

# FULL AHEAD

ISSUE 39

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SUMMER 2010

## STATE VOCATIONAL REHABILITATION COMMITTEE

Haines hosted the State Vocational Rehabilitation Committee June 22<sup>nd</sup> and 23<sup>rd</sup>. The primary function of this 15 person governor appointed board is to provide direction and advice to the State of Alaska Division of Vocational Rehabilitation (DVR). Ron Boynton, the Committee chair, describes the board as “the voice of people with disabilities related to vocational services in the state.” The Committee held their two day meeting at the Chilkat Center for the Arts. The Committee listened to public testimony from a variety of community members about their experience with services in Haines and presentations from several service providers such as REACH, DVR and SAIL.

Patrick Shallcross, a Haines resident and Case Manager for REACH, is also a member of the Committee. Patrick gave an overview of services available for people with disabilities in Haines. Beau Kelly, a Vocational Rehabilitation Counselor with DVR and Sierra Jimenez, SAIL Haines Program Director talked about their collaborative approach to vocational services.

Teresa Sarabia, the Executive Director of Tlingit & Haida Tribes Vocational Rehabilitation and the Tribal Vocational Rehabilitation Representative on the Committee, had the following comment regarding the public testimony that was heard, “I am particularly impressed with the connectedness of services that helps consumers with smooth transitions from dreams to reality.”

Joyanna Geisler, the State Independent Living Council Representative described what she considers a unique process, “Here is what was so refreshing and amazing about Haines. The schools, service providers and business owners all work together to support community members with disabilities to get employment. It all seems so simple! Thank you Haines, SAIL and DVR for showing us how it’s done.”

Committee member John Cannon, the Alaska Workforce Investment Board Representative spoke to this as well, “I particularly appreciated the collaboration that happens between DVR, the Haines School District and the Certified Rehabilitation Providers (CRPs) in the community. In some communities CRPs compete with each other and it interferes with collaboration, but that doesn’t appear to be the case in Haines.”

In addition to discussion about the general sense of camaraderie and collaboration that exists with service providers in the community, the Committee also had a lengthy discussion about the lack of accessibility and compliance with the Americans with Disabilities Act (ADA) requirements among businesses in Haines. Mr. Cannon addressed the issue, “As a newcomer to town, I couldn’t help but notice that the buildings are old and access for people with disabilities must be challenging.” Member Patrick Shallcross responded, “Yes, access is a major problem in Haines. It is being addressed by a few, but there is a long way to go.”

A few Committee members took a field trip to the Southeast Alaska State Fair (SEASF) after hearing public testimony about their efforts to make the grounds more welcoming to everyone including new ADA compliant restrooms, recent Borough support for the upgrades to Harriett Hall and a partnership between the Alaska Mental Health Trust and the SEASF to offer free passes to Mental Health Trust Beneficiaries.

“It just makes good business sense. I hope that as other businesses in your town plan upgrades, they keep in mind that accessibility will benefit everyone - tourists, your community members, and ultimately the business” Committee chair Ron Boynton commented.

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Need an interpreter?  
Call us!

## Deaf Community News

By Pam Mueller-Guy



### Deaf & Interpreter Support Group

- **First Friday** of the month from 6 to 7PM. Note: the location has changed to the valley 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).



***For Deaf Advocacy Issues, please contact Pam Mueller-Guy***

***TTY users*** can call direct **907-523-5285**, VRS, auto-answer & message machine.  
***Hearing callers*** can use Video Relay Service (VRS) number **1-866-563-9886**, and you will automatically go to an e-mail message to Pam if she is not available.

The world of technology is constantly changing as you can see in the pictures above. If you need assistance with accessible technology for people with disabilities, please contact Pam Mueller-Guy using the information above.

***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.

***Please email your interpreter requests to [IRL@sailinc.org](mailto:IRL@sailinc.org)***

***For interpreter requests after work hours, on holidays or weekends, use the IRL cell/text: 907-321-4085.***

## *In Honor of... In Memory of...*

**Did you know that you can make donations to SAIL in honor of someone?**

Recently, SAIL received a donation in memory of "Bandit", a service dog with a big heart. Our thanks, as well as condolences to the employees of the Channel Branch of First National Bank of Alaska, who miss Bandit and gave generously in honor of their furry friend.

**We are also receiving monthly donations in memory of Jerry Macauley. Our sincere thanks to the donor.**

Note: This section will now be a regular part of our Quarterly Newsletter. What a great way to honor or remember a loved one!

Contact your local SAIL office for more information.



# JUNEAU SAIL

## Important Taxi Voucher Update

Taxi Vouchers are available to purchase at the Juneau SAIL office.

