



SAVE THE DATE!
ONLY FOOLS RUN AT MIDNIGHT
Saturday, June 27th, 2009 at 11:59pm
in Sitka, Ketchikan & Juneau! Watch for
details on our website: www.sailinc.org

STIMULUS MONEY STILL IN JEOPARDY

At press time, Governor Palin has suggested rejecting the Federal Stimulus money for Vocational Rehabilitation, Independent Living, and Older Blind Alaskan programs. SAIL and the State Independent Living Council (SILC) are working hard to educate the Legislature and the Governor on how we can use those funds for one-time projects to benefit Alaskans with Disabilities. Contact your local SAIL office to find out how you can make a difference on this important issue!

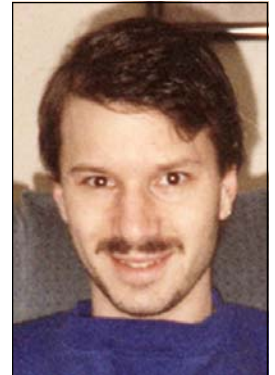
Partnerships Essential to Independent Living

- by Jeff Irwin, Juneau IL Specialist

SAIL can count itself lucky to have such a good working relationship with the Department of Vocational Rehabilitation and the Tribal Vocational Rehabilitation. In my experience, DVR and TVR have been very receptive and willing to work with SAIL staff and consumers in assisting with accomplishing work related goals which ultimately lead to greater consumer independence. Two recent successful efforts in assisting rural consumers in Hoonah come to mind - the first with obtaining faster internet service so he can pursue his computer interests, with the goal of becoming a computer specialist - the other with obtaining an Environmental Control Unit (a unit that turns on/off lights, TV, answers phones, allows her to work on the computer - all hands free!) so she can run her business more independently AND live her life with greater independence. Both of these SAIL consumers were able to get their needs met through a partnership between DVR, TVR, and SAIL. Upon attending the APRIL (Association of Programs for Rural Independent Living) Conference and hearing about the difficulties the various Independent Living Centers in the lower 48 have with their DVR's and TVR's, SAIL is so very fortunate to have such good partnerships with these two entities.

A Final Farewell

Former SAIL Board President and local advocate Curtis Fleischhauer passed away in his home on February 9, 2009 after a 20 year battle with Multiple Sclerosis. Curtis was a strong advocate for all people with disabilities and a firm believer in the IL philosophy. Curtis joined the SAIL board in 2001 and later became the Chairman of the Board, before he resigned in 2003 for health reasons. His family noted that his battle with MS was an inspiration to many. He endured his body slowly giving out with unwavering grace and humor. "His quick wit, sly smile and mellow charm will be deeply missed." From all of the SAIL staff and Board, we extend our thoughts and condolences to the family of Curtis. He will be missed.



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SAIL is pleased to announce our Annual Report for Fiscal Year 2008 (July 1st, 2007 through June 30th, 2008) is now on our website, www.sailinc.org — Check it out!

Deaf Community & Interpreter Referral Line News

By Pam Mueller-Guy

Need an interpreter?
Call us!

Deaf & Interpreter Community News Dates to Remember!

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 answer machine! Also the Video phone number is the same as TTY number but hearing callers can use Video Relay Service (VRS) number 1 866-563 9886. If I am not available then it will automatically go to my email message at work.

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.

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: April 4, May 9; 5-6PM Silent dinner at Downtown Bullwinkles, 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 Tres Hermanos Restaurant (Mexican food) at Mendenhall Mall:

Come eat and chat with us. New Owner and name change too, but same place! No Voice! It will cost a penny to talk with voice. Brown bag or order from the menu. April 17, and May 15.

Sorenson Videophone or D-link Videophone applications available through Internet to sign up. Nick or Aaron will come down to help set up for Sorenson Videophone—he needs more customers (5 or more) first—so please sign up! For the online application, check www.sorensonvrs.com and also 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> For questions, please contact Pam Mueller-Guy at 907 523- 5285 TTY or by email address: psmguy@sailinc.org

Interpreter Support Group: April 4, 10AM at Heritage coffee shop in Mendenhall mall. Please contact Pam Mueller-Guy at SAIL Office or by email address: psmguy@sailinc.org or call 907 523- 5285 TTY to discuss about future workshops or any feedback or problems with interpreting.

...KETCHIKAN SAIL...

SAIL “Spotlighted” at First Bank Event

SAIL was featured at a special dinner in Ketchikan on Monday, March 9, for friends, staff, and investors with First Bank. SAIL staff and consumers had the opportunity to share about all the positive changes occurring within the disability community in Ketchikan. SAIL Juneau's Development Specialist, and native Ketchikan resident Danielle Lindoff shared about how SAIL helped her in the 1990's, and discussed the importance of community support and local giving. Advocate Taylor Gregg and ORCA Activity Coordinator Cat Ivie told about the fun and educational events that ORCA provides to people with disabilities. Ketchikan Program Manager Kevin Gadsey shared about the needs in Ketchikan and the successful changes due to advocacy in the past seventeen years! The event was hosted at The Landing Best Western Hotel.



