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## Ski-A-Thon 2006

The ORCA Ski-a-thon is just around the corner. The ORCA Skiathon is SAIL's biggest fundraiser every year. This is your opportunity to support SAIL and win great prizes. All you have to do is pick up a pledge packet from SAIL, Foggy Mountain Shop, either JRC Alaska Club location, or Eaglecrest Rental & Repair Shop and start collecting pledges. Collect \$150 or more and you automatically receive a 2006 Skiathon t-shirt and a ticket to the Gala Awards Banquet on March 19. You do not have to be a skier to participate-you don't even have to like the snow, but if you do, you will also get to ski or snowboard for free on March 18!

**The Grand Prize is Two round-trip tickets to any Alaska Airlines or Horizon Air destination. These tickets are unrestricted and there are no black-out dates! Many other prizes available!**

All pledges must be received at the SAIL Juneau office by 5 p.m. on Friday, March 17 or turned in between 9 a.m.-12 p.m. at the Eaglecrest lodge on March 18.

The Ski-a-thon is supported by a tremendous number of sponsors. We want to thank all the corporations, businesses, and individuals that help us to support this event, and in doing so, our programs and participants. It is important to remember the real winners of the ORCA Ski-a-thon are the people we serve in our programs. Prizes are our sponsor's way of saying "thank you" for your efforts to raise money. All proceeds from the event go directly to SAIL & ORCA so that we can continue to empower people in Southeast Alaska with disabilities!

## Ready for a trip to Mexico?

How about a romantic getaway to Gustavus or Skagway? Have you wanted to sign up for a gym membership, but it's just too expensive? Here's your chance!

The ORCA Ski-a-thon is just around the corner. The ORCA Skiathon is SAIL's biggest fundraiser every year. This is your opportunity to support SAIL and win great prizes. All you have to do is pick up a pledge packet from SAIL, Foggy Mountain Shop, either JRC Alaska Club location, or Eaglecrest Rental & Repair Shop and start collecting pledges. Collect \$150 or more and you automatically receive a 2006 Skiathon t-shirt and a ticket to the Gala Awards Banquet on March 19. You do not have to be a skier to participate-you don't even have to like the snow, but if you do, you will also get to ski or snowboard for free on March 18!



**Adaptive equipment and training available so persons of all abilities can participate!**

## Rural Outreach Update

SAIL representatives will be coming to a town near you this spring, so watch for signs, ads and articles in the newspaper, and listen for announcements on the radio. We plan to travel with Tribal Vocational Rehabilitation to a few rural Native communities. Contact a SAIL office if you need to meet with us when we come to your town!

## Project Playground Update

SAIL is a partner agency in the Project Playground campaign and can accept donations toward the goal of building a fully accessible playground in Juneau's Twin Lakes area. Contact SAIL to donate money or time toward this wonderful project. Visit <http://www.projectplayground.simchic.com/> for more information.

## Legislative and Advocacy Update *by Kevin Gadsey*

The Alaska Legislature is in session and working on several bills directly affecting the disability community. So break out your computer or your pen, and your mind, to communicate to your elected officials your thoughts on these bills.

**Disability Language Changes – House Bill 357/Senate Bill 242 – Rep. Wilson (R-Wrangell)** sponsored a bill that is on the fast track in the House 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 changes may seem minor, but 19 western states have already implemented similar legislation. SAIL's team has partnered with the Department of Vocational Rehabilitation to help push the bill through the various committees on both sides and Ketchikan IL Specialist Kara Lunde was even heard on the radio discussing the issue.

Two proposed bills may pose problems for persons in the disability community. H.B. 303 seems to create limitations and more rules for persons on the Adult Companion Medicaid waiver. H.B 287 lessens the requirement for new nursing homes to get a "Certificate of Need" before building in certain areas. Currently, nursing homes must prove a need in a certain area before building.

**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 at Twin Lakes Cafe ~ 1<sup>st</sup> Friday of every month: March 3, April 7, and May 5** at 3239 Hospital Drive, from 12-1 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 to 6:30 p.m. at Henry's Food and Spirits at 9109 Mendenhall Mall Road.

**Every Sunday Free Tax Service till 04/09/06:** From 12 noon till 4:30 p.m. at the Mendenhall Mall Library for everyone. Call Pam to schedule an interpreter first for free tax service, then bring your 2005 tax package from IRS with your W-2.

