FULL Sik AHEAD

ISSUE 28

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15 Year Celebration

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Ketchikan SAIL

Sitka SAIL

www.sailinc.org

SEPTEMBER 2007

SAVE THE DATE

SAIL's 15th Anniversary is November 9th! SAIL will be renewing its Annual Auction & Banquet this year to celebrate our 15th Anniversary and to culminate the end of our first ever regionwide annual campaign. Please join us at Centennial Hall in Juneau for an evening of celebration including great auction items and wonderful food. More details to come, but please save the date to help us celebrate 15 ware of working with Southeast Alashars with disabilities!

15 years of working with Southeast Alaskans with disabilities!



SAIL BENEFITS FROM DVD SALES Local filmmaker Adam Kelly and his father Charlie (shown at left) hand deliver a check to SAIL/ORCA. The donation is a result of Adam's DVD sales, entitled *Alaska, the Ultimate Experience.* Adam, who lives in Juneau, filmed all of the footage himself and decided to market his product for the

first time during the summer season of 2007.

<u>Three Revolutionary Ways</u> <u>to Support SAIL Online</u>

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So many of us use the internet these days, it's become an invaluable tool, and it was only a matter of time until it became a powerful fundraising tool as well. There are now three easy ways for people to support SAIL online.

The easiest way, and free to the user, is to replace your regular search engine, such as Google or Yahoo, with Goodsearch. Every search you do using Goodsearch generates money for the charity of your choice, and Southeast Alaska Independent Living is now one of the choices. It's very easy to use and very easy to add the Goodsearch search engine to your internet toolbar, so searching with it is automatic. Please see their website at <u>www.goodsearch.com</u> for details, or give any SAIL office a call with questions.

Giveline.com is an online store created for the community-minded shopper, offering over a million bestselling products including books, movies, music, electronics, housewares, gifts and more. Every purchase generates a substantial donation to Southeast Alaska Independent Living (SAIL), Inc. - an amazing average of 16% of store sales, sometimes as high as 33%. *Giveline* has great prices, the difference between *Giveline* (Continued on page 3)

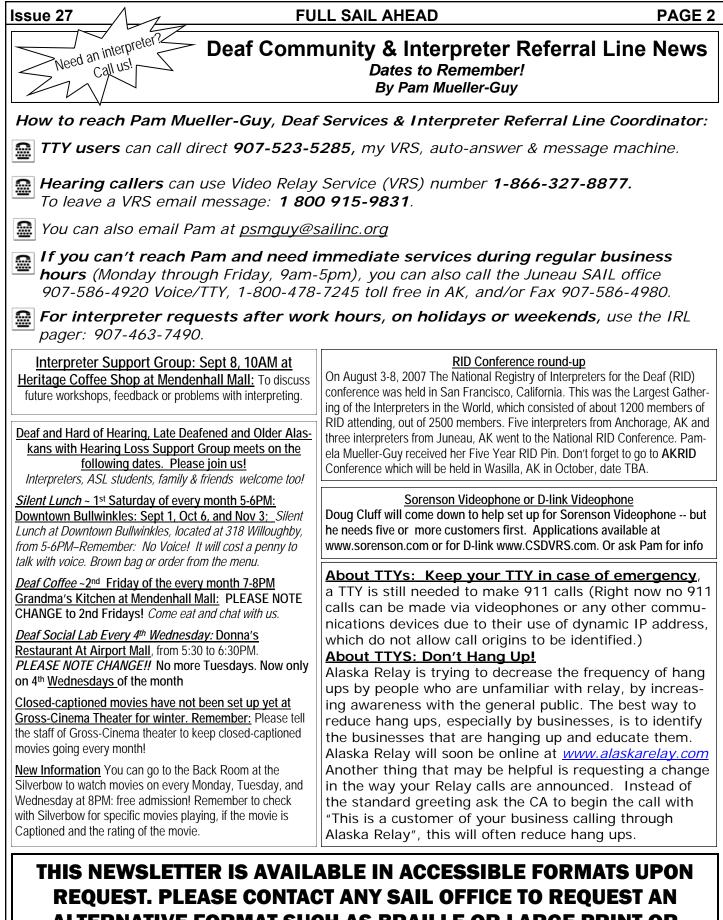
2007 Disability Mentoring Day: Career Development for the 21st Century

An inclusive community includes inclusive workplaces, right? <u>*Right!*</u> 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 Wednesday, October 17th.

