

FULL AHEAD

ISSUE 31

www.sailinc.org

JUNE 2008

Only Fools Run at Midnight Returns June 28th, 2008 in Sitka, Ketchikan and Juneau!

Ladies & Gentlemen, please join us for our annual **Only Fools Run at Midnight** 5K run or 1 mile walk/wheel FUNdraiser, guaranteed to have more fools running than ever before in Juneau, Ketchikan and Sitka! The race will take place this year on **June 28th at 11:59pm**, so be there, be early for costume judging, or be square!

NEW THIS YEAR: SAIL is conducting a **pledge drive** in all 3 communities with some fantastic **prizes** to win! For every **\$300** in pledges you collect, your name will be entered into a drawing for **2 RT Tickets on Alaska Air to ANYWHERE** they fly (including Mexico and Hawaii!!) There are other great prizes for the top pledge collectors in each community, such as local **Fishing Charters, an iPod Touch, a digital camera, local wildlife tours, a Gustavus golfing excursion, and a dinner and hotel room getaway!** See our website for complete details of the pledge drive competition and prizes at www.sailinc.org!

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!! Registration will be taking place at your local SAIL office and around your community. Registration forms are also available on our website: **For Juneau, the first 500 to pre-register will get a t-shirt. In Sitka and Ketchikan, the first 125.**

Registration will be available on the night of the race starting at **10:30 p.m.** Fabulous sports water bottles will be given to those who register the night of the race! 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, and we need your help!

Contact your SAIL office for more details & keep your eyes on www.sailinc.org for more info!

HOW MUCH DOES IT COST? (IT'S FREE TO VOLUNTEER!)

Early registration, by 5:00 pm June 26th

Adult \$20; Youth (16 & under) \$10;
Family of 4 \$50

Register after 5:00pm June 26th

Adult \$25; Youth \$12;
Family of 4 \$60



Juneau Sitka Ketchikan

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SAIL RECEIVES GRANT AWARD

First Bank honors SAIL with a \$1500 Community Development Grant. SAIL Board members Paul Douglas and Gale Vandro along with SAIL Executive



Director Joan O'Keefe and Development Assistant Danielle Lindoff are shown in picture with representatives from First Bank Board of Directors at a dinner party hosted by First Bank in early May. The grant money will be used to enhance SAIL's Independent Living programs in Sitka, Ketchikan and Juneau. We'd like to thank Sheila Kleinschmidt of First Bank for her assistance. **THANK YOU FIRST BANK!**

Need an interpreter?
Call us!

Deaf Community & Interpreter Referral Line News

By Pam Mueller-Guy

New CapTel(Captioned – Telephone)

As of March 1, 2008, Alaska Relay Services is offering a new service, CapTel Relay, for individuals who have difficulty hearing on the telephone. This new service provides captions for the telephone similar to the closed captioning provided on most television programs.



For more information or to apply for CapTel, contact Weitbrecht Communications, Inc. Toll Free 1-800-233-9130 (V/TTY) www.weitbrecht.com or contact Pam Mueller-Guy: 907 523-5285 TTY, 907 586-4920 Voice/TTY, Fax 907 586-4980 Monday – Friday 9AM to 5PM.

Interpreter Referral Line—Need a Sign Language Interpreter???

Do you have a job interview; need to go to the doctor's office, APA, Social Security, etc? To schedule an interpreter, call SAIL's IRL coordinator, Pam Mueller-Guy: 907 523-5285 TTY, 907 586-4920 Voice/TTY, Fax 907 586-4980 Monday – Friday from 9AM to 5PM; For emergencies, after work hours, on holidays or weekends, use the IRL pager: 463-7490 if outside of Juneau use 1-907-463-7490.

Alaska Relay www.alaskarelay.com Alaska Relay outreach services will contact businesses to educate them about Relay. Consider changing the way your Relay calls are announced. Instead of the standard greeting "This is Alaska Relay..." ask the CA to begin the call with "This is a customer of your business calling through Alaska Relay", or "This is [your name] calling through Alaska Relay". This type of greeting will often reduce hang ups. Whatever your experience with hang-ups during relay calls, please let us know what's happening. Your feedback helps us educate businesses so they won't hang up.

