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Holland America Line *presents*

Only Fools Run at Midnight

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 30th at 11:59pm**, so be there, be early for costume judging, or be square!

Last year Juneau added a ONE MILE WHEELCHAIR RACE division and it was huge success. This year all three communities will have a wheelchair category. Persons of all ability levels welcome to participate in the wheelchair division. Some loaner wheelchairs available at registration on a first come first serve basis. Scooters and power wheelchairs welcome as needed for accommodations.

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 in the near future. Registration forms will also be available on our website: www.sailinc.org. **For Juneau, the first 500 to pre-register will get a t-shirt. In Sitka, the first 180 and in Ketchikan, the first 150.** The Ketchikan event will also be a pledge drive. Fantastic prizes for individuals who raise the most money!



A deck of cards joins in the race!

Registration will be available on the night of the race starting at 10:30 p.m., but t-shirts may not be! 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!

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

Early registration, by June 28th

Adult \$20; Youth (14 & under) \$10;
Family of 4 \$50

Register after June 28th

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

Contact the SAIL office in your community for more details & keep your eyes on www.sailinc.org for more information.

LEGISLATIVE ROUND-UP

The disability community saw more victories than defeats in a relatively unimaginative 2007 legislative campaign. Many disability-related agencies asked for and received partial or full funding, including the independent living programs.

According to legislative staff members, Alaska Senators were “blown away” by the public testimony on the need for extra funding for independent living and interpreter referral programs. Independent Living received the requested \$100,000 increase and the interpreter programs got \$25,000, more than one-fourth of the requested \$94,000. Thanks to all who volunteered their time to tell the Legislature how SAIL has impacted your life!

The Senior community took the biggest blow this session when the Longevity programs did NOT pass the legislature. At press time, Governor Palin announced that she would temporarily extend SeniorCare until another solution could be found. SeniorCare provides financial assistance to Alaska's seniors with the lowest income.

Continued on page 3

Deaf Community News

Dates to Remember!

By Pam Mueller-Guy

My TTY phone number at work is 907 523-5285. It is an auto-answer machine while I am away from my desk or out of the office. So watch for news and events, and more on the answering machine!

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.

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 videophones 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 throw it away!**

Sorenson Videophone or D-link Videophone applications available through Internet to sign up. Doug Cluff will come down to help set up for Sorenson Videophone --he needs more customers first—so please sign up! [requires 5 or more applicants!]

Are you are interested in using a **Videophone** to make calls but you don't have Internet service? What can you do to get yourself connected? There are two major Internet Service Providers (GCI and ACS) in Alaska that you can contact to connect to the Internet and can set up D-link or Sorenson Videophones. Videophones require an Internet speed of 256kb (download) /256kbps (upload) or higher!

Please contact Pam Mueller-Guy at SAIL Office, 907 523-5285 TTY, or email: psmguy@sailinc.org. She is Juneau's/ SE's Telecommunications Alaska Relay Advisory Board member for Communication Services for the Deaf/Hard of Hearing Community, <http://www.c-s-d.org>. To apply for a free videophone, see www.sorensonvrs.com. Also, to check internet prices for our area check 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!

Silent Lunch ~ 1st Saturday of every month: Downtown Bullwinkles: June 2, July 7, and Aug 4 5-6PM[Change time for the summer only!] Pam won't be there August 4, located at 318 Willoughby, from 5-6PM—Remember: No Voice! It will cost a penny to talk with voice. Brown bag or order from the menu.

Deaf Coffee ~ 3rd Friday of the every month 7-8PM Grandma's Kitchen at Mendenhall Mall: Come eat and chat with us.

Deaf Social Lab Every 2nd & 4th Tuesday: Donna's Restaurant At Airport Mall, from 5:30 to 6:30PM.

Closed-captioned movies have not been set up yet At Gross-Cinema Theater for winter. Remember: Please ask the staff of Gross-Cinema theater to keep closed-captioned movies going every month!



IRL Coordinator, Pam Mueller-Guy and SAIL Board member Ann Park visited Kake High School students for sign language lessons.

Interpreter Support Group: June 9, 10AM at Heritage coffee shop in Mendenhall mall. To give feedback, discuss future workshops, assessments, fundraising or scholarships for those wanting to attend the **June 15 assessment and/or the June 16 workshop "Shall We Dance,"** please come to the Support Group or contact Pam Mueller-Guy at the Juneau SAIL Office : psmguy@sailinc.org or 907 523- 5285 TTY.

