



# 2019 Gratitude Report

Southeast Alaska Independent Living

July 1, 2018 to June 30, 2019 Annual Report to Donors





## You Are an Essential Part of Every Story

Thanks to your generosity, SAIL's impact in the lives of seniors and people with disabilities who want to live their lives with dignity and independence was felt more than ever. You'll see some of the numbers throughout this report: More than 1,600 served, 1,285 pieces of adaptive and medical equipment loaned, 19 communities served in Southeast Alaska. But Inspiring Personal Independence is more than numbers. You'll also read about the impact of your generosity through the stories of the elders, youth and community members we worked with.

The stories are about struggle and triumph, perseverance and accomplishment. You might be reminded of someone you love in the elder who struggled with tackling the stairs in her two-

story home. You might recognize the pride when a previously withdrawn teen succeeded at her first job and took home her first paycheck. Or perhaps you know the challenge and joy of reeling in your first bright salmon from a clear creek. The confidence and satisfaction that comes from growing personal independence is universal.

You are an essential part of every story and statistic. Your support allows SAIL to reach the elders, teens and adults living with disabilities throughout Southeast Alaska. Your generosity has changed lives and strengthened the fabric of our communities. Together, and with your support, we will continue to Inspire Personal Independence every day. Thank you for being an indispensable part of the SAIL family.

  
Joan O'Keefe  
Executive Director


  
Norton Gregory  
Board Chair

## Independence for Alaska Native Elders

Janice was in pain and struggling to climb the stairs in her home. An elder living in Kake, Janice's joint pain meant she needed to take breaks and often was in tears by the time she reached her second floor. Luckily, Janice found Benson, who works jointly for SAIL and the Organized Village of Kake as an elder advocate in the community. Benson and Janice worked together to secure funding for an electric stair lift in her home. Now, says Janice, "My knees and feet aren't hurting so bad and I can walk a lot better. Before I was really hurting and wanting to give up, and now I just want to go, go, go!"

SAIL maintains offices in Kake, Klawock and Yakutat to serve Alaska Native elders and

people living with disabilities in Southeast Alaska villages. SAIL has helped elders move into safe and affordable housing, access adaptive equipment and linked Veterans to programs that improve their health and wellbeing.



**“ Before I was really hurting and wanting to give up. Now I just want to go, go, go! ”**





## Building Skills for Success

### You Made the Difference for Teens Entering the Workforce

Your support, and key partnerships with the Zach Gordon Youth Center, Takshanuk Watershed Council, and the Division of Vocational Rehabilitation meant teens experiencing disabilities had the opportunity to learn essential job skills like reliability, teamwork and good communication. The summer work programs in Juneau and Haines employed 15 teens and made an impact on outdoor projects like rebuilding trails and growing local organic produce for the community.


