

FULL SAIL & AHEAD

ISSUE 36

www.sailinc.org

OCTOBER 2009

You are cordially invited to SAIL's

Dinner & Auction Extravaganza

OCTOBER 16TH, 2009

6:00 - 9:00 PM CENTENNIAL HALL

The evening will include:

- A delicious dinner catered by the Hangar & a No-host bar
- Local Speakers who will surprise, amuse & inspire you
- Live music by Doug Bridges & company
- Silent and Outcry Auction including art, great giveaways, gift certificates, decadent desserts & more!

Tickets are \$40 each and must be purchased in advance and are available at the Juneau SAIL office. Call us at 586-4920 for more information. Tables (seating 8-10) can also be purchased for \$400.

Please RSVP early as this event sells out every year!

All money raised at this gala event will be used to provide outstanding, innovative and meaningful services to seniors and persons with disabilities in our community. Thank you for your support.

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LOVE TO BAKE?

SAIL is still accepting beautifully baked dessert items for the auction!



Contact Kate at the SAIL office to let her know you what you will be donating by October 7th and to arrange drop-off/pick up times of your creation – 586-4920. (Note: Avoid chilled desserts if possible as they will primarily be standing at room temperature).

We look forward to your masterpiece!

Need an interpreter?
Call us!

Deaf Community & Interpreter Referral Line 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)!

Deaf Awareness Week Celebrated

Many supporters showed up at the downtown dock to honor this special Dog on **Saturday September 26th** for Deaf Awareness week which was the 21-26th of September. Patsy Ann was named the official greeter of Juneau in 1934. Many showed their support and gathered with the mission to "greet her and touch her and in leaving, carry with them blessings of friendship through their own life's journey". For the full story on Patsy Ann, please go to: www.patsyann.com

**May her Spirit
Live Forever!**



**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**



Brian Johnson, a Juneau artist and member of the Tlingit-Haida Indian Tribes of Alaska, has been deaf since birth. Brian recently took part in the 4th Biennial Spiritual Gathering of the Intertribal Deaf Council. The gathering was held in Ketchikan & Metlakatla in late September. The Intertribal Deaf Council, Inc. (IDC) was established in 1994 to ensure that American Indians, Alaska Natives and First Nations (Canada) Indians who are Deaf, Deaf-Blind and Late-Deafened had a place to gather, at least each year. These gatherings are important, helping our members with a place to communicate, fully and completely, while celebrating their heritage. IDC has important alliances with tribal nations and they are also developing programs to prepare tribal members for interpreting fields, and encouraging the development of programs for IDC youth. SAIL was able to co-sponsor Brian's participation in this event through a small grant. Brian is excited to share what he learned at the conference with other deaf tribal members. To take a look at more of Brian's artwork, check it out on the web at <http://www.myspace.com/majikjuneau>.

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 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.

...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 was picked up, what area were they dropped off, the approximate time of day the ride took place and the date.
- Vouchers will now expire every calendar quarter (current vouchers are good through *December 31, 2009*).
- 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 for every dollar of vouchers you buy!

Thank you for your patience during our down time.
We hope to see you in the office soon!

October is Disability Awareness Month!

As part of SAIL's annual Disability Awareness Month campaign, we are bringing you *Including Samuel*. This documentary features Samuel, a 7-year-old boy with cerebral palsy. Over four years, this documentary captures his parent's effort to include him in every component of their daily lives. This award winning documentary, directed and produced by Samuel's father, chronicles their hopes and struggles while emphasizing the importance of inclusion for children with disabilities in school, activities and every other facet of daily living. The film will show **Wednesday, October 7th** at the **Silverbow Backroom**. So, bring a friend (or two), buy a snack, and help show support for Disability Awareness Month and the efforts for inclusion! Call us at 586-4920 or 586-0104 for more information.