Medicaid PCA Update

Thanks to the efforts of Alaska Legal Services, Care Coordinators, and Independent Living Centers in Alaska, many individuals who lost services during recent Medicaid assessments have had their plans restored partially or fully.

People still experiencing cuts in services should contact their local Independent Living Centers as soon as possible so that advocates can help fix the problems on an individual and state-wide level!

ORCA UPDATE

Ketchikan ORCA had a very successful fundraiser in February. We made pizzas with the Culinary Arts Department, selling over 90 pizzas, which we made on February 24th. The group all pitched in to help make the pizzas. It was a great success! We also have exciting hikes, hospital tours and cooking activities planned for the upcoming months. Watch your mail for new activities being planned including our annual cruise sponsored by Allen Marine.

...JUNEAU SAIL...

ATLA Visits SAIL Juneau

Juneau SAIL staff was fortunate to have Assistive Technology (AT) Consultant Holli Yancey from Assistive Technology of Alaska (ATLA) down to discuss and demonstrate assistive/adaptive devices that SAIL currently has for loan to our Southeast Alaska community members. Holli assisted staff with low vision devices including bar magnifiers, tinted glasses and the ever popular CCTV. She discussed hearing assistive devices such as pocket talkers and V/TTY machines, plus ways that computer applications can assist as well. SAIL has these items and more. Please call SAIL at (907) 586-4920 for inquires concerning the Loan Closet program!

MOVING ON TO NEW ADVENTURES

After more than 5 years of service to our consumers, SAIL is saying goodbye to our IL Supervisor, and Benefits Specialist, Sarah Bosma. Sarah has accepted a position with the State of Alaska at The Office of Public Advocacy, which provides guardianship and conservatorship services for individuals who are found by the court to be in need of a protective order. OPA is appointed as guardian or conservator for an individual only if a family member, friend, or private entity is not able to do so. We are proud of Sarah for everything she has done for SAIL and our consumers and know that she will be an awesome asset to the State! Good Luck Bosma...you will be truly missed by both staff and consumers of SAIL!



RECWORKS UPDATE

RECWORKS! is continuing with our pre-employment skills training at JDHS. The class is small, including only 5 students, which is allowing staff to be able to focus in on individual needs. This month, the class began taking weekly field trips, allowing staff to observe student behaviors out in the community, and offering inspiration for additional training needs, as well as giving the students opportunities to practice gathering information from possible places of employment around Juneau. The students enjoyed visiting the DIPAC aquarium, toured the Alaska State Museum, attended the Key Campaign rally on the steps of the Capitol and discovered that the second-floor track at the Dimond Field House is not ADA accessible. That was disappointing and we hope that it will be rectified soon.



SAIL Teams with AARP & SESS for a Successful Home Show

AARP (American Association of Retired Persons), SESS (Southeast Senior Services), and SAIL collaborated to produce and run a successful booth at the 2009 Juneau Home Show. Independent Living Specialist, Jeff Irwin, knew at the meetings they had a great group of people as everyone was very



courteous and considerate. This shone through during the event as the booth was judged **“The Friendliest Booth”**

by the Home Show participants. “It was really great to work with such wonderful folks on this project,” Irwin said. **“Home Modifications for a Lifetime”** was the theme of the booth with the **aging in place** and **universal design concepts** in the forefront. The booth had several “hands on” items, so participants could get a feel for various assistive technologies designed to assist people with disabilities and seniors to remain independent in their homes. The booth provided several different pamphlets and handouts on a wide variety of products, concepts, and local resources. The booth had lots of great information and was a huge success! *See pg 4 for more about free surveys.*



SAIL Presents HomeMAP™

SAIL Staff trained in the ADA and in aging & accessibility home modifications will come to your home, free of charge, and help you evaluate ways to adjust your home to meet accessibility challenges it presents to you, your parents, friends, or loved ones. Your HomeMAP™ written report results will assist you as you consult with a contractor or perform the tune-ups yourself. What home tune-ups might help you, your parents, friends, or guests? There are many solutions out there, and SAIL is here to help you choose:

WANT TO *Live at Home Longer and Safer?*

Want to know how to tune-up your home to meet changing needs for yourself or for aging family & friends?



Get a **free** HomeMAP™ survey

by ADA-trained SAIL staff to identify home adjustments that can make life easier, safer, and more comfortable.