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.

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!



REQUEST. PLEASE CONTACT ANY SAIL OFFICE TO REQUEST AN ALTERNATIVE FORMAT SUCH AS BRAILLE OR LARGE PRINT OR DOWNLOAD IT AT WWW.SAILINC.ORG

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Assistive Technology Loan Fund

The State of Alaska Department of Labor and Workforce Development Division of Vocational Rehabilitation (DVR) announced the Assistive Technology (AT) Loan Fund. The AT fund was established to help improve the quality of life for individuals with disabilities through a flexible loan option program that allows them to purchase needed Assistive Technology (AT). The loans improve independence and productivity, in turn decreasing the need for public support. This option may allow the customer to access a lower interest rate and/or longer term repayment timelines based on their individual needs. The State guarantees 90% of this loan while the commercial bank covers the remaining 10% guarantee.

Guidelines:

• Maximum loan amount is \$40,000; Minimum loan amount is \$2,500.

• Interest Rate on AT loans is set with the **maximum** rate based on the published Wall Street Journal Prime rate. The **minimum** rate depends on the final approval of interest buy-down requests as noted above. The rate is established on a case-by-case basis, with the initial recommendation made by the lending institution (Northrim Bank) and reviewed and approved by the AT Loan Fund representative (Sean O'Brien at DVR).

• Qualified consumers may obtain a second loan from the fund provided that the existing loan is in good standing and the total of the two loans does not exceed the maximum allowable loan amount.

Eligibility

• Must be a person with a disability, their representative(s) or parent.

• Must be used to purchase Assistive Technology (AT) such as, but not limited to vehicle modifications, housing modifications, durable medical equipment, or off the shelf customized products that improve the quality of life for individual with disabilities.

• Loans to purchase vehicles are not allowed.

• Must be demonstrated that the assistive technology requested has the potential to improve that individual's quality of life, independence, or ability to function productively.

• Must work with other funding sources to ensure that the funding for Assistive Technology is not available through less expensive means before applying to the AT Loan Fund for a loan. This includes funding through other agencies or programs or eligibility for a conventional consumer loan, notwithstanding extenuating factors.

Assistive Technology Loan Fund Sean O'Brien	Northrim Bank Contact: Sue Lyman
801 W. 10 th St., Suite A	2709 Spenard Road
Juneau, Alaska 99801	P.O. Box 241489
(907) 465-6969	Anchorage, Alaska 99524-1489
Or Toll Free 1-800-478-2815	(907) 261-3367

(continued from pg 1) and other major online retailers is that every purchase earns money for our organization. Check it out today, the website is <u>www.giveline.com</u>. If you decide to buy, Southeast Alaska Independent Living (SAIL), Inc. can earn significant funds in support of our mission. All you have to do is select us!

Buyforcharity.com. Here you can shop online from over 350 stores like Barnes & Noble, eBay, Office Max, Gap, Dell, and more! Up to 35% of each purchase will benefit us if you select SAIL as your cause of choice. So anytime you buy online, whether you are looking for Office Products, Flowers, Clothes, or anything else, check them out at www.buyforcharity.com and don't forget to select SAIL as your charity!

Home Modification Funds Available for People with Disabilities

Tlingit & Haida Regional Housing Authority has been funded with a \$300,000 home modification grant from Health and Human Services for ADA renovations for people with disabilities. The Program will be for all of Southeast Alaska with limitations in Sitka and Haines as THRHA does not have staff in those towns. The program should be up and running soon. Keep in touch with SAIL if you or someone you know experiencing a disability need some home modifications!

<u>RuralCap Announces</u> <u>Program Funds</u> <u>for Seniors</u>

RuralCap has announced **THREE** programs which have been funded and are now available for Seniors in Juneau.

