

FULL AHEAD

ISSUE 37

www.sailinc.org

JANUARY 2010

PICK.CLICK.GIVE., SAIL and YOU!

SAIL is pleased to announce that we are once again a part of Pick.Click.Give. for 2010. The first year of the program was successful with approximately 5,100 Alaskans giving more than \$545,000 to their favorite organizations. We are excited to participate again this year!

Last year, SAIL was fortunate to receive donations totaling over \$1,200. We used those funds to support personal independence throughout Southeast by providing individuals with the tools they need to live independently in the community of their choice, the chance to take part in fun and exciting outings, and other on-going resources and support through our involved and caring staff members.

By giving through Pick.Click.Give., you join others becoming an important force in bettering our communities and our state. For those of you who already support SAIL, we are so appreciative of

your gifts to us and hope you will use this opportunity to make an additional donation. If you have not donated in the past, please consider doing so for the first time through the Pick.Click.Give. program.

When you go on-line to sign up for your dividend, you will see an option to "Pick.Click.Give." Follow the instructions to make a new donation, or add an additional gift. At the same time, please take the extra step you will see after you make your donation to provide your contact information to us. We want to acknowledge and recognize your generous support, and this is the only way we will know it is you making the gift.

Our agency's mission is to Inspire Personal Independence. This is something we could not do without the continued support of donors like you! It is only if all of us work together that we can truly effect change and ensure that everyone in our communities around southeast Alaska and beyond are living as they choose, in the community of their choice, with the support of those around them.

Thank you for taking the time to donate to SAIL, your contribution truly does make a difference in the lives of many throughout Southeast, Alaska. We could not do it without you!

You can find more information about the program, including frequently asked questions at www.PickClickGive.org. Or feel free to give us a call at (907) 586-4920.

We couldn't accomplish our mission without the generous support of people like you!

Pick.Click.Give.

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Pick.
Click.
Give.

We would like to extend a huge THANK YOU to SAIL's Pick.Click.Give. 2009 donors:

Grace Brooks, Kathleen Brown, Clark Gruening, Sheila Kleinschmidt, Danielle Lindoff, Sofia Lindoff, Ben Lyman, Roberta McCreary, Dennis Nichols, Joan O'Keefe, JoAnn Quigg, Merle Ritter, Gale Vandor, Kate Walters, Jonathan Williams and Suzanne Williams.

Need an interpreter?
Call us!

Deaf Community News

By Pam Mueller-Guy

Deaf & Interpreter Support Group

- **First Friday** of the month from 6 to 7 pm at downtown Bullwinkles.
- **Third Saturday** of the month *Deaf coffee* from 10 to 11am at Mendenhall mall road, in the Heritage Coffee Cafe (across from Mendenhall mall).

Your Input Needed!

We need some new activity ideas for our Deaf Coffee gatherings for the next three months. For instance, we could go sledding at the glacier; tubing at Eaglecrest; or ice skating at Twin Lakes, etc. Please contact Pam Mueller-Guy with your suggestions.

Consumer Art at The Canvas

Brian Johnson, a Juneau artist and member of the Tlingit-Haida Indian Tribes of Alaska, has been deaf since birth. His spray art is on display on the wall at The Canvas in Juneau. So, show your support - and spread the word if you know anyone interested in great art!



Brian Johnson shows off his latest Christmas sculpture in this photo from December 2009. You can see more of his art currently displayed at The Canvas in Juneau.

For Deaf Advocacy Issues, please contact Pam Mueller-Guy

TTY users can call direct 907-523-5285, my VRS, auto-answer & message machine.

Hearing callers can use Video Relay Service (VRS) number 1-866-563-9886, will automatically go to an e-mail message to Pam if she is not available.

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.

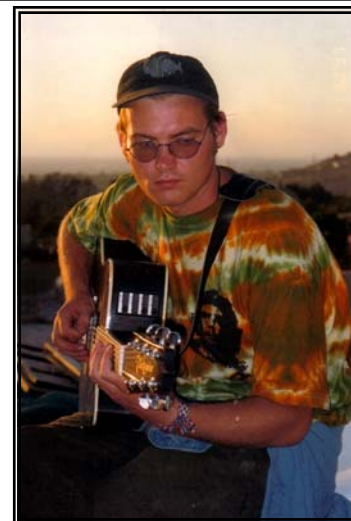
You can also email your interpreter requests to IRL@sailinc.org

For interpreter requests after work hours, on holidays or weekends, use the IRL cell/text: 907-321-4085.

