

# FULL AHEAD

ISSUE 32

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SEPTEMBER 2008

## Southeast-Wide Pledge Drive a Success!

The **Only Fools Run at Midnight** was coupled this year with a Southeast area-wide pledge drive. The pledge drive featured FANTASTIC prizes for the top pledge collectors in each of the 3 communities (Sitka, Juneau, and Ketchikan.) In addition to the local prizes, top collectors (\$300 and above) had their names entered into a hat for the Grand Prize drawing: 2 RT Tickets to ANYWHERE Alaska Airlines flies. Yes, that's right, anywhere does in fact include Mexico and Hawaii! This year, the live drawing was held in Ketchikan just



moments prior to the starting gun sounding off for the Only Fools Run on June 28th at 11:59PM. This years winner (shown at right) was Jon Williams, from Ketchikan. The drawing was seen live in front of a very enthusiastic Ketchikan crowd, who was heard chanting "**Ketch-i-kan, Ketch-i-kan**" as City Mayor, Bob Weinstein drew the name out of the hat. In fact -- the hat was a **BATMAN** hat! (What else do you expect during Southeast Alaska's wackiest family fun run?) The Ketchikan crowd roared as the name was read by SAIL Juneau Office Manager Danielle Lindoff. Indeed it was Ketchikan that prevailed in 2008. Next year the drawing will be held LIVE in one of the other 2 cities (either Juneau or Sitka), to keep the rotation going! Overall the pledge drive and the Fools Run was a great success with participants, businesses, volunteers, pledge collectors and those who pledged, to thank equally! Southeast-wide, SAIL raised over **\$32,000** (includes the event registrations, pledge collections, and business monetary donations), Juneau raised \$18,300, Ketchikan raised \$8,600 and Sitka raised \$5,800. All proceeds from the Only Fools Run at Midnight stay in the community it was raised in and go directly into the services and programs that SAIL provides. All of us at SAIL look forward to next year's event and hope you all do too.



**Ketchikan IL Services Coordinator Kevin Gadsey hands Jon Williams the Grand Prize for the 2008 pledge drive, 2 RT Alaska Airlines tickets. Congratulations Jon!**

### GET OUT THE VOTE!

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The disability community cannot afford to skip the elections in October and November and let others pick our leaders. Now there are new exciting developments in voting accessibility making it possible for people to participate more fully in our democracy. Many people with disabilities have not had equal access to voting. A polling place in a Ketchikan voting precinct has a step that prevented people who use mobility devices from getting in the door during a previous election. The Help Americans Vote Act (HAVA) passed in 2002 and the Americans with Disabilities Act (ADA) require that these types of barriers be removed. This year there should be portable ramps at the polling places that were previously inaccessible. If you try to vote this year and find that your polling place is not accessible, let the State of Alaska Division of Alaska know by calling them at (907) 465-3021 or by writing to them at: Region I Elections Office, P.O. Box 110018, Juneau, AK 99811. If you need to find out where your polling place is located, call the hotline at 1-800-383-8683 or 907-269-8683. Unfortunately, there is not an alternative TTY hotline, but the State Director of Elections office TTY line is (907) 465-3020. Another exciting development in voting accessibility is the new touch

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Need an interpreter?  
Call us!

## Deaf Community & Interpreter Referral Line News

By Pam Mueller-Guy

2008 Anchorage dates for RID CI & CT Performance Tests on September 13/14 and December 13/14, so check website: [www.akrid.org](http://www.akrid.org).

RID Region 5 in Sacramento, CA on September 24-28 2008! Deadline is August 24 so please check website: [www.sdcrd.org/rvhome.php](http://www.sdcrd.org/rvhome.php).

Also, don't forget to go AKRID—Conference will be held in Anchorage, AK in October 16-19 2008 at Sheraton Hotel. Check website: [www.akrid.org](http://www.akrid.org) or want to do some fundraising or have bake sale for going to convention? Please contact Pam Mueller-Guy at SAIL Office 907 523- 5285 TTY or by email address: [psmguy@sailinc.org](mailto:psmguy@sailinc.org)

### 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.

Sorenson Videophone or D-link Videophone applications available through Internet to sign up. Nick or Aaron will come down to help set up for Sorenson Videophone --he needs more customers first—so please sign up! [Require 5 & up applicants!] or please contact Pam Mueller-Guy at SAIL Office 907 523- 5285 TTY or by email address: [psmguy@sailinc.org](mailto:psmguy@sailinc.org) or check website <http://www.sorensonvrs.com> to click for the online application to sign up. Also check out prices online: <http://gci.com/business/internet/livewire.htm> or <http://acsalaska.com/consumer/c-internet/c-i-services/dsl/area1a.stm>

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!