### **March**

**3/4-5/06:** Closed-captioned movies from 1-2 p.m. at Gross Cinema theater. The movie is *Chronicles of Narnia!* We need good attendance to keep it going.

**3/12/06:** Signing and Dancing Performance at Perseverance Theater at 3 p.m. A fundraising event for the Deaf, Hard of hearing, and interpreters to go to the Region V conference "The Art of Interpreting" in Anchorage. Please support the team.

**03/18/06:** At EagleCrest, all are invited to participate in the ORCA Ski-a-Thon. Collect \$150 in pledges and ski for free. See Page 1 for details.

**03/19/06:** Ski-a-Thon Banquet at Juneau Yacht Club from 5-7 p.m. There will be live music, good food, and loads of fun. If you need a ride, please call ORCA by Wednesday March 15.

### **April**

**Date and Movie TBA:** Closed-captioned movies from 1-2 p.m. at Gross Cinema theater. We need lots of people there to keep it going every month.

### **May**

**Date TBA:** CSD/AK Relay Advisory Board Meeting in Anchorage (Pam will attend). Please give feedback on problems with TTYs, videophone, or other technology so she can ask questions.

**Date and Movie TBA:** Closed-captioned movies from 1-2 p.m. at Gross Cinema theater. We need lots of people there to keep it going every month.

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 out of the office, 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 a.m.- 5 p.m., since I might be out of the office.

### **Interpreter Dates to Remember!**

**4/1/06: Interpreter Support Group** at Heritage coffee shop near Mendenhall Mall. Please contact Pam by TTY or email address: psmguy@sailinc.org

**4/27-30/06: 2006 RID Region V Conference** "The Art of Interpreting" in Anchorage, AK at Hilton Hotel. Website: [www.ridregionv.org](http://www.ridregionv.org)

### **Interpreter Performance Test dates and deadline:**

4/29-30/06	10/14-15/06
Deadline: 3/3/06	Deadline: 8/25/06
Deaf & HH in the ARC Anchorage, AK	Deaf & HH in the ARC Anchorage, AK
<b>Site: 136</b>	<b>Site: 136</b>

Contact Pam with more questions about interpreter testing and qualifications.

### **Sorenson Videophone or D-link Videophone applications available through internet.**

Are you interested in using a **D-link Videophone** to make calls but don't have Internet service? There are two major Internet Service Providers in Alaska that you can contact to connect to the Internet and set up a D-link Videophone, which require an Internet speed of 256kbps or higher! If other than Videophone, you can ask for info on TTY or Captioned Telephone (Cap-Tel).

**[www.c-s-d.org](http://www.c-s-d.org) or [www.sorensonvrs.com](http://www.sorensonvrs.com)**  
**[www.gci.com/business/internet/livewire.htm](http://www.gci.com/business/internet/livewire.htm)**  
**[www.acsalaska.com/consumer/c-internet/c-i-services/dsl/area1a.stm](http://www.acsalaska.com/consumer/c-internet/c-i-services/dsl/area1a.stm)**

Contact Pam with questions about Videophones.

### **Weblinks: Deaf Resources**

<b><u><a href="http://www.deafprofessional.net">www.deafprofessional.net</a></u></b>	<b><u><a href="http://www.gallaudet.edu">www.gallaudet.edu</a></u></b>
<b><u><a href="http://www.nad.org">www.nad.org</a></u></b>	<b><u><a href="http://www.agbell.org">www.agbell.org</a></u></b>
<b><u><a href="http://www.signews.org">www.signews.org</a></u></b>	

## Ketchikan Summer Events 2006

In the last newsletter we announced the first annual ORCA consumer trip brainstorming meeting. It was a tremendous success and we thank the participants who came and with such good ideas. Although the logistics, costs, and exact trip dates of the Ketchikan ORCA trips still need to be ironed out, here are the events summer.

**June:** Deer Mountain weekend: helicopter ride to the top of Deer Mountain and camping at the shelter.

**July:** Only Fool's Run: Come join us for this wild, festive midnight run and help raise money for Ketchikan SAIL!

**August:** British Columbia Camping Trip: horseback riding, hot springs, and camping in beautiful B. C.

Look for more info about the trips in the coming months. Call the SAIL Ketchikan office for more information.