INCLUDING
SAMUEL

A DOCUMENTARY FILM BY DAN HABIB

**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 nation on Wednesday, October 21st.

Disability Mentoring Day allows community members to open their workplaces, for a just a few 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.

For the week of October 19-23rd, 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, please feel free to call us and we'll try to find you the perfect job shadow match!

SAIL's HomeMap Program is a Hit

Juneau SAIL staff Sara Boesser and Linni Esther are receiving rave reviews from SAIL consumers. Some SAIL consumers have invited Sara and Linni into their homes to provide HomeMAP services! They are trained in the ADA and in aging & accessibility home modifications. Linni and Sara will come to your home, free of charge, and help you evaluate ways to adjust your home to meet the challenges you, your parents, friends, or loved ones may be experiencing. One enthusiastic individual exclaimed that her quality of life has increased by

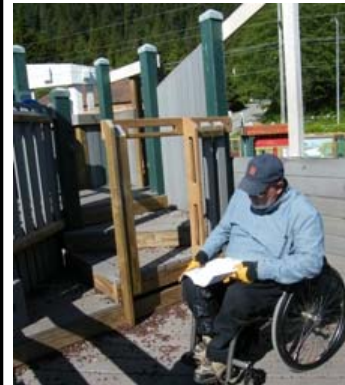


SAIL's Linni Esther

150% since she contacted SAIL. She reports she sleeps better at night and her spirits are bright, knowing her home is safer and more user-friendly. If you would like more information about the HomeMap program or would like to schedule one, please call Linni at the SAIL office at 586-4920.

OTHER ADA RELATED NEWS

Don Brandon, former board member of SAIL and now Seattle's Director of Disability and Business Technical Assistance Center (DBTAC), spent a week in Juneau this summer with SAIL's Accessibility Specialists Sara Boesser and Linni Esther. He provided training to architects, code managers, and facilities managers about the



upcoming changes to the ADA Accessibility Guidelines. Don is also providing guidance with the next phase of Project Playground.

JUNEAU LOW VISION SUPPORT GROUP

The Low Vision support group meets EVERY Fourth Tuesday of the month at 1:00pm at the Downtown Senior Center.

JUNEAU ORCA

A Busy and WARM Summer for ORCA

We kicked off summer with our annual Spring Picnic at Sandy Beach. Many consumers and their family, friends and staff joined us for yummy burgers, ‘dogs and salmon sandwiches as we basked in the sun on one of the many sunny days this summer! The nice weather provided many opportunities for various activities: camping trips to Cowee Meadows and Blue Mussel Cabins, day hikes, afternoon & evening kayaking, a five day road trip through Canada, a trip to the Southeast Alaska State Fair in Haines, and many other trips, events and activities.

ORCA Consumer Highlight

Our ORCA consumer highlight for the summer features Kyle Pruett, a junior at JDHS. Kyle has a significant visual impairment, but that did not slow him down when it came to hiking the trail to Cowee Meadows Cabin for the MAC/AC campout in August! Kyle managed to hike more than two miles to the cabin in just over three hours. The new terrain provided a challenge and it was physically demanding as well. The trail features several stretches of boardwalk, root-ridden sections, and mud-bogged areas. Kyle’s visual impairment, coupled with his recent back surgery, resulted in a physically taxing excursion. With the use of a cane, two hiking poles, and a staff to help guide him through trouble spots, Kyle made it to the cabin and was able to enjoy the fruits of his labor—a restful night’s sleep. Kyle’s perseverance, hard work and positive attitude made for a successful and exciting first hiking trip!



NEW & EXCITING CHANGES IN ORCA

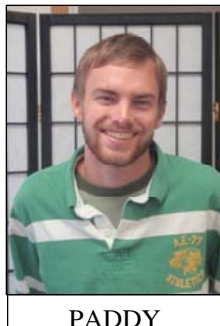
As the ORCA program continues to adapt to the evolving recreational needs of our consumers, we are excited to introduce some new offerings. This fall, we will begin to offer new courses that will cover a variety of interests—recreation, arts and culture, fitness, and more! Look for information and details in a mailbox near you very soon!