People with disabilities and seniors can purchase vouchers to help with transportation in Juneau when Capital Transit and Care-A-Van are not viable options. 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 picked up, what area were they dropped off, the approximate time of day the ride took place, and the date.
- Vouchers now expire at the end of every calendar quarter (current vouchers are good through *September 30, 2010*.)
- Riders may bring their unused expired vouchers in to the SAIL office up to 30 days after the expiration date to exchange them for the new vouchers.

**Remember that you are only paying 40 cents on the dollar for each voucher!**

## From the desk of the ADRC

As we age, certain needs arise that may require assistance from others. Contacting your local SAIL office can be a first step to learning about services for aging in place.

SAIL staff can assist you with getting Medicare or Medicaid services, personal care attendant services, or an assessment of your house from our HomeMAP team. Perhaps you need an item from our loan closet or want to join our popular Low Vision Support Group for a fun outing around town. SAIL, as an Aging and Disability Resource Center (ADRC), is a resource for long-term care supports.

## ADAPTED AQUATICS ADULT SWIM

Augustus Brown Pool is pleased to offer a dedicated Adapted Aquatics Adult Swim time. Their warm water pool is perfect for those who have mobility issues, and who wish to participate in swim activities.

- Water is maintained at 90 degrees
- Wide and gradual steps and a railing lead back from the deck down into the pool
- A manual chairlift is available

**MONDAYS AND WEDNESDAYS 2:15pm-3pm**

**Starting August 23, 2010**

**\$3/visit or \$35/12 visit punch card (13th visit free!)**

If you require assistance in order to successfully participate, you may bring an assistant into the water with you - at no additional charge.

**FOR MORE INFORMATION - CALL  
AUGUSTUS BROWN POOL AT 586-5325**

## 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](mailto: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.

## Have you considered Planned Giving?

**Would you like to give a gift to SAIL that doesn't cost you anything?** Ask us about the Planned Giving program. Don't have a will? SAIL can help! Contact Sierra in our Haines office for more information: 907-766-3297 or [sierrakaden@sailinc.org](mailto:sierrakaden@sailinc.org)



# HOME MODIFICATIONS FOR AGING IN PLACE

## Update from the HomeMAP Team

SAIL's HomeMAP team received a welcome "Thank You" note from Lois Wingo. It read:

"We appreciate your efforts in obtaining a ramp for the wheelchair. Construction of the ramp was well done and accomplished in a timely and efficient manner."

The Wingos purchased the materials. SAIL volunteers Erik Hulbert and a friend completed construction of the ramp and railing.

## LOW VISION SUPPORT GROUP



Left: On May 12th and 13th, SAIL hosted a Low Vision Clinic provided by Debra Gilley from the Alaska Center for the Blind and Visually Impaired (ACBVI) in Anchorage and supported by the Mendenhall Flying Lions Club. Local residents with severe visual impairments were able to attend, learn about and try out assistive devices that might be helpful to them. In some cases, ACBVI is able to provide grant funding to help individuals obtain the equipment they need. The ACBVI Low Vision Clinic is held in Juneau 2-3 times per year.

Below: On May 21st, members of SAIL's Low Vision Support Group beat the crowds and enjoyed a tour of the Mendenhall Glacier Visitor Center. An added treat was provided by member Dean Williams, who was inspired to share a few stories from his adventures while exploring the area in years past.





## ACCESSIBILITY STUDY

SAIL is supporting Cheryl Putnam's project to document hazards to wheelchair users around Juneau, with hopes that the public will gain the information they need to be more respectful of "Handicapped" designated areas and routes of travel. The information gained will also be provided to CBJ re: any access challenges, that - once corrected, would benefit locals and tourists alike.

**MATURE ALASKANS SEEKING SKILLS TRAINING (MASST)**, administered by the Alaska Department of Labor, is recruiting for participants. The intent of this program is to place individuals 55 and older in community service positions and provide job training to help them become self-sufficient, provide much needed support to organizations that benefit from increased civic engagement, and strengthen the communities that are served by such organizations. This program helps Alaska retain the valuable resources of older workers while enabling this population to maintain an independent lifestyle and make meaningful contributions to their communities. For more information contact MASST by calling 586-5718.



Would you like to help SAIL without spending a cent? There are many Internet search engines available, but if you use GoodSearch when looking for information on the web, that can directly benefit SAIL! You can find them on the Internet at: <http://www.goodsearch.com>. This Yahoo-powered site donates 50% of its revenue to charity! During a simple sign-up process, you get to choose which organization(s) you would like those donations to benefit. Of course, we hope you will select SAIL (Southeast Alaska Independent Living) as one of the agencies to benefit - every time you conduct a web search using GoodSearch. Thanks for thinking of us!