**This newsletter is available in Accessible Formats upon request. Please contact SAIL to request a Newsletter in Alternative Formats (Large print, etc.). It is also available online at: [www.sailinc.org](http://www.sailinc.org)**

### SITKA ORCA SOON TO HAVE A NEW LOOK

Sitka ORCA has seen several recent changes: new meeting location and new bus.

ORCA is now meeting at the Salvation Army, 405 Saw Mill Creek Road. Thank you Lieutenants Rick and Denise DeGroot for welcoming ORCA into your building.



Sitka ORCA has a wonderful new bus. You can find it parked at our office. It's the big bus with the SAIL and ORCA logos on it. The SAIL staff first has to take a defensive driving class and learn how to use tie downs. Once that is complete you will see it on the road and perhaps at your house.



### **Other New Faces!**

Welcome back to Willow and her handsome baby boy Kai! We're glad to have you back in the office with your new addition!

### SITKA LOW VISION SUPPORT GROUP

Sitka held its first low vision support group on December 19, 2005. Bob Purvis, SAIL board member and support group facilitator, brought some of his assistive devices to share and let others explore. Six people attended and left with a 20/20 Easy-To-Read pen, compliments of SAIL.

The next meeting will be in March, although a date has not been set. If you experience low vision, plan to attend the Sitka Low Vision Support group, and invite others experiencing low vision to attend as well. Call Grace at 747-6859 for more info.



Hello everyone!

### New Faces in Juneau

I'm Ila, the new kid on the block. I have come from 20 years of living, working, and enjoying the "make do" life style of an island community. I lived in Craig and serviced other Alaska Native villages on Prince of Wales Island. Besides the fishing is outstanding! Since I have started to work as the new OBA/IL Specialist at SAIL I have put on my "roller skates" to accommodate the faster pace in Juneau.

I am looking forward to various forms of specialized training so that the OBA group and I can grow. For my first solo OBA support group, Cheryl brought handy "gadgets" to share. The assistive devices help promote creative thinking, "If I only had, fill in the blank". The super gripper failed the coffee cup lift off test. The lighted cane reminded one member that her new living environment needed much more light, thus decreasing daily frustration. Dreams of voice activated telephones surfaced. Calling up twenty people before a meeting could be an overwhelming task for a person with low vision. One member commented that it would be a joy to find someone who would read her daily mail for her. Sounds like a good job for ORCA's youth volunteers! Cheryl and I let everyone know SAIL was here to help solve problems that will enable folks to continue living independently.

In the name of community outreach, I had the good fortune to bring further information about the Taxi Token program to a chair aerobics class with an energetic group of elders at the Fireweed Place, and I've enjoyed a tour of the Wildflower Court, when I was invited to visit with a consumer in need of transitional services back to independent living.

Last but not least, I am grateful to be working with such a WARM HEARTED group of people, ever ready to keep this SAILing ship on course. I've been catching more than my share of lifelines. Cheryl assures me this is how one learns best! Thank you all for making time in your busy schedules to accommodate me. By the way, the most exciting part of my job has been my forays to the "great loan closet." Stay tuned for the next episode. Ila

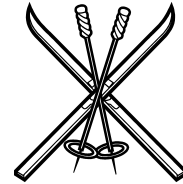


***Our Purpose:** To promote inclusive recreation and adaptive outdoor pursuits for Southeast Alaskans who experience a disability through outreach, community education, and independent living skills.*

***ORCA Services Include:** Inclusive recreation, adaptive ski/snowboard school, youth programs, adventure trips, activities, and day habilitation.*



# March 2006









**Ski and Snowboard:** March is a big month for the ski program. Our program at Eaglecrest goes through March 18th. **Prices:** Lift ticket and lesson \$32, ride to and from Eaglecrest \$8. Ski rentals \$25. **Reserve your spot by Wednesday before the weekend you want to ski.**

Then join us on **March 18th for SKI-A-THON 2006!** It's our biggest day of the ski season and you won't want to miss out. Our goal is to have more people collecting pledges and raise more money than ever, so come out for a good time and a great cause.