SPEAKING OF CHANGES

The ORCA office has seen plenty of change this summer. After hiring Tristan Knutson-Lombardo as the new Juneau ORCA Team Leader in May, summer brought about a changing of the guard for our Jesuit Volunteer (JV) position. In August, we said goodbye to Lindsay Hallvik after a great year of service. Good luck Lindsay, you will be missed! Our new JV, Paddy Stoy, is a recent graduate of Gonzaga University and hails from the land of a thousand lakes—Minnesota. An avid skier and hockey enthusiast, Paddy is excited for his year of service with ORCA. Look for his friendly face at each ORCA event and be sure to say “welcome”!



TRISTAN



PADDY

...KETCHIKAN SAIL...

ORCA SUMMER WRAP UP

Finishing summer with a bang, Ketchikan ORCA traveled to Juneau to go on a four day hiking trip. Participants worked throughout the year to be in shape and prepared for this hiking trip. Everyone did a wonderful job hiking! Good attitudes and laughter made trail time go by quickly and a nightly celebration completed each day.

An extra treat on the trip was joining Juneau ORCA for a luau at the beach. Many participants caught up with old friends, met new people and enjoyed great food. With a successful trip under their belt, Ketchikan ORCA participants plan to continue training and try longer and harder hikes in the future.

Ketchikan ORCA also had some awesome local activities this summer. Some of these activities included going snorkeling in the ocean, kayaking, jet boat tours, decorating the bus for the 4th of July, and walking in the 4th of July Parade.

Looking into the future, SAIL will be doing many work site tours for October's Disability Awareness Month. SAIL and several community agencies work together to organize Disability Mentoring Day; pairing up individuals at jobs that they would like to try out for a few hours. This year, Disability Mentoring Day is October 21st. If you are interested in participating, please contact the Ketchikan SAIL office. Thank you! Have a great autumn!



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!

...SITKA SAIL...



A SUCCESSFUL BOAT CRUISE AND BEACH CLEAN-UP !

Sitka's ORCA program had a successful senior boat cruise and beach clean-up on Saturday August 29th. Senior Outdoor Adventure and Recreation (SOAR), a new sub-division of ORCA particularly geared towards individuals fifty and older, included fifteen excited Sitkans as we departed Crescent Harbor promptly at 10:00 am. After a pleasant cruise up north, we found ourselves combing a beach in Nakwasina Sound. Some unusual finds included a chair, a can of chew, and a nurdle (a small piece of plastic used for packaging).

We left our first beach spic and span and then cruised through the Magoun Islands toward our next destination. On the way to Brown Beach on Kruzof Island, our friendly captain pointed out an old 25,000 lb. abandoned yarder which had been used for logging. Brown Beach proved to have its own interesting collection of debris. We found a sleeping bag, a large construction cone, a long plastic tube, and much more. After a job well done, everyone was happy to climb aboard, dry off, and enjoy a nice cup of coffee as Doug Fanyak explained some of our available resources available to our seniors. People left with smiles on their faces and a definite interest to participate in more SOAR programs in the future.



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CHANGE SERVICE REQUESTED

From The Desk Of The ADRC!

A great opportunity for learning this July was the attendance of SAIL staff to The Midnight Sun Assistive Technology Conference (MSAT) held in Anchorage. Three days of workshops included addressing better ways to utilize technology for Alaskans such as voice recognition software programs like Dragon Speak or text enlarging programs like ZoomText for low vision needs. Not everything was high tech – as one presenter discussed the importance of duct-tape, foam and Velcro strips to assist with labeling items or making your own “grabber” out of a stick and a nail! Remember SAIL is an ADRC, but you can also call—1-877-6AK-ADRC.

SAIL Board of Directors

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- ▣ Joe Tompkins ▣ 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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