In Honor of... In Memory of...

Recently, SAIL received a donation in Memory of Bill Kozlowski. He was a good friend to many - and a passionate disability advocate. We miss you BK!

Note: This section will now be a regular part of our Quarterly Newsletter. What a great way to honor or remember a loved one! **Did you know that you can make donations to SAIL in honor of someone?** Contact your local SAIL office for more information.



...JUNEAU SAIL...

Important Taxi Voucher Update

Taxi Vouchers are once again available to purchase at the SAIL office effective immediately. Participants of this program can now purchase their monthly amount of vouchers to help with transportation in Juneau. Changes to this program are as follows:

- Riders must fill out the back of one of the vouchers *every time they ride*. The information is in a simple check box format and asks in what area was the rider picked up, what area were they dropped off, the approximate time of day the ride took place, and the date.
- Vouchers now expire at the end of every calendar quarter (current vouchers are good through *March 31, 2010*.)
- Riders may bring their unused expired vouchers in to the SAIL office up to 30 days past the expiration date to exchange them for the new vouchers.
- For the winter months only: (October—February) participants will be eligible to purchase 4 books of vouchers (\$120 worth) each month instead of the normal 2 books. This equates to a \$48 cost to the riders.
- As always, you can purchase any amount of vouchers you would like from \$3 to the \$120. Remember that you are only paying 40 cents on the dollar for the vouchers!

JUNEAU SAIL EXPANDS!

This past fall was a busy one for the Juneau office. We are excited to report that we have nearly doubled the amount of space we have! Our third floor office remains and we now have additional space on the first floor of the building. This allows us more space to meet with consumers in a confidential manner as well as the ability to have all of our assistive technology on hand. If you are stopping by SAIL for services (including taxi vouchers), please use the first floor entrance. A HUGE thanks goes out to the crew of SAGA for helping us make the big move! STAY TUNED... WE WILL BE HOSTING AN OPEN HOUSE AND WILL ANNOUNCE THE DATE VERY SOON!

E-mail vs. Snail Mail



Want to get our newsletter in PDF format and stop the paper copies? Just email us at info@sailinc.org, with your name and email address, and we'll get you added! Please be sure to put **NEWSLETTER** in the subject line!

The Members of The Alaska Statewide Independent Living Council

Invite you to attend a Community Forum

on February 10, 2010

From 3:00-5:00

at the Juneau Hotel Conference Room

1200 West 9th Street

Juneau, Alaska



Please share with us the independent living needs of seniors and residents with disabilities throughout the Southeastern Alaska area as we develop the next State Plan for Independent Living.

Senior and Disability Advocates: The 26th Alaska Legislature has begun!

Ready, set, go! The 26th Alaska Legislature convened January 19th! With only 90 days to conduct business, keeping abreast of issues and getting your voice heard by elected officials can be a little challenging...

Luckily there is help.

- Go to the Alaska Mental Health Trust Authority (Trust) website <http://www.mhtrust.org/>
 - ◊ See the Calendar of upcoming meetings of the Trust and their partner boards
 - ◊ Check it out! Capwiz is an Internet tool for civic communication and participation. It's a great tool for tracking legislation and linking Alaskans with policy makers. Capwiz is sponsored by the Trust in collaboration with the Governor's Council on Disabilities and Special Education, Alaska Mental Health Board, Advisory Board on Alcoholism and Drug Abuse, Alaska Commission on Aging, Alaska Brain Injury Network and Statewide Suicide Prevention Council
 - ◊ Throughout the legislative session, the Trust hosts a weekly teleconference. Participants track legislative issues of interest to Trust beneficiaries and plan advocacy efforts. Information is available on the website.
- The Alaska Commission on Aging (AcoA) Legislative Advocacy Committee hosts public, statewide Senior Legislative teleconferences biweekly during the legislative session <http://www.alaskaaging.org/>
- Power in numbers: Join other advocates who share your passion, e.g.: AgeNet; Alaska Mobility Coalition; Key Coalition; State Independent Living Council (SILC); and others.
- Give public testimony. Tell your story to legislators and the aging and disability boards and commissions. If you can't make it in person, call in, toll-free.
- Governor's Committee on Employment and Rehabilitation of People with Disabilities: January 25 – 27, 2010, Public Testimony 4-5pm, 801 W. 10th Street, Juneau, Jan 25th.
- SILC: February 9-10, 2010, Juneau Hotel. Public testimony 4:30-5pm Feb 9th. Public forum 3-5pm, Feb. 10th.
- Take advantage of constituent fares if you are flying into Juneau for a legislative visit from any of the communities served by Alaska Airlines.
- Don't have internet? Contact the SAIL office nearest you for information on how to contact a coalition, board, commission, or legislative member.

