Inspiring Personal Independence

Annual Report

2009

SAIL is proud to be an Aging and Disability Resource Center and partner agency of United Way of Southeast Alaska
Southeast Alaska Independent Living (SAIL) had numerous accomplishments and successes this past year and we are excited to share our 2009 Annual Report with you.

In FY09 SAIL provided a wide variety of programs and services for more than 900 people with disabilities and seniors residing in 19 different communities scattered throughout Southeast Alaska. We could not touch so many lives without you—our dedicated volunteers, staff and board of directors; our generous individual and business donors, private foundations and government grantors; and our collaborative partners. You can count on us to be good stewards of the trust you place in us.

SAIL is proud of the difference we make in people’s lives and we strive to keep you informed. If you would like to receive our quarterly newsletter either electronically or in the mail, please let us know. If you’d like to volunteer, make a donation, or know someone who could benefit from any of our programs or services, please don’t hesitate to contact us.

Joan Herbage O’Keefe, Executive Director

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Public participation is encouraged at the monthly board meetings! Our Board meets every 4th Tuesday at the SAIL Juneau office at 5:45 pm. If you are interested in attending, but do not live in Juneau, you may contact us at 1-800-478-7245 to make arrangements to attend telephonically. For more information on SAIL, to volunteer or to apply for a position on our Board, please contact your local SAIL office.
**Who We Are**  Southeast Alaska Independent Living (SAIL) is a consumer-run, consumer-controlled agency in the truest sense of the meaning: our philosophy is that people with disabilities are their own best advocates and serve as the best example to their peers as models of success. To that end, 51% of all staff, decision-makers and board of directors are individuals with disabilities. Our mission at SAIL is to inspire independence for everyone. We not only advocate for and encourage independence for people with disabilities we also do so for our senior citizens. We are fortunate to have a fantastic support network as we strive to reach our goal of independence for all!

**History**  Centers for Independent Living were first established across the country in the early 1970s, and were defined much as they are today as consumer-controlled, community based, cross-disability, nonresidential, nonprofit agencies. SAIL was officially incorporated as a non-profit organization in 1992. SAIL was born with four staff members serving 30 consumers and a budget of $230K. Since then, the agency has grown to over 20 employees, serving over 900 consumers a year, with an annual budget of over 1.5 million dollars.

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**Independent living is giving people the tools they need to help themselves**

**What we do:** SAIL’s core services are Advocacy, Information and Referral, Independent Living Skills Training, Peer Support and De-Institutionalization. In addition to these services, SAIL offers programs that support independent living including benefits counseling, home modifications, assistive devices, emergency financial assistance, a loan library, peer support groups, recreation and community inclusion activities, and Deaf Services including the sign language interpreter referral program.

This report is available in accessible formats such as large print and braille upon request from any SAIL office. It also can be downloaded from our website: [www.sailinc.org](http://www.sailinc.org)
SAIL provided independent living services to 909 seniors and individuals with disabilities in 19 Southeast Alaska communities.

SAIL responded to 42 requests for advocacy services, 769 information and referral requests and 194 requests for assistive technology and adaptive devices.

SAIL taught disability awareness and etiquette to 2000 elementary and high school students and over 3 dozen businesses. SAIL provided Sign language interpreters on 370 different occasions and offered 259 recreation opportunities.

605 individuals received independent living skills training.

Transportation is a critical aspect of independence. SAIL is proud to be an active member of three community-wide Coordinated Transportation Planning Committees. SAIL’s accessible taxi in Juneau and Taxi Token Program, which offers subsidized rides for seniors and people with disabilities, continues to be one of SAIL’s most utilized programs serving 225 new people last year. Total enrollment in the program is 415 seniors and people with disabilities.

Achieving Independence...

Royal Henderson is a 14 year old young man who has cerebral palsy which impacts his balance, coordination, vision, and fine motor activities. It has been Royal’s goal, since the age of six, to learn how to ride a bike. By teenage years, being independent of ones’ parents in the realm of transportation is a crucial step towards adulthood. Many different specialized bikes were tried. Nothing worked. One day Royal and his Mom noticed someone riding a recumbent bike and immediately realized this was the answer.

Recumbent bikes are specialized and expensive. SAIL was able to help with funding so that Royal could achieve his independence. Now Royal is rarely seen without his bike. He rides it with his friends, he rides it to his mom’s office, and he even rides it back and forth to school. He is proud of it, more importantly, he is proud of himself and confident that he can, finally, get himself around independently, in his community.

“I can’t believe it took us so long to figure it out…. The most important aspect of the bike is the amount of independence and freedom it has given him. The bike evened the playing field for the first time.”