**“My supervisors would say that I am hard-working, honest, trustworthy, and challenge accepting.”**





## The positive influence of this program is best illustrated by the students in their own words:

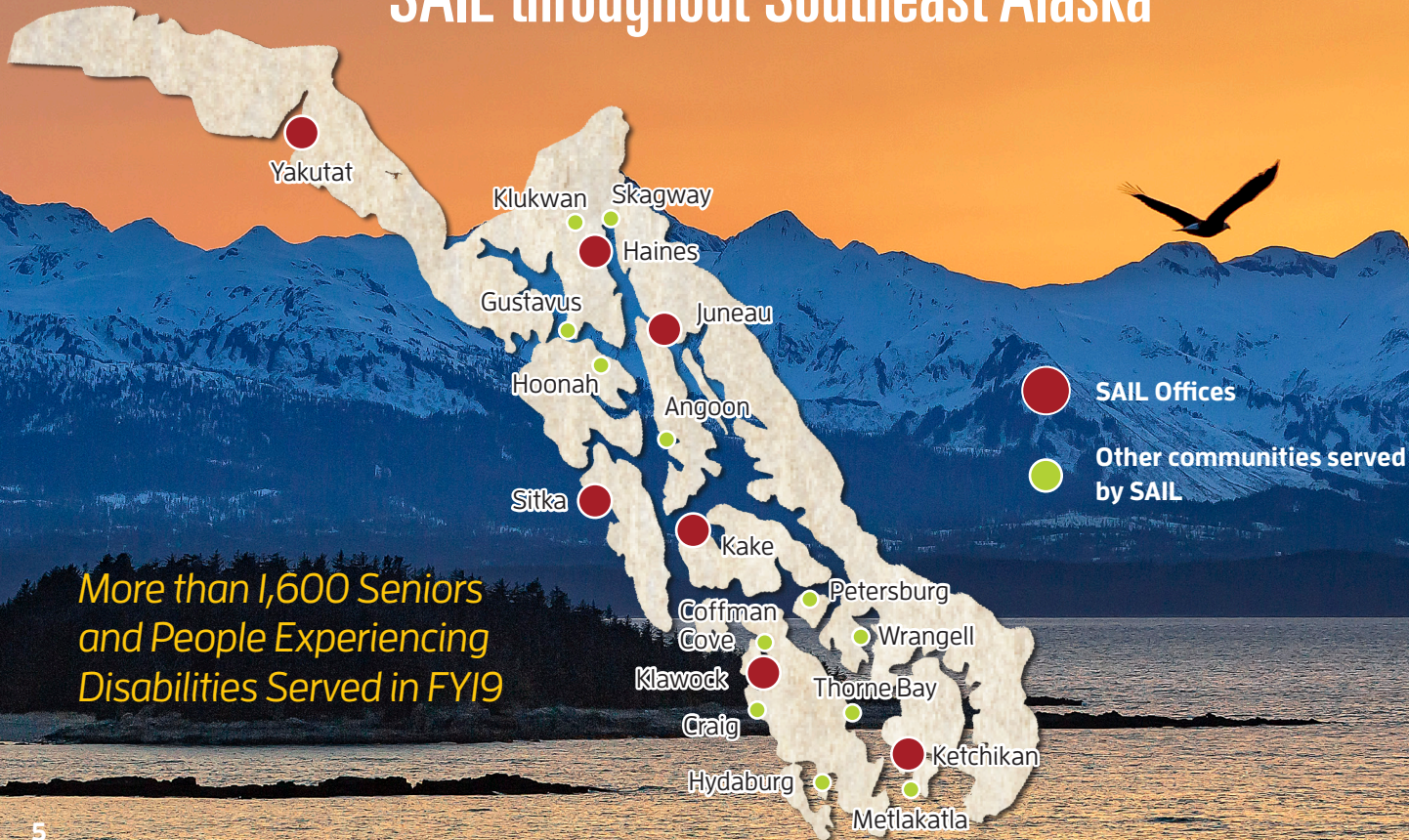
- I've improved, I've learned, and I've built good relationships with the people I work with.
- My life is a lot different than I expected it would be after working. I used to be closed up, not wanting to go anywhere. I shut myself out of social situations. I feel less fear speaking out for my own words and opinions now. I'm brave.
- It made me feel loved and like I had a purpose. It'll be hard to leave my crew. I made new friends.
- I learned how to work on my patience and to have a good attitude. I'm proud of myself for being capable to do things like shoveling, weed-whacking, and making good friends.
- I got to learn new things like using power tools!
- YEP (Youth Employment in the Parks) made me feel better about myself because I'm helping out with the community. I feel mentally, physically, and socially stronger than I did before.



**“It felt good because we got a lot of work done. It felt good to manage my first paycheck.”**



# SAIL throughout Southeast Alaska



*More than 1,600 Seniors  
and People Experiencing  
Disabilities Served in FY19*



## Learning New Skills While Fishing With Friends

Seniors and youth experiencing disabilities had the opportunity to reap the bounty of Sitka's fishing streams last summer thanks to your generous support.

SAIL organized outings, and provided fishing gear and expertise to help participants learn the basics of reeling in their catch.