About TTYs: Keep your TTY in case of emergency, a TTY is still needed to make 911 calls (Right now no 911 calls can be made via video-phones or any other communications devices due to their use of dynamic IP address, which do not allow call origins to be identified.) Also use TTY as a stand-by in case of power outage (TTYs have batteries in them and can continue for a few hours. There are reasons to keep your reliable TTY handy! It's still the only reliable method to receive calls from others.

Don't forget to go **AKRID Conference in October**. Originally scheduled in Wasilla, AK the location has been **changed to Anchorage, AK**. Also RID Region 5 in Sacramento in September 2008!

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: June 7, July 5, and August 2: 5-6PM Silent Lunch at Downtown Bullwinkles, located at 318 Willoughby, from 5-6 PM – Remember: No Voice! It will cost a penny to talk with voice. Brown bag or order from the menu.

Also see ORCA activities: Spring and Luau picnics.

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 ask the staff of Gross-Alaska Cinema Theater to keep closed-captioned movies going every month!

Interpreter Support Group: August 16, 10AM at Heritage coffee shop in Mendenhall mall. Please contact Pam Mueller-Guy at SAIL Office or by email address: psmguy@sailinc.org or call 907 523- 5285 TTY to discuss future workshops or any feedback or problems with interpreting, or if you want to do some fundraising for going to a convention!

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 are available at www.sorenson.com or for D-link www.CSDVRS.com. Or ask Pam for info.

SHARE YOUR NEWS WITH SAIL AND OTHERS!

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!

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.

...JUNEAU SAIL...

Taxi Voucher Update

Juneau taxi voucher users should be aware that the vouchers that were sold from November 2007 through May 2008 will be expiring June 30, 2008! All vouchers purchased within this timeframe must be redeemed through Juneau Taxi and Tours **by June 30, 2008.**

Consumers who purchase their vouchers beginning in June will notice the expiration date has changed. For vouchers issued after June 1, 2008, the expiration date is now **October 31, 2008.** Also, don't forget that the old plastic Taxi Tokens are no longer valid for fares and need to be brought into the Juneau SAIL office for exchange!

New Accessible Taxi on the Road

The new accessible taxi is here and on the road. Riders will find this taxi not only more convenient than the older one, but also more available. The new vehicle has a manual ramp which greatly reduces the amount of time that it takes to load and unload. It also reduces the amount of time that the taxi might be unavailable due to mechanical problems with the lift. The older accessible taxi will serve only as a back-up to the new one. Remember if you need the taxi, you can call Juneau Taxi & Tours to request the ride (be sure to tell them you need the accessible one) and as always you can use your SAIL taxi vouchers for the fare!



INTRODUCING RECWORKS

Do you want to work?? Have you not worked yet, or not been successful at getting and keeping a job of your choice since becoming disabled?

If you answered yes to any of these questions and are also: a graduating high school senior, a youth aged 18-22 who has a significant disability, or an adult who is newly disabled, you may be the perfect person for SAIL's exciting new pilot project, RecWorks!

The plan is to combine your skills in recreation and leisure (think bowling, hiking, languages, culture, karaoke, jam-making, cooking, knitting, computer skills, drawing, etc.) with some leadership and job skills training. The training available through this program will give you better tools to get the best job you can have and succeed in the work world.

SAIL is seeking interested and committed individuals to start a small group in Juneau which will work towards building strong job skills through recreation and group activities.

If this sounds like the perfect match for you, please give SAIL a call today!

Space is limited, so call now! 586-4920



TRAILS
RECWORKS!

JUNEAU LOW VISION SUPPORT GROUP UPDATE

The Low Vision support group has moved to the Fourth Tuesday of each month at 1:00pm at the Downtown Senior Center.