Bills to watch (this is the tip of the iceberg!):

Senate Bill 32 *"An Act relating to medical assistance payments for home and community-based services and provision of personal care services in a recipient's home; and providing for an effective date."*

Senate Bill 109 *"An Act repealing the secondary student competency examination and related requirements; and providing for an effective date."*

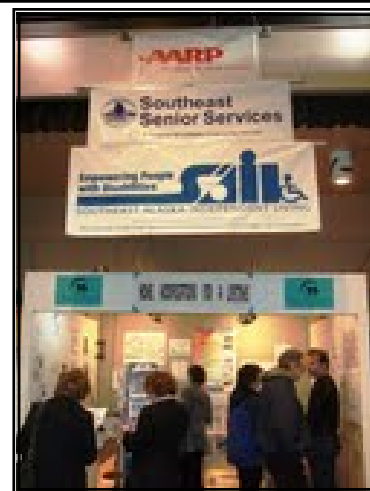
House Bill 187 *"An Act requiring insurance coverage for autism spectrum disorders"*

SAIL and AARP join to Create the Good in Our Community

January 16th, AARP and SAIL joined forces for AARP's "Creating the Good in Our Community" day at Centennial Hall in Juneau. All events were free. The main stage speakers, booths, and sessions in the meeting rooms were all geared for over-50 Alaskans, their families, friends, and support services.

SAIL once again partnered with Southeast Senior Services and AARP to staff SAIL's Home Modifications for a Lifetime booth - seen here at the 2008 Home Show - and in two panel discussions.

The "Home Modifications for a Lifetime" panels addressed ways to adjust your home or apartment for easier aging in place and for better visitability, using Universal Design concepts and helpful equipment.



SAIL's Booth at the Home Show

Coming Soon on 360 North TV statewide: SAIL with AARP Alaska

In early 2010, keep an eye on the schedule for **360 North TV**. AARP Alaska will be airing a number of shows interviewing people who work with and for Alaskans aged 50 and over. In one of the half hour programs, AARP State Director of Communications Ann Secrest interviews SAIL's Sara Boesser on the topic of "Aging in Place: Home Modifications for a Lifetime." The air date is not yet known, but should be sometime between late January and mid-March.

From The Desk Of The ADRC:

With SAIL serving as an Aging and Disability Resource Center, outreach to southeast Alaska rural communities is as important as knowing that November 15th to December 31st is the Medicare Part D enrollment period!



IL Specialist Danielle Lindoff has been assisting community members in Hoonah and Angoon, while Doug Fanyak has been traveling to Prince of Wales communities and Kake. Both have been very honored to make great connections with Tlingit & Haida and Southeast Senior Services (SESS) senior centers in those communities to provide consumers with Medicare/Medicaid assistance, and to find items from SAIL's Loan Closet program that will make daily activities easier.

On Prince of Wales Island, SAIL worked with Sitka DVR Specialist Sarah Watkins. We met with mutual

consumers and helped new ones. SAIL and DVR complement each other to provide a full spectrum of services from home to community to work.

We at SAIL will continue to provide quality inform and referral services for all SE Alaskans.
Give us call at 1-877-6AK(25) –ADRC(2372)!

Annual Campaign: Where You Make the Difference!

SAIL will be kicking off our annual campaign this month (January) and we want to take this opportunity to talk about the importance of this particular fundraising effort and how it helps SAIL continue to: ***Inspire Personal Independence for all.*** As a non-profit, we are all too familiar with the challenge of securing the resources we need to continue our work. We've all been inundated with news regarding today's economic climate. However, SAIL doesn't see this as an obstacle; we see it as an opportunity – an opportunity for our friends and supporters throughout Southeast Alaska to make a real difference.