Although hundreds of salmon were seen swimming nearby, it took patience and perseverance to learn how to cast far enough to reach them. Participants learned to work with lures, cast spinning rods, fight and land salmon, and how to fillet their catch. Accessible locations meant participants using walkers or wheelchairs could easily join in the learning experience. Everyone who wanted one went home with fresh fillets for dinner.

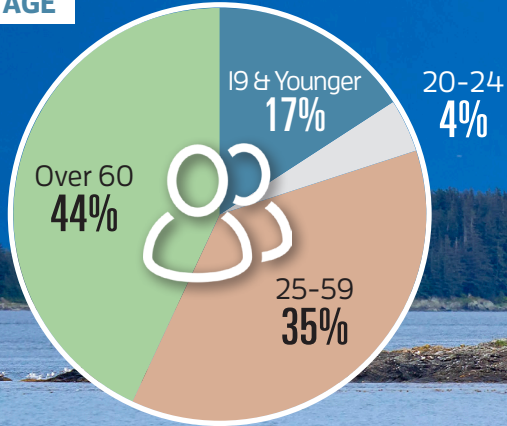
Sitka SAIL now has a collection of fishing equipment that's available for loan. Already participants are taking advantage of the new resource and getting out to fish on their own. Support from individual donors, the Sitka Legacy Foundation and LFS Marine Supplies made this new program a great success. Thank you!



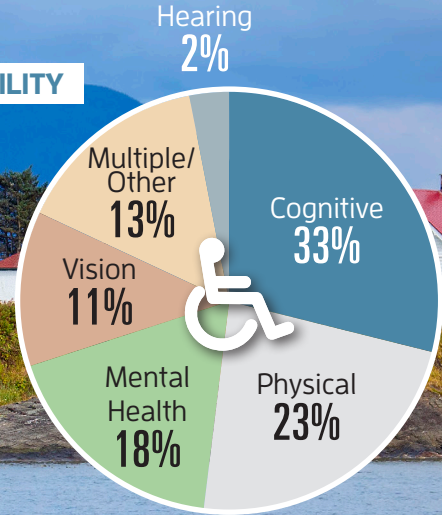
**“ SAIL staff ask if they can be helpful, and they don't take over. ”**

# SAIL Service Demographics

## AGE



## DISABILITY



## ETHNICITY



51%  
Caucasian

36%  
Native American  
or Alaska Native

6%  
Two or More/  
Other

2%  
Asian

2%  
Hispanic or  
Latino

2%  
African  
American

1%  
Native Hawaiian/  
Pacific Islander



## A Safe Home and Support from Family Make the Difference

Rudy needed a safe, long-term solution for housing in Ketchikan. At 84 years-old, Rudy was living in a hotel room, and the bills were piling up. Rudy's brother Frank was worried he wouldn't be able to afford food and other basic needs if he couldn't find a better solution. It quickly became apparent, however, that his situation was more complicated. Rudy had lost his wallet, with his identification, Medicare, Social Security and Tribal Enrollment cards all inside. Without the proper paperwork, Rudy wouldn't qualify for affordable senior housing or benefits. SAIL worked with Rudy and Frank over many weeks to track down essential documentation and secure a safe, affordable apartment for Rudy. It was a long process, but hard work, perseverance and teamwork paid off.

**FACT:** *Not only does aging in one's home save money, but studies continue to show that "aging in place" helps slow the advancement of memory loss, delay cognitive decline, and reduce the rates of obesity, diabetes and other non-infectious diseases. No wonder more than 70% of Alaska's seniors report a desire to age in their own home!*

*Source: Alaska Commission on Aging*



**“ Thank you for working with me to find a home! ”**

# Your Generosity Inspires Personal Independence. Thank You!

*The following gifts were made in memory or honor of loved ones. These gifts are a meaningful way to keep the memory of your loved one alive, or to recognize someone you admire.*