**IMPORTANT CHANGE!! THE DEAF SOCIAL LAB (previously held on the 4th Wednesday of the month) HAS BEEN POSTPONED UNTIL FURTHER NOTICE DUE TO LACK OF PEOPLE**

Silent Lunch - 1<sup>st</sup> Saturday of every month: Downtown Bullwinkles: Sept 6, Oct 4 and Nov 1; 5-6PM Silent Lunch at Downtown Bullwinkles, located at 318 Willoughby, Remember: No Voices! It will cost a penny to talk with voice. Brown bag or order from the menu.

Deaf Coffee - 3<sup>rd</sup> 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!

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: November 1st, 10AM at Heritage coffee shop in Mendenhall mall. Please contact Pam Mueller-Guy at SAIL Office or by email address: [psmguy@sailinc.org](mailto: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!



### Introducing The Z™ Family of Videophone Products.

#### The Z™ Model 340

*The Z™ Model 340 is the perfect videophone. It is small, lightweight, and delivers high-quality video over broadband or WiFi connections.* <http://www.csdvrs.com>

With a stunning 7inch screen that can be closed for safe traveling, this sleek videophone can be placed on your desk, connected to your television, or mounted on your kitchen wall. The external battery provides two hours of video; if you need more time – attach another battery! Your friends or co-workers with videophones can call you on The Z™ 340!

~Small design ~Standalone or connect to a TV ~Beautiful 7" protected screen ~Battery-powered for hours  
~Mobility through wireless ~Communicate through VRS or point-to-point ~Simple and easy to use

### **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 **1-866-563-9886**, 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 Pam** at [psmguy@sailinc.org](mailto:psmguy@sailinc.org)

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

# ...JUNEAU SAIL...

## Important Taxi Voucher Update

Juneau taxi voucher users should be aware that the vouchers that were sold after June 2008 will expire **OCTOBER 31, 2008!** All vouchers sold prior to June expired June 30, 2008. Please do not try to use expired vouchers for your cab fare.

The old plastic Tax Tokens need to be brought into the Juneau SAIL office for Exchange. You cannot use them for your fares but you can exchange them for vouchers or redeem them for their current cash value rate of 40 cents on the dollar! Call our office at 586-4920 with questions. *Important Note: Only the plastic tokens are exchangeable/redeemable for cash.*

## **GOVERNMENT STIMULUS CHECKS STILL AVAILABLE**

If you haven't yet filed a tax return to get your stimulus payment, you still have time to do so. But you must file by October 15 to get your payment this year. And if you've already filed to get your payment but have a question or issue, it might be addressed at this website. Just go to:

<http://www.irs.gov/newsroom/article/0,,id=177937,00.html>



## E-mail vs. Snail Mail

Want to get our newsletter in PDF format and stop the paper copies? Just email Danielle Lindoff at [dbuster@sailinc.org](mailto:dbuster@sailinc.org) with your name and email address, and we'll get you added!

# ...HAINES SAIL...

**A note from Sierra...** Although I have worked for SAIL for nearly eight years now, this is the first time that I have had 'Independent Living Specialist' in my title. Besides finally understanding what my co-workers actually do, I also find myself in awe of how much there is to learn. I would like to extend a huge thanks to all the wonderful SAIL staff and the communities of Haines and Klukwan for all of your support and patience while I learn the ropes.

The Haines office is hopping and it is clear that SAIL is filling an unmet need here in the upper Lynn Canal. In the past quarter the Haines SAIL office has provided Independent Living services to ten new individuals! I have enjoyed working and collaborating with numerous different agencies serving the Haines area including Lynn Canal Counseling, Cornerstone Home Health, REACH, SEARHC, and the City and Borough of Haines.

I would love to hear from folks who live in the area as the Haines SAIL Program continues to develop. This is your program and you help shape the direction we go. I have recently heard that there is a real need for some advocacy efforts and the more folks that get involved, the more powerful our message is. It is usually a good idea to call before stopping in because I have regular meetings that take me away from the office. The SAIL phone number is (907) 766-3297 and my email is: [sierrakaden@sailinc.org](mailto:sierrakaden@sailinc.org).



Sierra Kaden, Haines Program Director stands in front of the new SAIL office in Haines with Patrick Shallcross, Case Manager for REACH. Shallcross also sits on the SAIL Board of Directors.