What is an annual campaign? In addition to being one of the most important contributions you make to SAIL, this sort of campaign is a fundraising effort conducted by many non-profits on an annual basis for the purpose of raising unrestricted funds to assist in regular, on-going expenses that are not covered by grants. **This is the donation you make to SAIL each and every year because you believe in the mission and the good work that is being done. We could not do what we do without your help.**

Our campaign goal this year is \$10,000. Some donors give \$5/year while other can give more. Every dollar counts and helps us get closer to our goal and therefore allows us to continue to see the numerous individual and collective triumphs for southeast Alaskans with disabilities, as well as seniors. We want to ensure you that we will honor your contribution with integrity.

There are many ways you can contribute to the annual campaign:

- Within the next few weeks, you will receive an Annual Campaign Packet in the mail. This will include a donor envelope that outlines different ways in which you can give. Simply check the boxes that work best for you and drop it in the mail. A nice way to honor or remember someone special is to make a gift in their name. We will send an acknowledgement to that individual or their family member, letting them know that a gift was made in their name and we will also honor them in our quarterly newsletter.
- We are very excited about the **Pick.Click.Give** campaign, which gives you the opportunity to donate to SAIL through your PFD. See page 1 for more information about the program.
- SAIL is a member agency of United Way. A big THANKS goes out to those individuals who choose to donate to SAIL through payroll deductions. If you would like more information about United Way of Southeast Alaska and donor opportunities visit their website at www.unitedwayseak.org.
- Donate through our website www.sailinc.org. Currently you can donate to SAIL via our website through PayPal, however, SAIL is in the process of **updating our website** and we will soon be able to **securely accept credit cards donations online**. This will give you more options that better fit your budget. For example, it might be difficult for you to sit down and write a \$240 check to SAIL today for this annual campaign, but now you will be able charge your credit card \$20/month (or whatever amount you wish) which over a year adds up to a very significant donation.

Our gift to you! In addition to the satisfaction of knowing that your annual contribution to SAIL will help to improve the lives of seniors and people with disabilities in Southeast Alaska, this year all donors who pledge \$100 or more will receive an exciting "thank you" gift. A DVD called **The Tracy Arm Experience** featuring spectacular footage of southeast Alaska. For almost five years now, Adam Tracy, the filmmaker has been donating a percentage of his DVD sales to SAIL and he is now helping us thank our donors with this fantastic DVD. We hope you enjoy it as much as we do. We cannot thank you enough for whatever contribution you choose to make.

You make the difference!

JUNEAU ORCA

As autumn turns to winter and Southeast Alaska prepares for snow, the Juneau ORCA program had a busy fall.....

Our Young Adventure Club continues to grow. With the addition of several new elementary age youth from around Juneau, YAC was busy this fall. Whether it was playing tag at a nearby playground, sledding in the snow, or climbing at the Zach Gordon Youth Center, our YAC group explored the various recreational opportunities available in Juneau during the fall months.



It was an ace for our middle and high school students during November. Thanks to Mona Yarnall and JRC/The Alaska Club, the Middle and High School Adventure Clubs spent the month playing tennis and having fun on the court... watch out, Roger Federer, you've got company!



Now swing your partner, round and round! Healthy Choices has been frequenting the once a month Contra Dances held by the Juneau Folk Dance Community. This is a great way to get out into the community and have some fun! Thanks to all the Juneau Folk Dancers for making ORCA feel welcome!

Variety was the theme for our JAMHI (Juneau Alliance for Mental Health, Inc.) consumers. We toured the Coast Guard cutter recently docked in Juneau, enjoyed the warmth of a bonfire, the beauty of a fall walk, and spent time bowling on rainy days.



Let it snow... Beginning in January, ORCA will be providing adaptive ski and snowboard lessons at Eaglecrest every weekend through March. So dust off those boards, tighten those bindings, and give us a call if you plan on skiing or snowboarding with us this winter. We are also looking for ski and snowboard volunteers, so contact us if you are interested!



Celebrating Success! This fall marks the completion of our first three course offerings. In November we had four consumers complete our six week "Get Fit!" course where we maintained physical and mental health through yoga, power walking and use of indoor workout equipment. December saw the conclusion of two more courses. Seven consumers spent six weeks learning



independent living and life skills through cooking in the kitchen. ORCA also celebrated the holidays with a holiday chorus, including performances at the Wildflower Court nursing home and the Nugget Mall. **We look forward to continuing our course offerings and, as always, we appreciate your feedback!**

A recent snapshot from Juneau SAIL's Older Blind Alaskans (OBA)/Low Vision Support Group Luncheon.