Don't forget the RID conference in San Francisco, August 2-8, 2007; for more information, check out the website below:
<http://www.rid.org/conferences/calendar/index.cfm>

RID Performance Test Dates and Application Deadlines:

10/13 – 14/07 **Deadline: 8/17/07**

Deaf and HH in the ARC

Anchorage, AK

Site: 136

LEGISLATIVE ROUND-UP (Continued from page 1)

A resolution was also passed encouraging Congress to address the national issue of doctors denying services to patients who use Medicare. A request from the Alaska Center for the Blind for \$110,000 toward rural outreach and skills training was approved for about half that amount. Ultimately, this year's session was about reinstating funds that were cut during the previous administration. Planning a better advocacy campaign in '08 begins today.

What do you think needs to be changed for Alaskans with disabilities? Make a list and then visit the following organizations' websites to see how your dreams mesh with theirs: Partners In Policymaking: www.alaskachd.org/pip/; Access Alaska: www.accessalaska.org; Gov's Committee on Employment/Rehab of PWD: www.labor.state.ak.us/govscomm/; Gov's Council on Disabilities & Special Ed: www.hss.state.ak.us/gcdse/; Mental Health Trust: www.mhtrust.org; AK Commission on Aging: www.hss.state.ak.us/acoa/; AARP Alaska: www.aarp.org/states/ak/; and, of course, your favorite IL Center – SAIL www.sailinc.org.

Finally, track the progress of the new State Plan for Independent Living at www.peninsulailc.org and make comments on wording or topics you want to see covered. Contact your local SAIL office for a print copy. Remember, you control your own destiny!

JUNEAU SAIL
WINS FAMILY
FRIENDLY AWARD

The Juneau SAIL office was recently awarded with the 2007 Family Friendly Employer Award in the Non Profit Business category. A big thanks to Cheryl Van Dyke and Sierra Kaden for the nomination. Entrants were required to write why they think that their employer was Family Friendly. In addition to the award itself, SAIL was also commended by Senator Bettye Davis on behalf of the Alaska State Legislature Women's Caucus and by area Representative Andrea Doll! More information can be found by going to the following website:



WELCOME DANIELLE

Hello, my name is Danielle Buster and I am the new Administrative Assistant for SAIL. Throughout my life, learning new ways to excel in the workforce and overcome barriers for people with disabilities have been personal goals and passions of mine. I am extremely happy to be working with a group of people who share my same passions and goals!



Project Playground Build

Juneau SAIL Staff closed their offices on Tuesday, May 15th to participate in the first day of the Project Playground build!
Check out www.juneauplayground.com for more info!



Juneau's Premiere Accessible Playground!



HINTS FOR HOME AND TRAVEL FOR LOW VISION INDIVIDUALS

In early May, Alaska Center for the Blind and Visually Impaired (**ACBVI**), based in Anchorage, conducted training for rehabilitation service staff. A person doesn't lose knowledge and skills when a vision problem develops, but new techniques for carrying out daily activities may have to be learned. An individual's needs will depend on the particular vision problem encountered and the goals to be accomplished. Below are suggestions that can make a difference in a visually impaired person's life:

Difficulty reading or identifying items?

- Try brighter light that is more evenly distributed. This may mean using more than one source of light in a room, and adjusting blinds and draperies to make the best of natural light. Label all medicine containers.
- Obtain talking books and other items from the library for the blind and visually impaired.

Problems moving around the home?

- Replace worn carpeting, remove area rugs, move electrical cords away from walkways, use nonskid products to clean and polish floors.
- Move furniture out of the main traffic areas in the home; keep desk and table chairs pushed in.
- Keep cabinet, closet, and room doors fully open or fully closed, not half-open.

LOW VISION READER NOW AVAILABLE

The Mendenhall Flying Lions Club in a partnership with **ACBVI** (see above) has placed a low vision reader at the **Mendenhall Branch of the Juneau Public Library**. This was made possible by a grant from the 49A Lions Foundation. The low vision reader is a TV with magnification. The TV is very simple to use. It has an on/off switch and two buttons. One button changes the magnification and the other changes the color of the letters and background. For instance, the letters can be changed to white with a black background. The TV is in a separate room from the main section of the library and any staff member can help using the reader for the first time.



Juneau Low Vision Support Group

The Juneau Low Vision Support Group meets the 3rd Friday of every month at the downtown Juneau Senior Center: June 18th, July 20th & August 17th.

JUNEAU ORCA



What a spring!

It has been a great season to get everyone ready for an adventurous summer. The sunny and dry weather allowed for outdoor activities and impromptu walks around town. The Adventure Clubs have been hiking at Sandy Beach, Brotherhood Bridge, and out at the glacier. Healthy Choices had a chilly cookout at Auke Rec and a summer brainstorming session. We even got our feet wet at the Kayak Pool Session in April. We are definitely looking forward to lots of great adventures over the summer months.