- **The Home Program** (funded by HUD), offers home repairs to help seniors live in homes that are safe and affordable.
- The Weatherization program (funded by DOE), offers energy related improvements to help lower costs of heating your home.
- The Senior Access program (funded by AHFC), offers ramps, accessible showers, wheelchair lifts, grab bars, lighting, and safety, as determined by your doctor, to help you remain active and safe.

All programs are income qualifying, and some allow for high incomes. Contact RuralCap in Juneau at 790-3499 for information and applications, or for assistance with filling out the application.

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Juneau Low Vision Support Group

The Juneau Low Vision Support Group meets the 3rd Friday of every month at the downtown Juneau Senior Center: September 21st, October 19th, and

November 15th * (Thursday instead of Friday)



JUNEAU'S ONLY FOOLS RUN A HUGE SUCCESS

SAIL Juneau held our annual **Only Fools Run at Midnight** fundraiser, presented by *Holland America*, on June 30th. All money raised will stay right here in Juneau to help individuals with disabilities live independently. We had numerous volunteers and we greatly appreciate them taking time out of their busy lives to come and spend a very late evening with us. Among the volunteers were Juneau celebrity judges

The tooth fairy makes her appearance at the 2007 Only Fools Run at Midnight (OFRAM) in Juneau

including Senator Kim Elton, Representatives Beth Kerttula, and Andrea Doll, Paralympian Joe

(OFRAM) in Juneau Tompkins and our MC Andy Kline. Of course a big thanks to all the participants...for coming out to run or walk at midnight instead of being snuggled asleep in your beds. SAIL also appreciates all those on the course who cheered on the runners and walkers.

A *very special thanks* to the Southeast Roadrunners and Tristan Knutson-Lombardo for taking the lead on organizing the event again this year. The event overall was a tremendous success and we thank all involved for supporting quality programs for Southeast Alaskans with disabilities through this great community event. Thanks, Juneau!



The Hawaiian Hotties show their skills during costume judging at the 2007 Fools Run. (Photo Courtesy of Cody J. Bennett) For more 2007 OFRAM pictures, see <u>www.sailinc.org</u>

JUNEAU LOAN CLOSET HERE FOR ALL

Thanks to a recent surge of donations from the Juneau community, SAIL's Juneau loan closet is now filled with a greater variety of durable medical goods. Juneau's loan closet inventory:

- Collectively: 30 shower stools/transfer benches, toilet risers, and commodes.
- Variety of grabbers, shoe horns, zipper pulls, and sock aids.
- Collectively: 40 adjustable/nonadjustable canes, crutches, walkers and accessories.
- About 10 collapsible manual chairs- varying in size.
- NO ELECTRIC WHEELCHAIRS are available at this time.

If you or someone you know temporarily needs equipment from our loan closet (e.g. a wheelchair, walker, shower chair, toilet riser, commode, etc.), please call in your requests BEFORE visiting our office. If SAIL can fill your equipment request(s), your item(s) will be available THE NEXT BUSINESS DAY between 1 pm and 5 pm. Thank you for your understanding and willingness to plan ahead of time. Of course if you have an emergency request, SAIL will try to accommodate your request in a timely manner within staffing constraints. In any case, we appreciate your patience in working with us for this free community service and appreciate donations to help support and repair our loan closet! Donations are, as always, tax-deductible!

Speaking of tax-deductible donations, **if you have equipment that you would like to donate**, please contact your local office. We are always in need of wheelchairs, scooters and other high-demand equipment. Your help and donations keep the loan closet going! Thank you!

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October is Disability

Do You Like to Scrapbook?

If creating scrapbooks or photo albums is one of vour hobbies. we would LOVE to enlist your help! The Juneau SAIL / ORCA office has boxes of wonderful photos from over a decade of adventures. We are looking for someone to help us organize and protect our cherished memories.

Please call 586-4920 or 586-0104 to volunteer.

Employment & Awareness Month!