HomeMAP™

Home **M**odifications for **A**ging in **P**lace

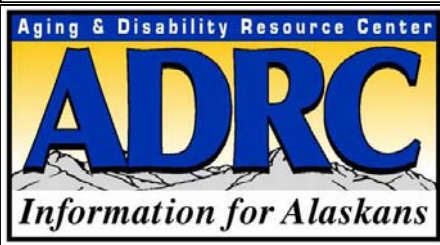


SOUTHEAST ALASKA INDEPENDENT LIVING

586-4920



- ♿ Shake-awake smoke alarms for hard of hearing
- ♿ Bath grab bars and stair handrails for balance aids
- ♿ Full ADA compliant bathroom remodel or ramps for mobility changes
- ♿ Lever door handles and faucets for grip changes
- ♿ Timer switches and automatic lighting for memory changes
- ♿ Brighter lights or a dimmer switch for vision changes
- ♿ And many many more options!



ADRC EVENTS

By ADRC Coordinator Doug Fanyak

A Day for Caregivers

They're some of the hardest working persons around. They come in many forms such as a family member, friend or neighbor and in some cases are not paid. These people are caregivers for elders or people with disabilities and work tirelessly to provide quality care needed for an elder or a person with a disability to remain at home for as long as possible.

On March 20th, the Tlingit and Haida Elders Caregivers Council (THECC) offered the 2009 Wellness for Caregivers Conference for Native elders, people with disabilities and their caregivers. The conference was made possible by the Older Americans Grant which allowed participation to be free of charge for all family caregivers, people with disabilities and elders within the Southeast community.

THECC Elderly Services Coordinator Andrea Ebona-Michel and Laura Sheldon facilitated the event that provided speakers, workshops and information to assist with the emotionally and physically demanding nature of being a caregiver.

Speakers included Holly Handler, an attorney from Alaska Legal Services who discussed the importance of durable power of attorney and Miller Trust; Julie Bailey, Assistant Long Term Care Ombudsman who provided information on preventing elder abuse; and Jim Steele from the Division of Public Assistance who discussed Medicaid issues relating to elders.

Conference participants then were treated to an exercise workout led by Andrea that had this SAIL staff person gasping for breath, followed by workshops on healing from grief, preventing and resolving family conflicts, financial assistance and issues relating to Alzheimer's.

SAIL was proud to have an information booth discussing SAIL services along with Southeast Senior Services, Cornerstone Home Health, Wildflower Court, and Hospice of Juneau.

The conference was attended by over 80 elders and caregivers with everyone commenting on how informative and fun the event was! Look for next years conference in March 2010.



Medicare 101

Medicare Part A? Part D? Creditable Coverage? Medigap? What does it all mean?

On March 23rd one could find Judith Bendersky from the Senior Information Office (Anchorage) in lovely Juneau to answer those questions concerning Medicare. Judith has been working hard to educate and assist Alaskans on Medicare issues throughout the state and found herself giving back to back presentations first at the Mountain View Senior Center then at a SAIL and AARP co-sponsored workshop at Centennial Hall. Both events were well attended with Judith fielding tough questions from elders, persons about to turn 65 and people with disabilities. Judith gave an overview of using the Medicare website for finding the best Rx drug plan that meets your needs as well as discussing how your enrollment in Medicare affects your spouse. Judith states "Medicare is very complex, even for professionals, but the first thing to do is to remember to always *look at and save your letters* from Medicare." **We at SAIL agree!** For assistance with Medicare please call Judith Bendersky toll free at 1-800- 478-6065 or **contact your local SAIL office.**





JUNEAU ORCA

Wild Winter Adventures at ORCA!

The sunny and snowy bliss of the winter months made for an abundance of fantastic adventures at ORCA. Ski lessons, every Saturday and Sunday, have continued to be a place of learning and success, not to mention just plain fun! Several consumers have experienced exciting advances in their skiing this season and have thoroughly enjoyed the splendor of the mountains in all of the sunshine.



ORCA Healthy Choices and Adventure Club adventures have been a greater source of new experiences, diverse cultures, healthy and active living, outdoor exploration, and of course, even more fun. A few of the many activities offered included, a contra dance with live music, yoga class, tie dye, snowshoeing, sledding, bonfires, bowling, and a new Perseverance Theater production called *Battles of Fire and Water*, about the historic Tlingit-Russian conflict in Sitka.

Also great news! ORCA has recently begun to host a FREE bi-weekly fitness walk. The location of the walk is weather dependent. The walk is open to all ORCA consumers, parents, and/or care providers and is held every other Tuesday from 5-6pm. Transportation is not provided by ORCA. Please come walk with us as we work towards even healthier lifestyles! Some of the exciting upcoming ORCA events include:

- **Folk Fest festivities, April 15th-16th** ▪ **Allen Marine Wildlife Cruise, May 9th**
- **ORCA Summer Picnic, June 6th** ▪ **Only Fools Run at Midnight, June 27th**

Cell Phone Usage:

A friendly reminder that use of cell phones on ORCA activities is limited to emergencies only! We have been seeing a trend of texting and playing games on cell phones while on ORCA activities. This takes away from your experience of the activity and also effects group participation. So please no cell phones on activities. This includes the bus ride. Be present, be involved, have fun! Thank you!

