are back for more! In addition to the signing class, two times a week, SAIL staff has begun co-leading Girls and Guys on the Go, an inclusive club

designed to get kids of all abilities active to prevent diabetes, asthma and obesity. All of the clubs are offered free of charge and any student is welcome to join. The students in both after school clubs are enjoying the activities and SAIL is pleased to be getting more involved with a younger population!



SOUTHEAST ALASKA INDEPENDENT LIVING

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Juneau AK 99801

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Travel and Training Updates from Juneau

Juneau Independent Living Specialist, Jeff Irwin, recently attended a conference sponsored by the Alaska Coalition on Housing and Homelessness.

The Alaska Homeless Coalition conference on December 10th and 11th discussed the homeless situation in Alaska. This two day conference focused on the need to address homelessness in our communities, the various resources in Alaska, and the importance of the AK Housing Trust securing funds from the Legislature.

Jeff attended workshops on advocacy, the issues around housing and services, and a Juneau Coalition meeting/action planning to address what services are available and what issues there are in Juneau. Jeff hopes to use this training to better serve our consumers here at SAIL!

GRANT FUNDS AVAILABLE



Tlingit-Haida Regional Housing Authority announces that Grant funds are available to assist qualified Alaska Mental Health Trust beneficiaries and individuals with disabilities or special needs. **Any** Southeast Alaska resident with a disability may apply to receive accessibility improvements to their home including modifications for enhanced mobility or adaptations targeted toward improved home functioning. If you are an Alaska resident, with a disability or a special need, who requires improvements to your home or devices to help assist in daily living, contact Tlingit-Haida Regional Housing Authority. Grant funds are made available through the State of Alaska Housing Modification Capital Grant Program. For more information, contact Tlingit-Haida Regional Housing Authority to receive an application at 780-3195

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Public Participation is encouraged at the monthly board meetings! For more information:

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