**SKI-A-THON is followed the next day, March 19th, by our Gala Awards Banquet. This year the banquet will be at the Juneau Yacht Club from 5:00 to 7:00 pm.** There will be live music, good food, and loads of fun. **Pledge collectors who bring in \$150 or more ski free at SKI-A-THON, get a free ticket to the Banquet, and a free 2006 SKI-A-THON T-shirt.**

**Don't miss out! Come by the ORCA office for your pledge packet today!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 AC	2 HC	3 JAMHI	4 Ski lessons
5 Ski lessons	6	7 MAC	8 No AC	9 	10	11 Ski lessons
12 Ski lessons	13	14 No MAC	15 MAC & AC	16	17 	18 Ski-A-Thon!!
19 Ski-a-thon Banquet	20	21 YAC	22 AC	23 HC	24 JAMHI	25 Last day of ski lessons
26	27	28	29	30		
 <b>SPRING BREAK</b>						



# April 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 * * * * *	4 MAC	5 AC	6 HC	7 JAMHI	8
<i>Alaska Folk Festival at Centennial Hall</i>						
9	10 	11 MAC	12 AC	13	14	15
16 Easter	17	18 MAC	19 AC	20 HC	21 JAMHI	22 
23 	24	25 YAC	26 AC	27	28	29
30 Kayak Pool Session	<i>April showers bring May flowers</i>					

## ORCA On-Going Activities-Juneau

**Adventure Club (AC & MAC)** is a weekly group common interests and goals, enjoy exploring activity that focuses on socialization and fun for new ideas and getting out into the community, Middle and High school aged youth. We will pick then join us for Healthy Choices. Focus is on In-you up after school and drop you off at home. dependent Living Skills of your choice. We meet Pick-ups begin after school and drop-offs start at two Thursdays a month from 6-8 pm. Call for a 5 p.m. Tuesday is Middle school, and Wednesday ride. **Cost: \$10**

**Young Adventure Club (YAC)** is a group activity designed for youth ages 8-12. During the school year, it is on the last Tuesday of every month. We provide accessible transportation and pick you up after school. Drop-offs at home begin around 5 p.m. **Cost: \$10**

**JAMHI Fridays:** Bi-monthly activities with JAMHI. Call ORCA or JAMHI for more information. Pick-ups at JAMHI's Salmon Creek location and Salmonberry House.

**Healthy Choices (HC)** is ORCA's popular life-style, life-skills program. If you are 18 years old or older, want to get together with others who have

**Older Blind Alaskans (OBA):** the OBA support group meets the 3rd Friday of each month from 1:00-2:30 at Mountain View Senior Center. ORCA coordinates a yearly trip and other activities throughout the year for the group. If you have questions please call ORCA at 586-0104.

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### Additional Spring Activities in Juneau

**April 6: AK Folk Festival Dance@Armory.7-9p.m.**  
**April 30:** It's that time of year again! **Intro to Kayaking** at Augustus Brown Pool. Practice water safety, kayak entry and exit procedures and review rescue situations. **Cost is \$15 including ride**  
**May 12: SPRING DANCE** at McPhetres Hall! Move and groove to live music while celebrating spring with good friends. Time: 5-7 pm. **Cost: \$10 without ride/\$12 with ride**  
**May 14: Wildlife Cruise with Allen Marine.** An annual event that promises to be an awesome time each year. See whales, sea lions, birds, with your friends. ORCA will provide a free shuttle from Auke Bay Elementary to the boat dock. **Cost: \$25 (Rides cost \$5 one way/\$8 round trip)**  
**May 27-29:** Kayak or hike to the two beautiful cabins at Point Bridget State Park in Berner's Bay. The cabins are amazing destinations to see wildflowers, sea life and gorgeous scenery. **Cost: \$50**



#### A Couple of Notes





Minor schedule changes are common due to cancellations, bad weather, consumer feedback, and other events that may arise. We welcome your comments and suggestions, so please do not hesitate to give us a call.

**TO SIGN UP FOR ANY ACTIVITY CALL ORCA AT 586-0104** Registration is required and rides are given on a first come first served basis.

*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.*

*\*Many of ORCA's programs are partially funded by the citizens of the City & Borough of Juneau through sales tax revenues.*

# MAY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 MAC	3 AC	4 HC	5 JAMHI	6
7 	8	9 MAC	10 AC	11	12 <b>Spring Dance</b>	13 
14 <b>Wildlife Cruise</b>	15	16 MAC	17 AC	18 HC	19 JAMHI	
21	22 	23 YAC	24 AC	25	26 	27 Berner's Bay Cabin Trip
28 Berner's Bay Cabin Trip	29 Berner's Bay Cabin Trip Returns	30 NO AC	31 NO AC			



## Heads Up for Summer 2006!!



It's time to start thinking about your summer schedule. This year we heard lots of feedback from consumers, care providers, and parents and consumers letting us know what you are interested in. We took all of your input and put our heads together. We are still finalizing dates and ideas, but here are a few likely trips coming up this summer. Please call the office for more information.