WELCOME LINDSEY

Hey all, I'm Lindsey. I was originally hired on in February to help out part time with the ski program and Adventure Club, but I've fallen in love with Juneau and will be here for the summer! I hail originally from Maine and I just finished a semester at UAS, where I was on exchange. I normally attend school at the University of New Hampshire where I am studying Occupational Therapy with a minor in Recreation Therapy. Sadly, I have to leave beautiful Juneau at the end of August to head back to school, but be on the look out for me in a few years because I plan on calling Juneau my home in the future. Until then, I plan to cram my last few months here with endless adventures and taking advantage of what Juneau has to offer. I loved ORCA while in winter mode and I can't wait for the summer programs to begin! Now all we need is some sun and warm weather....



SAVE THE DATES:

- Saturday, June 2nd - Spring Picnic at Sandy Beach;
- Saturday, June 30th - Only Fools Run;
- July 14 -15th - John Muir Cabin Trip;
- July 27-29 - Trip to Haines for the SE AK State Fair;
- August 4th - Luau at Auke Rec;
- August 25 -26th - Dan Moller Cabin Trip



Call and make your reservation to join us on these activities today!



Summer Season

Ahhh....the summer season is finally upon us and we have some fantastic adventure trips planned to complement our regular activity schedule. With the wide variety of activities planned, everyone should be able to find something of interest. Please remember that there is limited space available on trips so reserve your space now. **Also, it is very important that you make arrangements to take time off from work, summer school, and other commitments with plenty of notice.**

Transportation is available on a first come, first-served basis. Please contact ORCA at 586-0104 to sign up for a trip or for more information about any activities planned.

2007 Summer Survey

If you haven't yet sent us your completed survey with updated contact info please send it to the office ASAP. We are looking forward to planning trips and activities you've suggested. Your input is very important to ORCA!

Thanks!

AC/MAC Split

Due to the popularity of Adventure Club, our group has grown to about twenty active members. In order to better serve the youth through our recreational activities, we decided to break the adventure program into two programs and separate the middle school and high school students. The high school students will continue to meet on Wednesday afternoons while the middle school students will now meet on Tuesday afternoons. One change to take note of is that the middle school students will meet one less time over the course of the month than the high school students. We'll continue to make calls to parents and teachers about any schedule changes.

WELCOME JEN

Hi, I'm Jen Bergman and about a month ago I moved from Madison,

Wisconsin as a VISTA (Volunteers in Service to America) member to work for SAIL in Ketchikan for the next year. Some of my tasks with SAIL include facilitation of the Only Fools Run at Midnight in Ketchikan, helping with the ORCA program, developing a fundraising plan, and educating the public about SAIL.



I'm very excited to be in Ketchikan because I love the outdoors. When I went to college in Pennsylvania (where I grew up), I studied environmental sciences and worked with middle school students at nature centers. In Ketchikan I've been out for hikes almost every day that the sun's shining (and with my new Xtratufs I've even managed to brave local trails in the rain...)! The local community has been incredibly friendly and welcoming- from numerous invitations for Easter dinner the first weekend I arrived, to help finding a place to live, to invitations to go on crabbing excursions! In my spare time, when I'm not out hiking, I love to play games, read, make jewelry, and volunteer. I'm very excited about the year ahead and all that it has in store!

...KETCHIKAN SAIL...

PROGRAMS REVAMPED & SUPPLEMENTED

The Low Vision and Blind Support Group hit a snag during the winter but we pulled it back together in late May with a special "Touch & Feel" Tour of the Ketchikan City Museum.

Members of the group can expect a regular monthly meeting for the rest of the summer, either on Thursdays or Mondays. Call Kevin at the Ketchikan office for more information.

SAIL is partnering with Ketchikan Youth Initiatives, Revilla Alternative High School, Wrangell's Alaska Island Community Services, and organizations on Annette and Prince of Wales Islands to bring the Department of Labor-recommended TALENTS Youth to Work program to Southern SE. Look for more information on ketchikanchamber.org in late summer!

ORCA Ketchikan

Well, things are getting busy here in Ketchikan. With a hike around Ward Lake and some cheering at The Great Alaskan Lumberjack show, summer is definitely under way.

Coming up in June we have some camping and tours of the city to look forward to. Keep an eye out on the monthly mailings for new activities in the upcoming months.

Just a reminder: Recreation is an important part of a well-balanced and happy life! Feel free to stop in the office and chat with Kate about developing and working towards individual recreation goals.

IL Specialists attend Independent Living Conference

Juneau SAIL staff Brooke Munro and Jeff Irwin attended the Region X Conference, April 18th-20th, in Tacoma, WA. Entitled "The Legacy of Leadership," the conference covered many important issues facing people with disabilities.