JUNEAU UNPLUGGED EXPANDS

The City and Borough of Juneau announced the Juneau Unplugged program for temporary avalanche-related assistance with Juneau resident's electric bills for low-income households. The expanded program offers three levels of assistance based on annual household income levels (70%, 50% and 30%) and is administered by United Way of Southeast Alaska and Catholic Community Services. If you are a person with a disability or a senior, and you need assistance with the application, our office can help. Please call us at 586-4920. You can also contact Catholic Community Services directly at 463-6130 or email them at unplugged@ccsjuneau.org

SAIL REPRESENTED AT S.E. ALASKA HEALTH FAIRS


Juneau IL Specialist, Jeff Irwin, represented SAIL at two health fairs in rural communities. The Gustavus Health Fair was on March 29th and the Yakutat Health Fair was on May 3rd. Irwin said, "I have been to Gustavus a lot, as I have property out there. So, was able to fit right in and tell folks about the variety of SAIL services as most people knew who I was, but did not know where I worked. This was my first trip to Yakutat. What a great community! The people I met and informed of SAIL services expressed interest and knew of community members that could benefit from our agency." Irwin was also able to go by the Yakutat Senior Center, met some folks, have lunch, and give a presentation on SAIL services. He brought along several assistive technology devices for the seniors to try out. Irwin noted, "They thought the Pocket Talker was a bit loud as most did not have hearing issues, but they did like the magnifiers."

The Juneau Health Fair had 3 SAIL staffers share their time to attend this year. ORCA Program Director Kate Walters, Pam Mueller-Guy, Deaf Services & Interpreter Referral Line Coordinator, and Development Assistant Danielle Lindoff all enjoyed their time at the fair. Answering many questions, assisting people with specific needs, and showing off the equipment that is available for low vision needs as well as hard of hearing listening devices.



Danielle was "Spotted" at the Health Fair by a Juneau Empire photographer

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 - we hope to hear from you!



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

A WHALE OF DAY!

The Allen Marine Wildlife Cruise was a success in Juneau! The sun came out, and a great time was had by all. ORCA would like to thank Allen Marine for donating the cruise, allowing ORCA to raise funds for programming and having fun at the same time. As the cruise headed up the canal, we got to see stellar sea lions, eagles, and whales. Calm water and sunshine made this cruise a particularly enjoyable event. For three hours, guests of ORCA enjoyed good food, the company of friends, and the spectacular scenery of Southeast Alaska. As the cruise came to an end, two whales practiced synchronized swimming and flashed their tails at the same time! Very cool! ORCA consumers and friends can look forward to Allen Marine cruises in both Sitka and Ketchikan in the upcoming summer. Thanks again to Allen Marine for being such generous donors and allowing us such an amazing experience!



ORCA NEWS

ORCA made the most of the long winter with this year's ski season extending into the beginning of April. More than 40 individuals hit the slopes with ORCA this season and it proved to be another excellent year of skiing, boarding, and having fun. Off the slopes, we have also had many fun adventures. Our Healthy Choices crew has had several exciting evenings out including a showing of *Horton Hears a Who* at the Glacier Cinemas, pizza at Bullwinkle's followed by Folk Fest music, and a fun BBQ at Sandy Beach (the sun even came out for that one!). With our Healthy Choices activities on Friday evenings now, we are looking forward to kicking off the weekends with ORCA! ORCA/JAMHI Friday events included several chilly outings that were salvaged by coffee and hot cocoa, as well as some music and dancing at the Folk Fest Coffee and Jam event. Now that the snow has started to melt, our Adventure Clubbers are hitting the trails once again. They have already conquered several trails in the area this year, including the Rainforest trail, Sandy Beach, Eagle Beach, and the Twin Lakes trail. With the school year wrapping up, we are looking forward to kayaking, summer camping, longer hikes, and cabin trips! Check your ORCA calendars for upcoming summer activities and don't forget the ORCA Spring Picnic (June 7th) and the Only Fools Run at Midnight event (June 28th). Let the summer begin, we'll see you out and about!