## SAIL partners with Alaska Center for the Blind & Visually Impaired (ACBVI) to offer 92 year young woman new skills

Whoever said an old dog can't learn new tricks has never met Fortuna O'Dell, a 92 year old woman from Juneau with Macular Degeneration. Last spring, Fortuna came to SAIL Juneau looking to learn some new skills to help keep her independent and active in her home and community. SAIL staff knew of a training that ACBVI had coming up that would be right down her alley, yes it was indeed a perfect match! After a referral and some travel preparations were made Fortuna and her travel companion & friend were on their way to Anchorage adventure bound! They learned about the Assistive Technology (AT) devices that were available, as well as new useful skills, like ways for Fortuna to continue cooking yummy things for herself and her friends. For example, Fortuna was



given a Sherlock digital identifier, a device from American Printing House for the Blind that allows a person to label items verbally. A recipe was recorded for apple berry crisp and placed in her training binder for an example. Fortuna learned about tactile marking in a kitchen, the grid method for cleaning, how to cook safely on a stove with low vision, slicing and chopping techniques for low vision, pouring techniques, alternative measuring techniques, auditory labels in the kitchen, and fire prevention and control. Fortuna also learned better how to use her AT equipment called a "video eye", which she already had obtained, to keep up on her mail among other things. Bon appétit Fortuna and friends, SAIL was happy to help make those connections! - *Photo and article info provided by Kimala Rein (ACBVI)*

## OCTOBER IS NATIONAL DISABILITY EMPLOYMENT & AWARENESS MONTH!

An inclusive community includes inclusive workplaces, right? ***Right!*** To build positive communities and diverse workplaces for people both with and without disabilities, SAIL is gearing up again this October for the annual Disability Mentoring Day. The day will be held simultaneously across the world on Friday, October 17th. Disability Mentoring Day allows community members to open their workplaces, for a just a few

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## 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 ORCA

What a busy summer! The “extra rainy” summer season couldn’t stop ORCA participants from having a FUNtastic time utilizing all of what Alaska has to offer! Juneau ORCA has been on the move all summer long. We braved the mighty Mendenhall River, trekked over the glacier, and even got some bike riding in on Herbert Glacier trail. Overnights for MAC and AC were a success with a two night trip to Cowee Meadows and Blue Mussel cabin. We even made homemade ice cream-yummy! Healthy choices folks have kept busy with rides on the tram, hikes, and BBQs. Annual events such as the spring picnic and luau were also fun and exciting!



## What did Juneau ORCA do this summer!



**WELCOME LINDSAY**  
 Greetings! My name is Lindsay Hallvik and I am the new Jesuit Volunteer working as the ORCA Activities Coordinator. I am from Portland, OR and recently graduated from Gonzaga University in Spokane, WA with a degree in Public Relations and minor in Italian. I’m a part of a group of six JVs working in Juneau this year and, of course, very excited to be working on the ORCA team! I look forward to meeting all of you soon!

**FAREWELL TO SHANNON & ABIGAIL**  
 Big Thanks to Abigail Larson, our Summer Activity Coordinator in Juneau! You brought a great attitude and positive energy to the program all summer long. Good luck and we hope to see you around town!  
 Also, big thanks to Shannon Bell, our Jesuit Volunteer for the past year! Your sparkling personality and cheerful outlook on life has made a whole world of fun in ORCA this past year. Have fun in the windy city and make sure to visit us on your trips to Juneau! We miss you both already and thank you again for your dedication to the ORCA Program.



# ...KETCHIKAN SAIL...

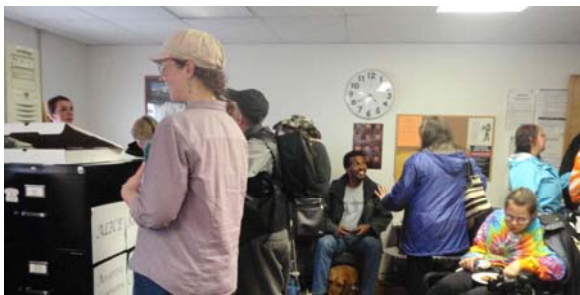
## GCI Partners with SAIL to bring AT Center to Life

SAIL Ketchikan unveiled the brand new Adaptive Technology Computer Center during an Open House on August 19. Named in memory of Ketchikan resident and Vocational Rehabilitation Counselor Alice Rocke, the center holds many new computer programs and will serve as a central display for all the latest technology available for SAIL consumers to try or borrow. The new computer runs the latest programs from Dragon Naturally Speaking, WYNN, Read & Write Gold, Kurzweil, Scan & Read Pro, iZoom, Zoomtext, Reach Keyboard, and much more. Equipment includes a SmartNav Headmouse, a joystick mouse, a GoTalk communication board, Pocketalker hearing devices, and even more. The Center will be expanded further with upcoming grants. GCI has partnered with SAIL to bring consumers using the center a dedicated Internet connection. Stop by the office or schedule an appointment to find out what technology may help you become more independent.