Join us for special events all month long. Activities will include tours of job sites, a visit to the Juneau Job Center, presentations, and movie screenings. Call ORCA at 586-0104 for details.

Upcoming Fall Activities

- HC @ the Glacier Campground, September 14th 6:00-8:00 pm.
- Roadside Clean-up, TBA.
- We are looking for a fun Halloween activity - call ORCA if you have an idea or hear about an activity happening in Juneau!!

ORCA has had an Amazing Summer...

On the Water - ORCA's Wildlife Cruise was a success again this year. With not a cloud in the sky, we set sail for hours in the sun being entertained by whales, sea lions, and the wonderful crew at Allen Marine. Early in August, the Adventure Clubs cruised

along Gastineau Channel aboard the new steamboat Susanna, compliments of the Juneau Steamboat Company. We cruised to Sandy Beach, enjoyed beautiful weather and the many sites. Family and friends of ORCA were all invited to join ORCA's annual rafting trip down the mighty Mendenhall River, compliments of the Alaska Travel Adventures. We enjoyed great weather and great



views of the glacier and surrounding mountains. ATA also provided us with delicious snacks at the end of our trip. ORCA's most exciting 'on the water' news comes from Mendenhall Lake where we took Karen Sewell kayaking for her first time. With Jen Bellman's ingenuous adaptive kayaking equipment, Karen was able to paddle using just one arm. She is so proud of her accomplishment and so are we!

On the Road – ORCA headed out of Juneau for two adventures this summer. The annual Trip to Haines for the Southeast Alaska State Fair, July 27-29 was a BLAST!! We camped at the beautiful Chilkoot State Park, watched the parade along Haines' Main Street, and spent all of Saturday afternoon at the State Fair enjoying heaps of yummy food and excellent entertainment. We soaked up all the rays in sunny Haines before departing back to Juneau!! ORCA's second big trip of the summer offered everyone an escape not only out of Juneau but across boarders to Whitehorse. The Canada Road Trip from August 17-21 included stops in Haines, Haines Junction, Whitehorse, and Skagway. ORCA hiked, visited the indoor water park, saw the sights, and camped along the way.

On the Trail – Adventure Clubs set off on hikes all summer long in Juneau. From the Boy Scout Trail to the Brotherhood Bridge Trail and hiking up past the tram on Mt. Roberts, ORCA made the most of the sunny (and rainy days) this summer. We had three successful cabin trips to Windfall Lake in May, John Muir and Spaulding Meadows in June, and up the Dan Moller Trail in August. For these hiking trips we had many new and returning hikers of all ages, despite the occasional rain shower. Participants learned new skills and practiced skills from years past. A good time was had by all!

WELCOME SHANNON

My name is Shannon Bell and I am originally from Washington. I recently graduated from Santa Clara University with a degree in Combined Sciences, Because I love all things outdoors, I was drawn to Juneau and the SAIL/

ORCA organization. In my free time, I love running, water & snow skiing, hiking, eating ice cream and having fun. I am so excited for my year in



Juneau and look forward to all the fun adventures that lie ahead!

We'll Miss You Lindsey!!

On a surprisingly sunny day this past winter at Eaglecrest a Juneau ORCA staff was fortunate to share a lift ride with the fearless exchange student from New England, Lindsey Kerr. The brief conversation from the base

of the mountain to Hooter revealed her excellent adaptive ski skills, passions for outdoor recreation and working with



people with disabilities. ORCA was lucky to have met her and immediately hired her for help during the ski season - along the way she fell in love with Juneau and ORCA and decided she must stay for the summer. Lindsey brought a ton of skills and energy to ORCA. We've had many fun adventures and are sad to lose her to the East Coast and her Junior year at the University of New Hampshire. We wish you the best of luck and hope to see you again soon !