Irwin felt the conference was a wonderful learning experience as well as a great networking opportunity. "I was really impressed with the wealth of knowledge about the independent living movement and the dedication involved to promote the movement. It was great to finally put faces to the names and meet folks from SILC's, ILC's, and other agencies throughout the Northwest," Irwin said. Munro enjoyed two days of breakout sessions and took away the importance of "advocate, advocate, advocate."

The conference had 91 participants from the Region 10 area, which encompasses Alaska, Washington, Idaho, and Oregon. The three day event had 21 breakout sessions and 3 keynote speakers. Most of the sessions explored topics on how to best get people with disabilities connected with resources to remain independent in their communities.

...SITKA SAIL...

NEW PROJECT COMBINES YOUTH AND ELDER

SAIL Sitka is very excited about its new program called Generations Community Service Project (GCSP). GCSP is designed to utilize the insight and energy of Sitka's youth to meet the housing needs of elders and people with disabilities in the Sitka Community.

Students (from Sitka and Pacific High School) will collaborate with SAIL to assist elders and people with disabilities in the community with specific housing modification needs (i.e. a ramp to make a home accessible). Youth will work with SAIL, a local contractor, and volunteer carpenters to design, organize and build the home modifications (when applicable youth will receive academic credit for the work).



Applications from elders and people with disabilities in Sitka will be turned into SAIL and brought before the Peer Helpers committee. The committee (comprised of youth, advisors, and a SAIL staff member) will review applications for assistance and determine how to allocate the funding (this will be much like the process of the Peer Helpers Helper Grant). This committee will also be charged with working on a plan for the long term sustainability of the project— a permanent program designed and directed by Sitka Youth.

Youth (both with and without disabilities) attending focus groups and the Sitka Town Meeting held February 12th voiced that they did not feel that adults valued their input, perspective, or role in the community. SAIL hopes that this project will help change that perception by providing a meaningful opportunity and role for youth to work together with adults for the betterment of the community through a hands-on, tangible product. This project provides youth an opportunity to develop life skills with interagency and community support. Not only will this project serve an elder in our community but it will also provide a clan house with an accessible entrance, promoting cultural awareness. As a result of this kickoff project, youth, adults, and community volunteers will enjoy the satisfaction of directly improving the quality of life and community access of a Sitka elder.

ASL CLASSES ARE A SUCCESS

One of the most successful aspects of community & interagency collaboration last quarter was two American Sign Language classes. SAIL Sitka, Community Schools and UAS professor Kelli McClenahan teamed up to bring a semester of weekly classes of American Sign Language as an after-school educational opportunity at Keet Gooshi Heen Elementary School and a second weekly class for community members & educators. The two programs were so successful that we will be offering them a second time. Sign language is a valuable tool to teach youth, community members and educators as it promotes acceptance and understanding of the deaf community, as well as ultimately increasing communication with an underserved population.

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 DOWNLOAD IT AT WWW.SAILINC.ORG



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**2007midnightsun
Assistive Technology
conference**



August 7-9 Anchorage, AK

Assistive Technology of Alaska (ATLA) in collaboration with various statewide partners is proud to host the Midnight Sun

Assistive Technology Conference to be held in Anchorage, August 7th- 9th. The conference will provide the opportunity to see first hand the latest in assistive technologies (AT), practices, and services for people with disabilities. This conference is designed for people with disabilities and their support systems, or anyone else, who needs up-to-the-minute information about assistive technology devices and services. If you use or recommend assistive technology now, or you're planning to take advantage of all that technology can offer, this conference will give you the "inside track." With a wealth of sessions covering all aspects of assistive technology, you'll have the opportunity to take a walk along today's technology landscape and 'surf' what tomorrow's technology will offer. With local and national presenters, this conference is your hands-on route to new insights and information. For more information, log on to:

<http://www.akatconf.com>

Traumatic Brain Injury (TBI)

Support Group has SAIL's support

SAIL staff, Jeff Irwin, has teamed with Division of Vocational Rehabilitation staff, Margie Thomson, to assist with facilitating TBI Support Group. The group is designed for people with TBI to meet with each other once a month and provide peer support for one another. The group meets at the Juneau Job Center, 10002 Glacier Hwy, on the first Wednesday of the month in the Glacierview Conference Room on the third floor from 3:30pm-5:00pm. Thomson, who has been facilitating the group for approximately 5 years, said, "I always look forward to this group, they are all such wonderful individuals. The group is a wonderful way for people experiencing TBI to gather and share and support." Anyone who has experienced TBI is welcome to attend the group. Contact Margie Thomson at 465-3199 or Jeff Irwin at 586-4920 for details. Friends and family are welcome as well.

SAIL Board of Directors

- ▣ 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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