## Ketchikan ORCAland Summer 2008

ORCA world in Ketchikan got off to a late, but great start! This summer, ORCA folks stretched their legs with an exploration of Rotary Beach, had a splash-splash time at the pool, and practiced their camping skills with an overnight at Ward Lake. The ORCA group also held a planning meeting for the upcoming months and as a result, snorkeling and a Prince of Wales camping trip were scheduled for late August. Sounds like a great time! Keep your eyes on the upcoming calendars for special activities and be sure to attend the planning meetings to see your ideas come to life!



**PICTURES FROM OUR OPEN HOUSE ON AUGUST 19th**



## Ketchikan Evening Cruise with Allen Marine

With a successful Only Fools Run at Midnight Race under their belt, the dynamic team of Cat and Kevin organized an evening cruise with Allen Marine. Allen Marine graciously donated the cruise, with ticket proceeds benefiting the Ketchikan ORCA program. While whales seemed to be on vacation for the night, everyone on board



enjoyed great company and the musical creations of Chris Corrao (shown left). With more than one hundred people in attendance, this cruise was most definitely a success! Thanks again to Allen Marine for providing generous support to SAIL and the ORCA program throughout the year.



*(Disability Month...Continued from page 4)*

hours or the whole day - to give participants with disabilities a real life glimpse into a workday. The goal is to match up a participant's interest with a community member who does exactly the job the participant would like to do someday. It also allows employers to see that people with disabilities are a great addition to their workforce when a good job match is found.

Each SAIL office will be working with various community provider agencies and individuals to find placements in job settings throughout town. Past Mentoring sites have included graphic design businesses, construction companies and radio stations to name a few .If you have a job in mind, and would like to see if it's something you'd like to make your career, give SAIL a call and we will do our best to find a good opportunity in your community. Or, if you are an employer and want to open your doors to a person with a disability for a few hours on October 17th, please feel free to call us and we'll try to find you the perfect job shadow match!

**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](http://WWW.SAILINC.ORG)**

## ...SITKA SAIL...

### A NEW FACE TAKES THE LEAD AT THE SITKA SAIL OFFICE

SAIL Sitka would like to welcome Alison Dunlap to our team! Alison recently accepted the position as the Sitka Program Director for SAIL. We are very excited to have her. Please feel free to stop by the office to introduce yourself if you have not already had the pleasure of meeting her! At the same time, we would like to say a fond farewell to former SAIL Staffers, Amy Christel and Emily Buck. Amy completed her year of volunteer service to SAIL through the Jesuit Volunteer program and is now on her way back to school. Emily's smiling face may still be seen in the Sitka area for awhile. She has moved on to tackle other projects. We wish them both good luck wherever life may take them.



### SITKA FOOLS RUN PHOTOS





SOUTHEAST ALASKA INDEPENDENT LIVING

3225 Hospital Drive, Suite 300  
Juneau AK 99801

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

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screen voting machines that will be available in the **November** election. It takes roughly 15-25 minutes for a voter to go through the process of listening to the instructions and voting. The machines were designed for people with low vision and blindness, but they will also make voting more accessible for people with learning disabilities or other cognitive disabilities. The machines also record the information onto paper so there is a backup. Each polling place will have one of the new voting machines available. The first step to exercising your right to vote is to register. SAIL offices in Juneau, Ketchikan, and Sitka are all registration sites. If you would like to register to vote, call your local SAIL office. You must register to vote 30 days before an election. Take advantage of your rights and exercise your civic duty. Educate yourself about the candidates and ballot measures and vote on November 4th! Also don't forget the Municipal election will be held October 7th.

Hawai'i  
2008



**ORCA is heading to the Aloha state, November 11th-17th! Approximate cost will be around \$1800. This trip is open to consumers from all cities. Please contact Jen or Kate in the Juneau office for more details. \$500 deposit secures your spot, only 11 spaces are available. We look forward to hearing from you!**

SAIL Board of Directors

- ▣ Robert Purvis, President (Sitka)   ▣ Gale Vandor, Vice President (Juneau)   ▣ Paul Douglas, Treasurer (Juneau)   ▣ Suzanne Williams, Secretary (Ketchikan)   ▣ Elena Rath (Ketchikan)
- ▣ Clark Gruening (Juneau)   ▣ Mary Gregg (Ketchikan)   ▣ Patrick Shallcross (Haines)
- ▣ Samuel Wright (Hoonah)   ▣ Gary Jackson (Kake)   ▣ Joe Tompkins (Juneau)

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

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