## In honor of:

Anya Conley  
Jeffra Clough  
Joan Herbage O'Keefe  
Joel Symons  
Kim Kiefer  
Nolan Harvey  
Paul, Sioux, and Jeff Douglas  
Taylor Gregg

## In memory of:

Jerry Kainulainen  
Casey & Kelly Newman  
Curtis Fleischhauer  
Elizabeth Tonsmeire  
Gordon Tandy  
John Larsen  
Karen Willey  
Maisie Jones  
Martha Howard  
Michael Arnett  
Thomas J. Aberle  
Tom Linklater  
Vinca Gilman

The list of donors on the following pages include gifts received between July 1, 2018 and June 30, 2019. Not included are the many in-kind contributions that greatly aid in our mission, nor the dozens who have donated to SAIL anonymously. Thank you to each and every one of you for your generous support!

Donors marked with ✨ are members of SAIL's Legacy Society for Independence. Legacy Society members have included a gift to SAIL in their estate plans. Gifts made through wills or estate planning are permanently invested in the SAIL Legacy Fund endowment, and will leave a lasting impact. For more information, or to join SAIL's Legacy Society for Independence, go to [www.sailinc.org/planned-giving](http://www.sailinc.org/planned-giving).



## **Empowerment Circle \$2,000+**

The Alaska Community Foundation  
The Alaska Mental Health Trust  
First Bank  
Disabled Sports USA  
Douglas Dornan Foundation  
John Greely and Marla Berg Greens Creek/HECLA Charitable Foundation  
Haines Borough City and Borough of Juneau  
Juneau Community Foundation  
City of Ketchikan  
Ketchikan Gateway Borough  
Geoff and Marcy Larson  
Rose Manning Rasmuson Foundation  
City and Borough of Sitka  
Sitka Permanent Fund Charitable Trust  
The Skaggs Foundation  
United Way of SE Alaska  
White Elephant

## **Advocate Circle \$1,000-\$1,999**

American Legion Auxiliary  
Post Alaska USA Federal Credit Union  
American Legion Auxiliary  
Post #3  
Chilkat Valley Community Foundation  
Rosemarie Duran  
Mary and Doug Gregg  
Mardell Gunn and Diz Kistler

James and Elizabeth Knackstedt  
Anthony and Amanda Mallott  
Peter and Julie Neyhart  
Greg Pilcher and Hilary Young  
Carol Mitchell Race  
Anselm and Carol Staack

## **Accessibility Circle \$500-\$999**

David and Debbie Anderes  
Cornerstone Home Care  
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Amanda Blackgoat and Kwame Diehl  
Eagle Wings Community Church  
Myron Fribush  
Hollis Handler  
Horan & Company LLC  
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Edgar and Virginia Johns, Jr  
Colleen and Lindy Jones  
Kimberly Kiefer and Pat McLear  
Steve Meilke  
Mendenhall Auto Center  
Bill and Anita Moran  
Maura Odell  
Millie Ryan\*  
Sitka Bottling Company  
Sitka Elks Lodge #1662  
Sitka Legacy Foundation  
Sitka Vision Clinic  
Andi and Mike Story  
Saralyn Tabachnick  
Optimum Health & Wellness Physical Therapy, INC  
Sherri von Wolfe and Travis Miller

## **Innovation Circle \$100-\$499**

Donald Adam  
Alaska Glacier Seafoods, Inc  
Cynthia Allen and Russ Lyman  
Robert Allen and Robin Sherman  
Theodore Allio  
ALPS Federal Credit Union  
Helen Alten and Tim Huber  
Monique Anderson  
Leslie Antolick and Lori Hoover  
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Charan Louise Bird  
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Jeannette Cook  
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Paneen G Davidson  
Sandra Delong  
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Brandeë Gerke and Andrzej Piotrowski  
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Carolyn Gould  
Hugh and Shari Grant  
The Great Alaskan Lumberjack Show  
Norton Gregory  
Gustavus Inn