SAIL staff from all 4 offices and the Board of Directors gathered in Juneau in December for a staff retreat. Strategic planning, program updates, and committee meetings were on the agenda. Also each of the staff took a few minutes to discuss and/or train the other staff on their specific programs or area of expertise.

...KETCHIKAN SAIL...

Ketchikan's 2009 Disability Mentoring Day was a huge success thanks to the support of local businesses and consumer participation. SAIL partnered with Community Connections and DVR to place some 20 consumers at more than 15 businesses. The program was a great learning experience for the consumers as they sampled a wide variety of work. All the participating businesses reported positive feedback.

ORCA has been very busy with activities this fall. Each month, we have been cooking deserts for the Monthly Grind then going to the shows to enjoy the entertainment. One of ORCA's deserts placed 2nd during a Monthly Grind. Other outings have included playing at the recreation center, splashing around in the pool, geo-caching, and cooking dinner for the Manor, a local assisted living home.

ORCA is gearing up for fun winter activities. Some future activities might include snowshoeing, skating, hiking, cooking, and outings to community activities!

ORCA Ketchikan is currently looking for donations of snack foods for ORCA activities. We are looking for Capri Suns or bottles of fruit juice, snacks like granola bars, pudding cups, cheese crackers, or fresh fruits and vegetables. If you would like to donate snacks please call Cat at 225-4735 or email civie@sailinc.org.



Left: Athena Gabor and Taylor Gregg help the Salvation Army organize donated canned goods from their holiday food drive during Adventure Club.



Left: Taylor Gregg, Athena Gabor and Jason Bauer help to restock the pantry selves after a successful holiday food drive at the Salvation Army.

...SITKA SAIL...

Cooking Class

In November, Sitka SAIL offered their first Independent Living Skills Training course; Easy Cooking & Budgeting for One! Six excited and enthusiastic participants learned a variety of cooking skills over the course of four weeks. Sitka High School was kind in giving us free reign over their home economics room, which gave us an excellent space to cook and learn. We began each class with some safety and nutritional information as well as a review of what we covered in the previous class. Then, we began working on preparing our meal. Individuals learned how to use an oven, stove, blender, and microwave. We practiced dicing, chopping, shredding, and mixing with different foods. After our meal was complete, we all sat down and enjoyed the fruits of our labor! Silver Basin donated goodie bags full of useful cooking items for each participant. They were a huge hit and truly over-the-top! Special thanks are definitely in order for their generous gift. Overall, this IL Skills Training series was a huge success. Participants enjoyed the social interaction and learned some great tips to help them cook more independently on a budget. Sitka SAIL will definitely host more life skills training courses in the future!

Alison's Farewell

I would like to bid everyone a fond farewell. Leaving SAIL is definitely a bittersweet decision for me. I am greatly looking forward to being the owner of the soon-to-be best kayak tour and rental company in Southeast Alaska, Sitka Sound Ocean Adventures! However, it is difficult for me to leave such a wonderful and welcoming company. I have enjoyed working with each and every one of you, both staff and consumers alike. Best of luck in your future endeavors!

Welcome Rachel Larson — New Sitka Program Director

I was born and raised in Sitka, Alaska. In my late teens and early twenties, I battled and beat Hodgkin's Lymphoma and decided to spend the next several years discovering the country. After moving around, living in Idaho, Texas, Florida and Utah, I settled down in Olympia, WA where I met my wonderful husband, Gary. It was at this time I had both of my hips replaced. After getting back on my feet by embracing the independent living philosophy, I discovered my passion for assisting other people with disabilities to live independently. When Gary and I decided to start a family, we moved back to Sitka to enjoy the laid back lifestyle, supportive community, and endless beauty that it has to offer. For the last two years, I have been raising my incredible son, Rowan, and working part time for a non-profit organization. I am beyond excited to be joining SAIL and look forward to meeting the rest of the team and making a difference in the community that has done so much for me.

THIS NEWSLETTER IS ALSO 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

A Success in Sitka

The Independent Living staff in Sitka has been working very hard with one of our consumers, which recently yielded some positive results. Janet (name has been changed for confidentiality reasons) came into SAIL about two months ago desperate for help. She was homeless, unable to work due to some psychological issues, and suffered from alcohol addiction. Janet had been requesting assistance from many different social services in Sitka, which ended up making coordination of information very challenging. Through our efforts as advocates for Janet, we were able to assist her case manager in arranging for her admission and travel to a rehabilitation program. She has now returned to Sitka refreshed and with a new found strength and commitment that she has not experienced in a long time. She is now on the top of the wait list for Alaska Housing. In addition, Janet has a desire to go back to school and take some computer classes. It is her hope to improve her resume so she can eventually find a job. Although she still has a long way to go to accomplish all of her goals, she has made dramatic steps in the right direction towards a more



Linni Esther of SAIL, Inc. Juneau - in Sitka showing lever door hardware, with HomeMAP photo display behind her.