**GoodSearch**  
YOU SEARCH WE GIVE

Update: Bobby Germain is shown with the new laptop computer he received through joint efforts of SAIL's RecWorks! program and the Division of Vocational Rehabilitation. Bobby graduated in May from Juneau Douglas High School with a Full Diploma! He knows that gaining more skills with his computer will be important for future employment opportunities and plans to take courses on-line and at the Vocational Training & Resource Center this summer. Thanks to SAIL and DVR for supporting his career goal of eventually gaining employment in the computer field.



# JUNEAU ORCA

It was a busy, warm spring for the Juneau ORCA Program.

April means **Earth Day!** In honor of the holiday, ORCA spent time giving back to our community. Our **Young Adventure Club** picked up trash around Dimond Park and on the Brotherhood Bridge Trail. Our **middle** and **high school Adventure Clubs** did double duty. One week they cleaned up Cope Park, the next they sieved, sorted and shuffled dirt for Gruening Park's Community Garden.



**Healthy Choices** took to Juneau's largest community garden in honor of Earth Day. They planted over *100* seed potatoes which will grow to over *200* pounds of produce for the local food bank and Glory Hole soup kitchen! With **JAMHI** we took time to enjoy the beautiful, warm weather this spring through nature walks, bonfires and community outings.

**This summer** looks to be a busy one. The ORCA hiking trip through the Chugiak State Park was a success! A kayaking trip to Berners Bay is planned for late August. Other local camping and hiking opportunities, as well as day hiking, kayaking and biking abound. Call the ORCA office at *586-0104* to sign up for an activity.



**Art & Recreation** is a new joint course offered by ORCA and the Canvas Community Art Studio. Every other Monday, this summer, we are heading outside to recreate and create art. Classes are \$10 and you must call the ORCA office to sign up in advance.

**Adaptive Recreation Gear for Rent!** ORCA has recumbent bikes, tandem and two seat tricycles, as well as additional adaptive recreation gear, all for rent! Give us a call (*586-0104*) if you would like to borrow any of our adaptive recreation equipment.

Happy Trails and Whale's Tails! ~ The Juneau ORCA Crew

Know an adult or large youth who might need a stroller for recreational outings? The Juneau ORCA program has one just for you! We are looking for a home where this piece of adaptive equipment will get put to good use. Made of canvas, the three inflatable tires can handle paved and unpaved trails, rocks, roots, up hills, down hills (even has a brake!)... There's even a back pouch for accessories. This could be yours for **FREE**. Call the Juneau ORCA program at *586-0104*.



# KETCHIKAN SAIL

## Fools Race a Strange Run

By JOHN BORNEMAN

Daily News Sports Editor

The scene at the starting line minutes before Saturday night's Only Fools Run at Midnight race was bizarre.

Wonder Woman stood outside the Southeast Alaska Discovery Center, just in front of me. Super pals Spiderman and Batman were there, too. A chain gang connected by a real chain and a group of climbers tethered together jockeyed for position in the pack of runners.

I spotted a pair of soccer players, including one in a U.S. jersey - explains that World Cup loss to Ghana Saturday, I guess - and perhaps the most appropriate participant, something called a "running fool."

But that's the norm at the Only Fools race, where participants are encouraged to dress in ridiculous costumes for a midnight run through Ketchikan. This was the seventh running of the race, which drew about 160 people, according to Kevin Gadsey, the program director for the race host Southeast Alaska Independent Living Agency.

"It's tradition," Gadsey said. "It's something different. It's not competing with anything else."



Left: Cayenne Rowton completes the 5K Only Fools Run at Midnight Race outside of the Southeast Alaska Discovery Center early Sunday morning.

Photo by MJ Cadle

Right: Nina Grace Brandt-Erichsen, right, and Teagan Thomas cross the finish line of the Only Fools Run at Midnight race near the Southeast Alaska Discovery Center early Sunday morning.

Photo by MJ Cadle



**SAIL has joined the world of social media! Please check out our page on Facebook and become a Fan. We hope to use the page to distribute information about events and exciting things happening around SAIL. Hope to see you there!**

**facebook**

Are you a person with a disability? Would you like to join the workforce, but you ....

- ◆ Are afraid of losing your benefits
- ◆ Don't know where to begin
- ◆ Need help with job placement
- ◆ Would like more training in your career field
- ◆ Would like help understanding "reasonable accommodations"
- ◆ Need help with childcare
- ◆ Would like help navigating the Department of Vocational Rehabilitation System
- ◆ Will need a job coach
- ◆ Need to develop pre-employment skills
- ◆ Or have any other questions or concerns, then...