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Lutak Lumber

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Madison Lumber & Hardware  
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Amy Witt  
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Nancy Woolford  
Patricia Yearly  
Iola Young  
Darcie Ziel and Rick  
Petersen

## Collaboration Circle up to \$99

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Joy and John Adams  
Shannon Adamson

Megan Ahleman and Kelli  
Burkinshaw  
Alaska Northern Lights  
Alaska Psychological  
Services LLC  
Maya Allcott  
AmazonSmile  
Julie and Noble Anderson  
Bill Annis  
Rebecca Antonoplos  
Vivien Antrim  
Pamela Ash  
Lillian Austin  
Al and Crystal Badgley  
Shirley and Louis Bandirola  
Amanda Beasinger  
Natalie and Mario Benassi  
Carly Bernard  
Mary-Claire Bernstein  
Chorus and Sarah Bishop  
Barb and Jerry Blood  
Catherine Botelho and John  
Clark  
Traci Bouma  
Margaret Brockhaus  
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Sean Bryant  
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Jeff Budd  
Martha Burton  
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Nancy Woodford  
Patricia Young



Southeast Alaska Independent Living, Inc.  
**Statement of Financial Position**  
 as of June 30, 2019

	<b>2019</b>
<b>ASSETS</b>	
CASH AND CASH EQUIVALENTS	\$ 462,141.00
ACCOUNTS RECEIVABLE	\$ 354,921.00
PREPAIDS AND DEPOSITS	\$ 36,098.00
FIXED ASSETS	\$ 213,601.00
LONG-TERM INVESTMENTS	\$ 323,433.00
<b>TOTAL ASSETS</b>	<b>\$ 1,390,194.00</b>
<b>CURRENT LIABILITIES</b>	
ACCOUNTS PAYABLE	\$ 119,498.00
DEFERRED REVENUE	\$ 109,895.00
<b>TOTAL CURRENT LIABILITIES</b>	<b>\$ 229,393.00</b>
<b>NET ASSETS</b>	
UNOBLIGATED	\$ 623,767.00
INVESTED IN EQUIPMENT AND LEASEHOLD IMPROVEMENTS	\$ 213,601.00
BOARD-DESIGNATED ENDOWMENT	\$ 323,433.00
<b>TOTAL NET ASSETS</b>	<b>\$ 1,160,801.00</b>
<b>TOTAL LIABILITIES &amp; NET ASSETS</b>	<b>\$ 1,390,194.00</b>

**SAIL Funding**

Federal Support **28%**    State Support **41%**  
 Municipal and Foundation Grants **8%**    Fee for Service **17%**  
 Individual and Corporation Donations\* **7%**    Investment Income **1%**

*\*Your philanthropic support provides SAIL with critical, unrestricted dollars allowing us to remain responsive to needs in each of our communities while building resiliency in times of unexpected fiscal change.*