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.KETCHIKAN SAIL

KETCHIKAN SAIL IS CO-SPONSOR OF UPCOMING ESTATE PLANNING SEMINAR

Wondering how your gift or an inheritance will affect your loved one with a disability or is a gift already endangering Medicaid benefits? Ketchikan SAIL is co-sponsoring with Community Connections a Medicaid and Estate Planning Issues seminar Thursday, September 13th from 6-8pm. The seminar is free and will be held at the Community Connections conference room. Space may be limited so contact our office to register. The workshop is designed to benefit people with disabilities and is presented by Beth Ann Chapman and Vance Sanders. Don't miss this opportunity! 225-4735

Swinging into Fall

ORCA world in Ketchikan has been quite busy this summer. Some of the highlights included camping at Settler's Cove, eating crab until our bellies were full at the annual summer melodrama Fish Pirate's Daughter, a multi-day trip to Prince of Wales Island and a great picnic held at Ward Lake.

Looking ahead into the fall, we've got some great activities planned for Adventure Club. Be sure to check your calendar and call



the office to sign up for activities!

And remember, the more the merrier! If you know of someone who might be interested in attending ORCA activities, invite them to come along and try it out. New faces are always welcome!

Low-Vision Group is Catching Fire!

The Ketchikan Low-Vision and Blind Support Group has met four times since May, has gained seven new members, and will now be meeting twice a month. We took a visuallydescribed "Touch and Feel" tour of the City Museum in May, held a planning session in June, discussed social relationships in July and learned about grief with disabilities in August! In upcoming sessions, we'll discuss technology, service animals, time management, and take another visually-described tour. Meetings are every other Tuesday, rotating evenings at the office and mornings at the Pioneer SAIL Home. Call Kevin at 225-4735 to have a schedule mailed to you.

Ketchikan Fools Run Sets Records

Runners and walkers at Only Fools Run at Midnight (OFRAM) in Ketchikan ran or walked in a not so unexpected Ketchikan environment: *Torrential rain!* The showers started just before the race began and ended after the ceremonies. The wet weather did not dampen the race or the award ceremony, even

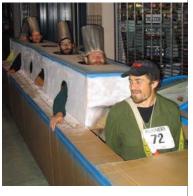


though the audience was a bit soggy! While we didn't have as many costumes as Juneau, we did have the longest centipede – a 20-foot cardboard boat carried by seven runners. We also set numerous records this year. We had more than 150 participants and 30 volunteers. The pledge drive raised \$10,000 that will stay

right here in Ketchikan for SAIL and ORCA programs. Jessi Chapman won the two Alaska Airlines tickets after raising \$1,083 in the pledge drive. Ketchikan, also began a new SAIL tradition this year: recognizing local advocates and organizations for disability advocacy efforts. The five namesake awards were given to:

Jerry Kainulainen Advocate for Access Award: Cheryl Hull Systems Change Award: Ruby deLuna Volunteer of the Year Award: Alice Rocke Disability-Friendly Employer Award: Safeway Ketchikan Jerry Schack Government Award:

Jessi Chapman Kara Lunde Armando Rangel City of Ketchikan



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Only Fools Run 2007!

The fourth annual Only Fools Run at Midnight in Sitka was a success, with many Sitkans, as well as visitors, turning out for the race. Consistent with years past, the walkers and runners showed up full of energy, despite the late hour, in artistic and creative costumes. Participants' costumes ranged from Southeast themed outfits, such as a group of people tied together as a kelp forest, to the more randomly dressed superheroes. For the first time in Sitka, we had several centipede teams (runners of 5 or more tied together) compete in the run, rather than just the walk. Sitka SAIL staff is extremely thankful for all of the community support we received during this fundraiser and we look forward to the growth of this event in the years to come!

ORCA SUMMER ROUND-UP

The Sitka ORCA camping trip on August 8-10th at Starrigavin campgrounds served as a grand finale in a series of progressively more active outdoor adventures the group has taken part in over the course of the summer. The trip was an opportunity to build on fundamental camping skills, such as cooking over a fire and pitching a tent. June provided the group with an opportunity to hike the Thimbleberry trail and see some of the local flora and fauna in bloom, including ripe salmon berries and yummy

mountain blueberries that the group was able to sample. July brought about another hike; this time through Totem park to observe some local culture while getting out to enjoy the fresh summer The capstone air. adventure thus far took



place at the tail end of July when the group utilized the Mount Edgecumbe High School facilities to go on a kayak outing for the afternoon. All participants excelled at this activity. Everyone managed to enjoy the feeling of a kayak as well as the view of the harbor. This included guest appearances by some local marine wildlife; water fowl, a sea lion, as well as some of Sitka's local fishermen.