EXCITING NEWS!!

We could not be more excited and happy to announce that First Bank recently awarded SAIL a whopping \$10,000 grant to promote the HomeMAP program throughout Southeast Alaska. It is through generous donations and support like theirs that we are able to provide services such as the HomeMAP program, one more way we help people to maintain their independence.

THANK YOU FIRST BANK!



 The Facebook logo, consisting of the word 'facebook' in a white, lowercase, sans-serif font on a dark blue rectangular background.

SAIL has joined the world of social media! Please check out our page on Facebook and become a Fan. We hope to use the page to distribute information about events and exciting things happening around SAIL. Hope to see you there!

Have you considered Planned Giving?

Would you like to give a gift to SAIL that doesn't cost you anything? Ask us about the Planned Giving program. Don't have a will? SAIL can help! Contact Sierra in our Haines office for more information: 907-766-3297 or sierrakaden@sailinc.org

Cross Cultural Diversity Training Video

CCTHITA (through Tribal Vocational Rehabilitation, or "TVR") and SAIL were the co-recipients of a wonderful Federal Earmark Grant in 2008, to promote a program entitled "Culturally Aware Recreation and Employment" (CARE). Many projects were possible with this earmark, but the final piece was definitely the most exciting!

We contracted with Father Michael Oleksa to tape a sixty minute presentation, which will be used as a prelude to his training video series produced over the past two decades.

If you are familiar with the Oleksa training series, you already know that the audience is very much a part of his videos. KTOO-TV studios in Juneau were used for taping the training in front of a live audience. SAIL and TVR were responsible for filling 20-25 seats with a diverse group of people. Notices to people in our partner agencies and throughout the community were sent out and the response was more than we could hope for - with 37 friendly volunteers filling the studio!

If you were one of the brave souls unafraid of bright lights and television cameras, and willing to give up a few hours of your own time to be videotaped, our most sincere thanks to each and every one of you!

The program will also be airing on **360 North TV** soon. SAIL and TVR are very proud of all the projects that were funded through the CARE grant and proved to be another great way to collaborate with agencies in our community.



Father Michael gets a laugh from the audience.

...HAINES SAIL...

Partnerships in the Chilkat Valley continue to grow...

SAIL is very excited to announce a recent grant award from the Chilkat Valley Community Foundation. SAIL was awarded \$1000 in matching funds (The Douglas Dornan Foundation provided the initial funds). The funds will be used for the Haines Consumer Service Fund (CSF), which provides assistive technology, modifications, and other assistance for seniors and individuals with disabilities that live in the Chilkat Valley area. The benefits of the CSF are widely felt in the community - from having elders continue to live independently in their own homes with lifelines and assistive devices, to young people entering the workforce with adaptive technology accommodating their disabilities.

Last fiscal year, the SAIL Haines office provided Independent Living Services to 16 individuals with significant disabilities and collaborated with numerous local agencies and we only see that trend growing.



Thank you Chilkat Valley Community Foundation and to all the folks who support them. Chilkat Valley will be a more vibrant, supportive, and inclusive community because of this commitment to providing equipment and training to people who need it.



Inspiring Personal Independence

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Permit 181

CHANGE SERVICE REQUESTED

SAIL Board of Directors

▣ Robert Purvis, President ▣ Joe Tompkins, Vice President ▣ Mary Gregg, Treasurer
▣ Suzanne Williams, Secretary ▣ Elena Rath ▣ Clark Gruening
▣ Paul Douglas ▣ Sam Wright

Public Participation is encouraged at the monthly board meetings! Our Board meets the last Tuesday of the month at the SAIL Juneau office at 5:45pm. If you are interested in attending, and do not live in Juneau, you may contact us at 1-800-478-7245 to make arrangements for other locations, or to get access to the teleconference line so that you can call in. For more information on SAIL, or how to become a volunteer, please contact your local SAIL office at the numbers below:

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