### May:



- Spring Dance May 12th at McPhetres Hall
- Wildlife cruise May 14th
- Day hikes
- 3 day/2 night kayak or hike trip to Pt. Bridget State Park in Berners Bay; staying 1st night at the Blue Mussel cabin/2nd night at Cowee Meadow cabin



### June:



- Spring Picnic June 3rd at Sandy Beach
- (OBA) Older Blind Alaskan trip possibly to Tenakee. Soak your troubles away in Tenakee Hot Springs.
- Skagway Train Trip – Stay in Skagway and ride the White Pass Railway. Preference to participants who signed up for last summer's trip and were unable to go.
- Day hikes



### July :



- Only Fool's Run; come join us for this wild and festive event hosted by SAIL/ORCA.
- Hike the beautiful Resurrection Trail from Hope to Cooper Landing. Get in shape for it by participating in our array of day hikes in May and June.
- Haines State Fair – Tons of fun events, rides and games at the Southeast Alaska State Fair.



### August :

- Rafting the mighty Mendenhall River
- Luau at Auke Rec—August 19th from 3-5 PM

### In addition...

- We are going on several overnight hiking trip to Forest Service cabins in the Juneau area.
- Plenty of one-night campouts for the adventure clubs and Healthy Choices in the Juneau area
- And don't forget about all your favorite regular weekly activities, bike riding, and much, much more to come!!





**SOUTHEAST ALASKA INDEPENDENT LIVING**

**3225 Hospital Drive, Suite 300  
Juneau AK 99801**

Non-Profit  
U.S. Postage Paid  
Juneau, AK  
Permit 181

**Legislative Update (Cont. from page 1)**

SAIL fully supports options allowing persons to live at home as long as possible.

Bills are also in the works to create a Commission on Health Care and Elder Fraud Assistance program. Last year's proposed bill to require testing of all newborns for hearing loss is still in the works this year. The Medicaid Dental Service and SeniorCare bills from last year are still being considered. They may need a jumpstart from concerned citizens like you.

Other bills have been proposed to allow mental health patients to choose a same-gendered staff for intimate care, create an allowance of \$260 for assisted-living home residents, outlaw bullying in schools and hate crimes toward all people, including the disabled.

Finally, the yearly budgets are going through the committees now and can always use a push to add funds for agencies like Vocational Rehabilitation, Mental Health programs, and, of course, your favorite Independent Living Center, SAIL!

**Web Insights—Researching Bills**

Here's how you can find out what our state government is up to on a daily basis:

Go to [www.state.ak.us](http://www.state.ak.us) on your favorite web browser, then click on "Alaska Legislature" on the right side. On the next page you can click on Senate and House to learn more about your local representatives.



Click on "Bill Search" to get to the BASIS program, which allows you to see what bills are being discussed by which committees. Click on "Bills/Resolutions in Committee" to see a list of House and Senate committees. Click on the committee of your choice to see which bills they are considering. Health, Education, and Social Services along with the Labor and Finance committees are where you'll find most bills relating to disability, senior, and health care issues.

This page will also show you the sponsor of the bill and the last date it was considered, giving you an idea of whether the bill is stalled in the committee or not. Use the BASIS system to search for keywords and topics in bills also!

**SAIL Board of Directors**

- ▣ Paul Douglas, President
- ▣ Clark Gruening, Vice President
- ▣ Kate Wolfe, Secretary
- ▣ Elena Rath, Treasurer
- ▣ Ann Park
- ▣ Don Brandon
- ▣ Bob Purvis

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

**KETCHIKAN 907-225-4735 V/TTY**  
888-452-7245  
[ketchikan@sailinc.org](mailto:ketchikan@sailinc.org)

**SITKA 907-747-6859 V/TTY**  
888-500-7245  
[sitka@sailinc.org](mailto:sitka@sailinc.org)

**JUNEAU 907-586-4920V/TTY**  
800-478-7245  
[info@sailinc.org](mailto:info@sailinc.org)