IMPORTANT ORCA REMINDER!!!!!!

It is nearing the end of our billing year, so please try to pay any outstanding bills.

You can do this by mailing a check to the Juneau office, or stopping by your local office and hand delivering your payment.

Payment plans can be arranged on a case by case basis.

Recreation is worth paying for! It's fun, full of benefits, and keeps us connected to the community!

Thanks again ORCA land!

...KETCHIKAN SAIL...

ALASKANS SPEAK UP COMES TO KETCHIKAN

Jeff Irwin, Juneau IL Specialist, will be giving a presentation in Ketchikan regarding abuse issues for people with disabilities. The name of the curriculum is "Alaskans Speak Up!". The training is for people with disabilities, family members, or anyone who interested in increasing their knowledge of what issues people with disabilities can face in abusive situations and how people with disabilities can empower themselves. The training will take place **on June 18th at Community Connections**. Call Jeff at the Juneau SAIL office 586-4920 or 1-800-478-7245 for details. Jeff gave the same training in Sitka May 21st & 22nd. He said, "I think those that attended the training got a lot out of it. It is good information and very important for people with disabilities, their families, care givers, and the general public to be aware of the various types of abuse and options to assist victims."

MOVING ALONG IN KETCHIKAN

The ORCA program is starting the wheels rolling again with the addition of two new staff.

Cat Ivie will be joining ORCA as the new Activity Coordinator. She will be traveling all the way from Virginia Beach, Virginia. She is a Certified Therapeutic Recreation Specialist (CTRS) and is a great addition to our program. On her brief trip to Ketchikan, Cat joined Adventure Club on a tram trip to Cape Fox and a walk around the docks. The beauty of Ketchikan and our great Ketchikan ORCA group inspired her to join the SAIL/ORCA team. Cat will be arriving in Ketchikan towards the end of June. While we don't have a picture of her yet, rest assured, her smiling face will be here soon.

Do not fret! We will have ORCA programming during the month of June prior to Cat's arrival. Rachel Demmert will be helping to run the ORCA program as a Recreation Assistant. Rachel has worked for ORCA before and we are excited to have her back. Be sure to welcome her back on the next adventure club! Hooray for Rachel!



Disability/Injury Support Groups Monthly Schedule



Traumatic Brain or Head Injuries

First Wednesday
5:30 PM @ Hospital
Board Room 3rd Floor

New Disabilities Mobility & Physical

Coping with Loss of Ability
Second Thursday - 6 PM
602 Dock St, #107



SOUTHEAST ALASKA INDEPENDENT LIVING

Call 225-4735 for more information about these support groups or to request a support group for your disability!

First Saturday - 1 PM
602 Dock St, #107
Low-Vision and Blindness

Every Tuesday - 3 PM
Call 225-4735 for Pick-up
ORCA Adaptive Recreation For All



Rachel settles in to her new spot at the SAIL/ORCA office!



...SITKA SAIL...

AT Corner in Sitka

SAIL Sitka's Assistive Technology (AT) Corner is now complete! The Jerry Kainulainen Memorial AT Corner offers various AT devices for people of all ability levels. The purpose of the AT room is to offer people the chance to come use the technology to determine if any of these tools would be beneficial for them without having to first buy the technology themselves. The AT corner is complete with computer software programs such as Dragon Naturally Speaking, Zoomtext, and Reach which enable those with vision impairments or limited body movement to still use the computer. In addition to software, there are also personal magnifying glasses of varying intensities, devices for people who are hard of hearing or deaf, and a large magnifying screen. This is the largest AT library in Southeast Alaska, so come and check out these amazing resources! Stop by the SAIL office and learn what is available to try or purchase to use in your own home.



Amy from SAIL Sitka tries out the new equipment in the AT Corner at the Sitka SAIL office.