A Note from Kate:

Hi everyone! We're almost through winter. I'm sure some are sad that the snow will start melting, while others are happy about longer days and more sunshine! Regardless of your feelings of winter, we all have one thing in common: Exciting summer opportunities! This year, ORCA will be doing our best to open all major trips to consumers from all offices. Expect a mailing in mid-May with a list of trip possibilities and trip costs. If you see a trip you are interested in, call your local ORCA office to sign up on the interest list. Also, if you'd like to see a particular activity offered, please tell your ORCA Coordinator. The program belongs to you! With your suggestions, we can build an exciting summer calendar!



Shown at very top of page: Nolan Harvey reaches the Ridge for the first time and enjoys the run on the way down. Shown above: Charles Aaron Mattingly enjoys a day on the mountain.

...SITKA SAIL...

COMMUNITY EVENT PROVES SUCCESSFUL FOR ACCESS AND INCLUSION

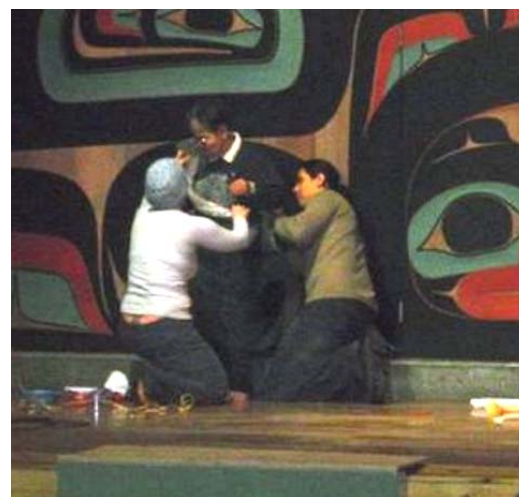
On March 6th ORCA took part in Sitka's first annual Wearable Art show. It was an amazing community access event for consumers and SAIL and an all-out total success.

The beginning of the 'Artigras' show was marked by an audience buy-in and participation. Three ORCA consumers put their names into a hat for selection for participation. A total of 12 individuals were chosen, nine for the 7 minute dress up contest (three teams of three) and three judges/ MCs. Two ORCA participants were chosen and asked to come up on stage. To our pleasant surprise, one was chosen to be a model, and the other participant was asked to be a judge.

All three groups had their model walk the catwalk. Our ORCA representative (Marilyn Ungudruk shown at right) modeled her outfit with the ease of a Milan model in a full-blown rendition. The crowd sat on the edges of their seats in anticipation of her descending the stairs. The audience gasped and cheered her on. Two hundred and fifty people lovingly rooted for and applauded her performance and style as she twirled and strutted up and down the runway.

Our other ORCA participant masterfully officiated over the mini-contest as the emcee and presented three awards and their titles. She magnificently commanded the entire show.

After the event, and over the next few weeks, various community members have remarked about the dramatic, overwhelmingly positive changes and obvious growth in our consumers who participated in this event and since their involvement in ORCA.



WOW FAIR

Over six hundred high school and community members attended the annual World of Work (WOW) Fair this Spring. The fair ran for two days. SAIL's booth was quite popular as we



were sporting new technology. We had ZoomText uploaded on our laptop, had the ZoomText keyboard attached and had extra speakers turned up. The crowd members were drawn by the flashy bright yellow and black keyboard of ZoomText. When we asked them to type any words they wished (appropriate words of course!), they jumped at the chance and were shocked to hear those words they typed spoken through the speakers. We caused



a lot of laughter when the Boys Basketball team hailed girls at the other booths.

What a great door opening opportunity it was to talk about the available advancing technology for people with disabilities to those who are interested in being lifelong contributing members of communities. SAIL staff also discussed career opportunities for folks interested in working with people with disabilities. It was a very successful couple of days and a pleasure to enlighten teens with additional future opportunities for them to pursue.



SOUTHEAST ALASKA INDEPENDENT LIVING

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CHANGE SERVICE REQUESTED

SAIL Board of Directors

- ▣ Robert Purvis, President ▣ Gale Vandor, Vice President ▣ Paul Douglas, Treasurer
- ▣ Suzanne Williams, Secretary ▣ Elena Rath ▣ Clark Gruening ▣ Mary Gregg
- ▣ Joe Tompkins ▣ Sam Wright

Public Participation is encouraged at the monthly board meetings! Our Board meets every 4th Tuesday 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 or to apply for a position on our Board, please contact your local SAIL office at the numbers below:

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