-Lenise Henderson-Fontenot (Royal’s Mom)
HomeMAP (Home Modifications for Aging in Place) is SAIL’s newest program which aims to address health, safety and quality of life issues in the home for seniors and people with disabilities. The program is receiving rave reviews from consumers, who are enthusiastic and grateful for their FREE in-home consultation services. After an in depth home visit from the HomeMAP team (SAIL staff that have extensive backgrounds in accessible home construction and ADA regulations) the home owner or tenant is given a detailed written report that they can use with contractors or a care coordinator to accomplish modifications that will improve their life at home.

Charlotte Stanberry, a SAIL consumer, enthusiastically exclaimed that her quality of life has increased 150% since she came into contact with the HomeMAP crew. Not only did she receive a HomeMap consultation and report, but she also received funding to help her with the cost of materials and supplies. The HomeMAP team is working closely with a Rotary Club volunteer, who is busily installing smoke detectors and grab bars, as well as upgrading stairs and handrails, all guided by the HomeMAP report. The team solicited and received a service donation from Juneau Electric to address some concerning electrical safety issues. Additionally, the team introduced her to a CCTV from the SAIL loan closet so that she could read her mail again and UV Shield tinted over-glasses because she is very sensitive to glare. This discovery is a source of great excitement for her.

“I stepped out on the back porch to check on Aries (her dog) and was wearing my overglasses, I saw a rainbow for the first time in years! It was so WONDERFUL! Thank you, SAIL!”

The National Law Center on Homelessness and Poverty, shows that more than 40% of homeless people qualify for disability payments but less than 11% receive them.

During FY09 SAIL helped 43 individuals with housing, home modifications and shelter services. SAIL provided in depth Social Security Benefits Analysis to 12 people so that they could get back to work without worrying about loosing their benefits! SAIL remains an active partner in the Juneau Homeless Coalition. SAIL helped purchase or loaned Assistive Technology to 194 individuals making it possible for them to remain independent in the their home.

Housing…. Not Just a Need, But Also a Right
RecWorks… Works!

RecWorks! is a pilot project designed to demonstrate that participation in recreation can build pre-employment and ultimately long-term employability skills. Our philosophy is that recreation influences all aspects of a person’s life: their employment, social life, physical well being and a sense of place in their community. Challenging recreation opportunities give an individual a chance to recognize their ability to succeed. Through participation in SAIL’s popular Outdoor Recreation and Community Access (ORCA) program, and in concert with focused pre-employment training geared to build on positive employment outcomes, participants are supported and encouraged in their personal development.

By the end of FY09 100% of the RecWorks participants had jobs!

70% of working age people with disabilities are unemployed, although over 72% of people with disabilities report that they would like to work. Of those with disabilities who work, 1/3 fall below the poverty level.

In FY 09 SAIL provided vocational/employment services to 193 individuals and facilitated 14 employment matches for National Disability Mentoring Day.

“We loved having Robin working at the fair. I saw a change in him over the summer…. He took on more and more responsibilities. He was proud of the work he did. I hope he can come back next summer.”  Kelly Hostetler, Executive Director SE AK
Financial Summary

SAIL was honored this year to be the recipient of several large donations. In Juneau, Alaska Glacier Seafoods and Western Auto Marine each donated $2500 to sponsor Guest Speaker and acclaimed author Ryan Knighton to talk about his life without sight. In Sitka, Seimeen Bone decided it was time to introduce a Red Dirt BBQ to the local community, and produced an event that ended with a check written to SAIL for over $2800. What a gal! Adam Kelly continues to gift SAIL with the proceeds from the sale of his own DVD – The Ultimate Alaskan Experience – this year bringing in $1000. Allen Marine Cruises continues with their support of all 3 of our Southeast offices, donating an ever-popular whale watching cruise in Juneau, Sitka, and Ketchikan. This event sells itself and brought in over $10,000, SAIL also benefitted from the largesse of the Alaska Community Foundation with a $3000 grant, matched by the Douglas Dornan Foundation with another $3000, and the Machamer Fund with $1000. Matching contributions and challenge grants can really bring it home. Wal-Mart Foundation donated $1000 in Ketchikan and another $1000 in Juneau. Juneau Lions Club donated $2100 towards our loan closet, low vision program, and ORCA recreation program. Thank you for your support! Together we can make a difference.
Thank You FY 09 Donors & Sponsors (July 1, 2008 to June 30, 2009)

Universal Access Circle:
$3000 or more
Alaska Community Foundation
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The Bear’s Lair

A special THANKS to the hundreds of people who donated up to $50.
For a complete list of our donors, please visit our website: www.sailinc.org