SAIL Sitka Wildlife Cruise

SAIL Sitka hosted its Third Annual Wildlife Cruise Fundraiser on May 24. The cruise departed at 9:00 am from Crescent Harbor and returned at 12:00 pm. Allen Marine generously donated a 65' catamaran vessel that holds 100 passengers and is accessible for everyone wanting to join in the fun. A naturalist was on board to answer questions and point out the wildlife along the way. Binoculars, water and other hot beverages were provided. Thanks to community support the tickets sold quickly. SAIL would like to thank Allen Marine for their generosity and all the individuals who have through ticket sales or other donations to make this event such a success.

SAIL staff helps spread Deaf Awareness in Sitka

During the month of April, SAIL Staff Kelli McClenahan had the opportunity to speak to 390 students in the fifth through the eighth grades specifically on deaf awareness, as well as disability awareness in general. The students were curious and had great questions. They enjoyed learning some signs and playing games using those signs, seeing and experimenting with some of the Assistive Technology (AT) that is used by people who are deaf or hearing impaired, and watching a silent video with ASL performers signing "ABC" stories at regular signing speeds and in slow motion.

Additionally, Kelli was allowed to create a bulletin board for Keet Gooshi Heen (second through fifth grade elementary school) with information about famous deaf people, the manual alphabet, a word search puzzle written using the manual alphabet, and some calendars that were created using American Sign Language, English and Spanish and posters with information about deafness. This bulletin board was displayed at the school for the month of April. The bulletin board was an interactive board, calendars were hung low enough for the students to be able to flip through them and also create a "scrabble-like" game using card stock and photocopies of the manual alphabet that allowed the students to create their own words on it.

Also for the month of April deaf awareness information was created and displayed at Kettleson Memorial Library. This display included information on some technology such as the evolution of the TTY, a modern version of the TTY, and the Alertmaster system. Other items in this display included Honey the Signing Bear, various games using the manual alphabet and numbers, a variety of books covering various topics such as signing and famous Deaf artists, and a disability awareness poster entitled "Vital Signs".

While the main goal was to inform students and others about deafness and how it affects the lives of various people, everyone seemed to enjoy learning this new information.



SOUTHEAST ALASKA INDEPENDENT LIVING

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

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Permit 181**

AT Focus Group Recruitment: Earn \$50 and Free Lunch!

The Interagency Committee on Disability Research, made up of representatives from agencies throughout the federal government who support research and development of new technology, is sponsoring a Focus Group on Assistive Technology (AT) and Emergency Preparedness.

A focus group is a small group of about 8-12 individuals who share common characteristics and meet to talk informally about a particular topic. The group will take place August 1 or August 2 in Juneau (whichever date works better for participants) and last about two hours. Participants will be given lunch, an honorarium of \$50 and reimbursed for any reasonable expenses, such as mileage or other transportation, day care, or personal assistance services you need to attend the meeting.

The purpose of this focus group project is to obtain input from people with disabilities age 21 or older from different races, educational levels, and occupational backgrounds about the assistive technology (AT) best suited to help them live more productive, independent lives. By AT, they mean high-tech and low-tech equipment; such as wheelchairs, walkers, computers or appliances that talk, magnification devices, or remote controls that turn on lights.

This group is intended for “consumers” only. If space is available, caregivers and family members may also participate as long as the group size is at a maximum of 12. All of the information you provide for the focus group will be kept in accordance with applicable privacy laws. Call the Juneau office at 586-4920 for more information.

SAIL Board of Directors

- ▣ Robert Purvis, President ▣ Gale Vandor, Vice President ▣ Paul Douglas, Treasurer
- ▣ Suzanne Williams, Secretary ▣ Elena Rath ▣ Clark Gruening ▣ Mary Gregg ▣ Patrick Shallcross
- ▣ Samuel Wright ▣ Gary Jackson ▣ Joe Tompkins

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

**KETCHIKAN 907-225-4735 V/TTY
1-888-452-7245
ketchikan@sailinc.org**

**SITKA 907-747-6859 V/TTY
1-888-500-7245
sitka@sailinc.org**

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