SUMMER STAFFER SAYS GOODBYE

My name is David and I spent the summer as a staff member at the Sitka SAIL office. I was pleased to have this wonderful opportunity to get to know the SAIL customers and all residents of Sitka. I enjoyed the opportunity to



instruct participants in a new and experiential environment. I saw my time at SAIL as an opportunity to combine my appreciation for experiential education and my problem solving and organizational skills. I appreciate all that I have learned from SAIL, its consumers and the people of Sitka.

WELCOME TO SITKA SAIL AMY!



Hi! My name is Amy and I am originally from Washington. I am very excited to start the new adventure in Sitka in my role as an Independent Living Specialist. I graduated from Gonzaga University with certification in special education as well as elementary education, and was very excited to be placed in a position by

the Jesuit Volunteer Corps that I think I will really enjoy. With my background in education and my love of working with people with disabilities I will be able to bring a lot of great tools to SAIL. In the upcoming year I look forward to learning not only from SAIL and its consumers but from the Sitka community as well.

NEW ASSISTIVE TECHNOLOGY CORNER

SAIL Sitka is excited to be in the final planning stages of the Jerry Kainulainen Memorial Assistive Technology Corner (A.T. Corner). The AT Corner will be unveiled at SAIL Sitka's Open House (actual date TBA). Jerry Kainulainen was a tireless advocate for people with disabilities, a local volunteer fireman injured in the 1970's while fighting the Sitka Cold Storage fire, and an employee of Sitka SAIL for 15 years.

The Assistive Technology Lending Library of Alaska (ATLA) has committed dollar for dollar matching funds to create the Jerry Kainulainen Assistive Technology Corner. SAIL Sitka's goal is to supplement our assistive technology equipment loan closet with the AT Corner, creating an in-house demonstration station and enabling staff to provide workshops and trainings to consumers and local businesses and organizations. Components of the Jerry Kainulainen Sitka A.T. Corner will include assistive technology for hearing, vision, computer access, ergonomics and communication.

Thanks to wonderful input from various Sitkan community members and service providers, the Jerry Kainulainen Sitka A.T. Demonstration Station will not just be a memorial to a tireless advocate for people with disabilities, but will be a tremendous benefit to the community of Sitka!



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

ORCA Establishes Advisory Group

The Juneau office is initiating an ORCA Advisory Group. Consumers, family members, and care providers who would like to help shape the future of ORCA are encouraged to participate. We aim to keep the ORCA program vibrant, challenging, and unique, and are considering making some big program changes. With your input we can make sure that we are on the right track. The meetings began in August and will continue throughout September, and each will last about an hour. After that, the advisory group will determine when future meetings occur. Contact Cheryl Van Dyke at <u>cvandyke@sailinc.org</u> if you'd like to attend, or if there is someone else you think could provide a unique perspective.

Juneau's Taxi Token Program: Update

The increasingly popular Taxi Token Program in Juneau has had some funding bumps this Fiscal Year (beginning July 1st, 2007). For those consumers who use this program, we wanted to let you know that the funding has still not come through as of the printing date of this newsletter. Because of this, **SAIL has had to temporarily stop selling tokens** until we receive the notification that the grant will be renewed. We hope to hear good news soon, but until then (and as always) *please call us for updates and availability of the tokens* <u>before you come in to the office!</u> We are open from 9am to 5pm, Monday through Friday.

SAIL Board of Directors— Meetings held the 4th Tuesday of every month
Clark Gruening, President
Robert Purvis, Vice President
Paul Douglas, Secretary
Elena Rath, Treasurer
Ann Park
Suzanne Williams
BethAnn Chapman
Mary Gregg
Public Participation is encouraged at the monthly board meetings! For more information:

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