SAIL can help! Please don't hesitate to contact your closest SAIL office to talk to an IL specialist about employment options.

## KETCHIKAN ORCA

Ketchikan ORCA has kicked off the summer with many fun and exciting activities! Our sold-out Allen Marine Cruise was a huge success. We had beautiful weather, great donated food, and the music of local artist, Dave Rubin. Thanks to all the 'Friends of SAIL' who participated!

Summertime means the opportunity for much more Outdoor Recreation in Ketchikan. This summer, we joined Southeast Sea Kayaks for a day of paddling in the open ocean! We had our first camping trip of the year out at Settler's Cove. We have also spent a couple days at Ward Lake hiking and enjoying the weather. Fishing, Geocaching, and community service (cleaning up Buggy Beach) were some other highlights of this busy season and we can't wait for more chances to enjoy the great outdoors.

As always, ORCA has participated in some fun community events. We attended the May Monthly Grind, and The Fish Pirate's Daughter Dinner Theater. And of course we can't leave out our favorite community event of the year, Only Fools Run at Midnight, where many of our ORCA consumers put on costumes and had a blast with our late night fun run!

The Anchorage hiking trip with ORCA was a huge success and we look forward to many more adventures before the summer ends.



# HAINES SAIL

SAIL would like to send a big thank you to the Haines Assembly Members for their recent grant award of \$2000 for general program support in FY11. As a non profit every penny helps us achieve our mission in the Chilkat Valley – *Inspire Personal Independence* for seniors and people with disabilities, but more valuable than the monetary amount is the vote of confidence from our elected officials. This grant award helps SAIL leverage other funding and support for our programs and services.

The SAIL Haines office just wrapped up a FY10 matching grant from the Chilkat Valley Community Foundation and the Douglas Dornan Foundation. Thanks in part to these donors, we surpassed all of our grant goals and most importantly we increased the quality of life for residents with disabilities!

Big Kudos goes out to the Southeast Alaska State Fair (SEASF) for going above and beyond to make the fair grounds accessible and welcoming to everyone. In the past year, the SEASF has remodeled their bathrooms to meet ADA standards, and secured a significant portion of the funding needed to renovate Harriet Hall with the goal of it becoming an accessible meeting/convention center with a commercial kitchen, for which there is a huge need in this community. In an effort to bring more people with disabilities to the fair grounds, the SEASF and the Alaska Mental Health Trust partnered to offer free passes to the fair this year for mental health beneficiaries. The SEASF is also a disability friendly employer! Thank you Southeast Alaska State Fair Board of Directors and for doing the right thing... your efforts will pay off.

Our SAIL office in Haines recently received a very nice note that we'd like to share with you.

Dear Sierra, Jim, and Janice,

The Tractor Scoot is awesome! I am lugging it around with me because I love it so I don't want to risk its disappearance by leaving it at the school garden! We harvested lettuce, spinach, and kale today and checked out the size of our awesome sunflower. Nicole used the knife assembly to chop off the root and she used the pouring gadget to fill a basin to wash the vegetables. We have also used the pouring gadget to pour drinks!



Above: Nicole Studley checks out her giant sunflower from her "garden scoot" which allows her to navigate her new accessible garden box. The materials/labor for the garden box and the garden scoot were provided by funding from SAIL's Consumer Service Fund, Douglas Dornan Foundation and the Chilkat Valley Community Foundation.

# SITKA SAIL

## A Successful Red Dirt BBQ!!!

A BIG thanks to Seimeen Bone who hosted the Red Dirt BBQ on June 2<sup>nd</sup>! Over 200 people came out for a delicious dinner, fabulous food, and to support both our ORCA program and Autism Speaks. Because of Seimeen's hard work, ORCA received half the proceeds from the event which came to a whopping \$2,600! ORCA participants displayed their gratitude and joy in a number of ways. We had a wonderful time meeting people, volunteering at the welcome booth, and having lots of fun on the dance floor. This event truly made a difference in the lives of our consumers!



## ORCA goes to Glacier Bay



ORCA kicked off the summer with an adventurous camping trip to Gustavus and Glacier Bay! Sitka participants spent the first night at the Mendenhall Campground and woke up the next morning enthusiastic to explore Juneau and go for a bike ride. We enjoyed touring the state capital building as well as Celebration. In the evening we met up with the remaining participants from Juneau and hopped on the ferry to Gustavus. Bright and early the next morning, we boarded the day boat which led us on an eight hour tour of Glacier Bay. The wildlife amazed us all! We saw brown bears,

mountain goats, sea lions, sea otters, puffins, and even a moose. The ferry took us right up to the Margerie and Lamplugh Glaciers before turning around and dropping us off back at our campsite. During our final day in Gustavus, we went for a short hike and relaxed on the rocky beach close to our campsite. Participants remarked at how much fun they had exploring more of Alaska. We will hold these happy memories for years to come!