**SAIL Board of Directors**  
 as of June 30, 2019

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 Sitka

**Jeff Irwin**  
 Vice-Chair–Gustavus

**Cheryl Putnam**  
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**Suzanne Williams**  
 Secretary–Ketchikan

**Justin Jones**  
 Juneau

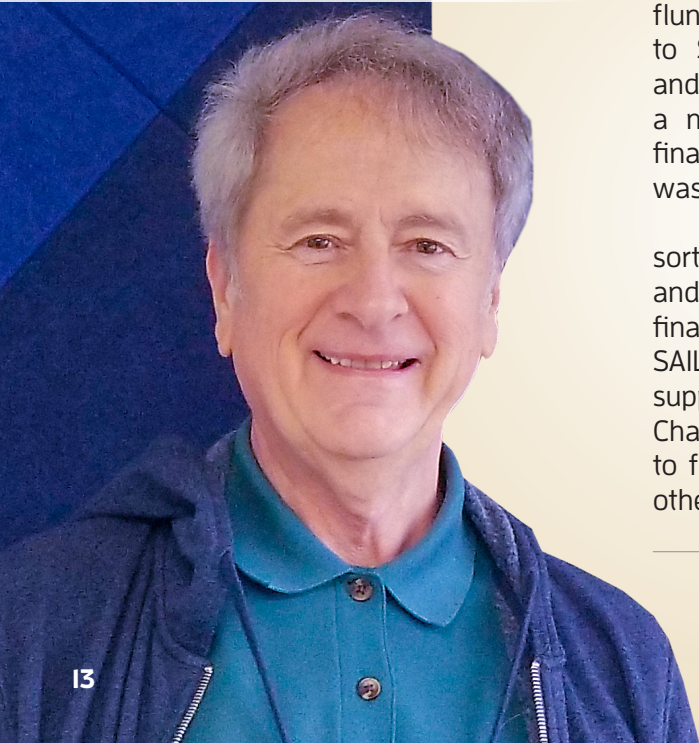
**Mary Gregg**  
 Ketchikan

**Niima Ann Radford**  
 Juneau



These were unaudited figures at the time of printing. For a fully audited report of SAIL's financial position, please visit our website: [sailinc.org](http://sailinc.org)

“I don't see myself as a victim. I always try to focus on the positive.”



## When Life 'Changed in an Instant,' SAIL was There

For Charles, a hit and run incident changed everything. After crawling out of the ravine he was flung in to, Charles was medevaced to Seattle for life-saving surgery and intensive care. He was left with a mountain of medical bills and financial debt. As Charles puts it, “I was ruined financially.”

Enter SAIL. Staff helped Charles sort out his bills, identify resources and apply for programs to regain financial stability. He also joined SAIL's Traumatic Brain Injury (TBI) support group and staff assisted Charles in applying for mini grants to fund medical services that were otherwise out of reach.

Today, despite all that life has thrown at him, Charles continues to look for life's silver linings. “I don't see myself as a victim. I always try to focus on the positive.”

Those positives have included the staff and services at SAIL. “People always say that life can change in an instant, and I now know how true that is. Every person I have met at SAIL has been competent in their field and conscientious of who they serve. SAIL has been there to share information and advice when I need it.”

**FACT:** National studies show that people participating in peer-supported programs report a decrease in stress and anxiety coupled with an increase in self-confidence, self-esteem, self-efficacy and overall empowerment.

Source: Independent Living Research Utilization.



## Veterans are in the Driver's Seat with VOICE

SAIL is proud to have served Veterans in 6 communities throughout Southeast Alaska through the VOICE (Veterans' Options for Independence, Choice and Empowerment) program in FY19. VOICE is Veteran-directed and provides flexible home and community-based services to enable Veterans to remain in their homes and communities.

"Veteran-direction" is a model that puts Veterans and their families in the driver seat, and expands the control they have over the long-term services and supports to successfully live at home. SAIL helps Veterans to figure out the kind of support they need, develop a spending plan, and negotiate the paperwork. SAIL also acts as the liaison with the VA to help keep the process simple.

Jerry moved to Haines, Alaska with his friend Joe to enjoy fishing and hunt-

ing in a way they were never able to in Arizona. But a snow machine accident and subsequent stroke left Jerry reliant on others to take care of his daily needs and live safely at home. SAIL enrolled Jerry in VOICE with Joe's help managing his care. They hired their friend and neighbor Kim to serve as Jerry's in-home care provider. Kim dusts, vacuums, does laundry, deep cleans and prepares meals to help Jerry and provide respite for Joe.

According to Jerry, "VOICE is a life-saver, and Kim is a life-saver. She makes me do my PT. She'll even do the exercises with me to encourage me. With Kim and Joe's help I've improved tremendously. When I first came home I was dragging one of my feet, but now I can walk normal. They've helped me so much."



**“ VOICE is a life-saver. I've improved tremendously. ”**



Inspiring Personal Independence



3225 Hospital Drive, Suite 300  
Juneau, Alaska 99801



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*Return Service Requested*

## 2019 Gratitude Report

Southeast Alaska Independent Living Annual Report to Donors