## An IL Success in Sitka

Sitka SAIL recently received a call from an individual looking for an electric chair. About the same time, a generous consumer called looking to get rid of his old one which needed replacement batteries as well as a new tire tube. The IL team worked hard to find the replacement parts necessary to get this chair running once more. This assignment involved collaboration from the Moose Lodge, who graciously donated the cost of the batteries, and the talented work of Josh over at Foreign Auto. Just yesterday our consumer got into her now fully-functioning electric wheelchair. We hope to see her out and about town soon!



# VOLUNTEER APPRECIATION

SAIL would like to thank the following individuals for their outstanding help during the past quarter! Being a small agency, SAIL relies on volunteers to help offer high-quality services and to keep our staff focused on meeting our mission to: *Inspire Personal Independence*.

For a number of years, the Sitka and Juneau offices have benefited from the efforts and hard work put forth by our Jesuit Volunteers. The Jesuit Volunteer Corp is a service organization, with a focus on social justice that places volunteers at different non-profits throughout the U.S. for a year of service work. Each volunteer lives in community with other JVs who are working in various agencies throughout the area.

This year, we say goodbye to Paddy and Evie. Paddy spent the year assisting the Juneau ORCA program where he did everything from teaching ski lessons to exploring Southeast Alaska's rainforest with consumers and friends alike. Evie was a mainstay in Sitka's office this year. Not only did she reinvigorate the Sitka ORCA program, she also took on the many roles of an Independent Living Specialist, assisting any consumer who walked in the door.

## Fools Run Wrap-Up

## **Only Fools Run at Midnight**

This year's Fools Run was a HUGE success! With Juneau celebrating its 26<sup>th</sup> anniversary, and Ketchikan and Sitka celebrating their 8<sup>th</sup> year of foolish running, all three communities raised nearly \$35,000. Thank you to all the volunteers, and to the 900 plus runners, walkers and wheelers who paraded around Southeast at midnight in wacky fashion!



## Miles for Personal Independence

Do you fly often? Do you fly even sometimes? In Alaska we all love our Alaska Airlines Mileage Plans! If you're a mileage plan member (which we're sure you are) please consider this great opportunity to help SAIL rack up miles while you do the same!

Through Alaska Airlines EasyBiz program, SAIL can receive miles each time you fly and the best part is: you still get ALL your miles!

SAIL can use those miles to help achieve our mission to Inspire Personal Independence by helping consumers travel to receive services or explore new avenues, bringing inspiring speakers to Southeast and assisting with the overall cost of travel and training for our staff.

If you're interested in taking part in this great program, please see our website for details! [www.sailinc.org](http://www.sailinc.org)



*Inspiring Personal Independence*

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Permit 181

**CHANGE SERVICE REQUESTED**

SAIL Board of Directors

- ▣ Robert Purvis, Sitka, President    ▣ Joe Tompkins, Juneau, Vice President
- ▣ Mary Gregg, Ketchikan, Treasurer    ▣ Suzanne Williams, Ketchikan, Secretary
- ▣ Elena Rath, Ketchikan    ▣ Clark Gruening, Juneau
- ▣ Paul Douglas, Juneau    ▣ Sam Wright, Hoonah    ▣ Jeff Irwin, Gustavus

*Public Participation is encouraged at the monthly board meetings!*

*Our Board meets the 4th 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 access the teleconference line.*

*For more information on SAIL, or how to become a volunteer,  
please contact your local SAIL office.*

JUNEAU 907-586-4920 V/TTY  
1-800-478-7245  
info@sailinc.org  
3225 Hospital Drive Ste 300  
Juneau, AK 99801

HAINES 907-766-3297 V/TTY  
sailhaines@aptalaska.net  
23 Fort Seward Drive  
PO Box 183  
Haines AK 99827



[www.sailinc.org](http://www.sailinc.org)

KETCHIKAN 907-225-4735 V/TTY  
1-888-452-7245  
ketchikan@sailinc.org  
602 Dock Street, Suite 107  
Ketchikan AK 99901

SITKA 907-747-6859 V/TTY  
1-888-500-7245  
sitka@sailinc.org  
514 Lake Street, Suite C  
Sitka AK 99835